



welcome to the
ISSA High School Sailing Team Coaches Master Class
with Steve Hunt & Dave Perry

Raising the Bar

Sponsored by: the ISSA, US Sailing Foundation and Friends of ISSA

The Interscholastic Sailing Association (ISSA) is pleased to provide the opportunity for high school sailing team coaches around the U.S. to get together and raise the level of their coaching skills and knowledge in this time when we can't get out on the water. We are excited that Steve Hunt and Dave Perry have agreed to be the coaches/facilitators for this four-part webinar series on raising the bar for all high school sailing team coaches.

Session 3 Pre-read – Key Strategies & Tactics in Short Course Fleet Racing
 from Dave Perry

Dave Perry is inviting you to a scheduled Zoom meeting:

<https://us02web.zoom.us/j/81419911520?pwd=Rkc1Q1lNcTdYdJJOV2NlEEl6alduZz09>

(for additional sign-in or phone-in information, see the end of this Pre-read)

Steve and Dave's video from their Session 2 presentations:

<https://drive.google.com/drive/folders/1819DK11wjvqBA8dvmCe74Otk5chQiWWt?usp=sharing>

Steve's

- Up Down drill
- Rudderless sailing

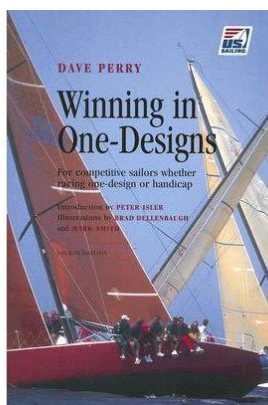
Dave's

- Land drill
- Follow the Leader
- Racing on the whistle
- Cops & Robbers
- Waiting Room drill

Associated pdfs along with this Pre-read

- The ISSA Order Form for publications and other ISSA-related materials
- Dave Perry's collection of drills revised (fixes a minor error in whistle counts)

Some Useful Pre-reads and Materials Pertaining to the Topic of Session 3...



Included with this Pre-read are four chapters from Dave Perry's *Winning in One-Designs* available here at a discounted price: <https://shop.ussailing.org/racing/racing-rules/>



Some Useful Programs and Materials from US Sailing...

From Stu Gilfillen, Director of Education for US Sailing

StuGilfillen@USSAILING.ORG

Tel: (401) 342-7967

Mobile: (401) 835-7714

Many high school coaches also coach in or run youth sailing programs for other clubs and organizations throughout the year. US Sailing is dedicated to helping people teach and coach young sailors in safe and effective ways, and has an Education Department to create and run materials and training courses for instructors and coaches of young sailors.

Here are two of the great US Sailing books for Coaches, available at:

<https://shop.ussailing.org/education/small-boat-sailing/>

Sailing Drills Made Easy *Teach Sailing the Fun Way*

Check out: *“Coaching Essentials”* (<https://www.ussailing.org/coaching-essentials>). It provides a value proposition for becoming a US Sailing member as well as **a ton of free content**. This is targeted at the newer coaches, though the content could be valuable to almost any experience level.

Check out: US Sailing's “The Starboard Portal” at ussailing.org/starboard-portal.

This week's lineup includes presentations from **Udi Gahl**, **Bill Gladstone** and a rockstar panel of **Geronimo Nores**, **Bella Casaretto**, **Marion Lepert** and **Phil Muller**, who will talk about the future of windsurfing. There's also a bunch of great content from US Sailing partners including Harken, North Sails, RS Sailing and Quantum Sails among others. You can see all the presentations, and check out prior ones, at ussailing.org/starboard-portal.

Skill Up App

One of the newer US Sailing member benefits is the Skill Up app. It features all the drills and games from both *Sailing Drills Made Easy* and *Teach Sailing the Fun Way*, as well as videos and a “lesson builder” that you can use to create lesson plans with the provided content.

If your sailors are US Sailing members, you can also use the app to track their progress through Skill Up. Additionally, US Sailing is working on an update that will include tools to help you communicate with parents and a desktop version of the app which will give you more administrative tools. The app is available on both iPhone and Android platforms.

If you're not currently a US Sailing member but want to use Skill Up, be sure to take advantage of the coach membership offer for \$49.99 (rather than the normal \$65). Visit ussailing.org/membership and enter “MayISSA” to activate the discount. By becoming a member of US Sailing you're helping build a community of active and engaged sailors and coaches and getting access to some great resources.

Coaches Survey

help us collect info about the participants in the Coaches Master Class. (<https://tinyurl.com/ISSAWebinar>).

Anyone who fills it out will be entered to win a drawing for US Sailing team gear or a digital copy of *Sailing Drills Made Easy*.

We are offering ISSA Coaches a **discount coupon code for membership**. It's “MayISSA” and it drops the price to \$49.99 on a one year membership (from \$65).

MarkSetBot

Lastly, US Sailing has teamed up with MarkSetBot, the world's first robotic mark, which allows you to set a perfect course from your phone. For organizations that are looking at how to race while still maintaining social distancing with limited Race Committee, this is a phenomenal solution. The limited time offer provides US Sailing **Organizational Members** a 3 Bots for 3-month package deal at an EXCLUSIVE 33% off which is \$1,500 worth of savings. Access this exclusive Member Benefit and order before they sell out at <https://tinyurl.com/USSOrgBenefits>

Also check out Dave Perry's two books on the Rules:

available here for discounted prices: <https://shop.ussailing.org/racing/racing-rules/>

Understanding the Racing Rules of Sailing

Dave Perry's 100 Best Racing Rules Quizzes

For more information on the ISSA, contact Jerelyn Biehl at the Interscholastic Sailing Association (ISSA), 2812 Canon Street, San Diego, CA 92106 619-222-0252, info@hssailing.org ISSA website: www.hssailing.org

Additional Zoom meeting information for joining by phone or other devices:

Meeting ID: 814 1991 1520

Password: 569709

One tap mobile

+13126266799,,81419911520#,,1#,569709# US (Chicago)

+16465588656,,81419911520#,,1#,569709# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Germantown)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

Find your local number: <https://us02web.zoom.us/j/81234567890>

Please download and import the following iCalendar (.ics) files to your calendar system.

<https://us02web.zoom.us/j/81234567890>