



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 4 Pre-read – The Keys to Successful Team Racing

from Dave Perry

Recordings

The *ISSA Coaches Master Class* sessions are being recorded, and after the Series has concluded, Dave will make a master recording of each session using the best sections of each week's session. When that is available, Jerelyn Biehl will send out an email with the details on how to access it.

Session 3 materials

Steve and Dave's equipment and slides/video from Session 3 can be found here:

[ISSA Coaches Master Class, Session 3 materials and videos](#)

Session 4 Pre-read – Successful 3v3 Team Racing

- 1) Particularly if you are relatively new to team racing, **please watch Steve Hunt's DVD, *Teaching Team Racing 2008* before attending Session 4.** Steve has donated the viewing of his DVD to the ISSA Coaches. Thank you Steve!

[Teaching Team Racing 2008, by Steve Hunt](#)

- 2) **Attached along with this Pre-read are several papers** that will give you a fuller understanding of why team racing is so much fun and challenging, how team racing works and what the strategies and tactics are.

Please find in a separate pdf:

a) *Team Racing Tactics* (a comprehensive outline of the strategies and tactics in 3v3 team racing, by Dave Perry

b) *The Art of Team Racing*, a very clever and comprehensive article by Ken Legler & Gary Bodie which appeared in *Sailing World* magazine in 1995

c) the **Noroton Yacht Club Play Sheet** (showing what each boat is supposed to be doing in every combination)

d) **a collection of team racing papers**, with excellent material from the US Team Racing Association, including what all the names of the moves are and mean, a great article on the role of sportsmanship in team racing by Toby Baker, a list of all the winning combinations in 2v2, 3v3 and 4v4 team racing, and more.

It includes the US Team Racing Association (USTRA) Creed which was so essential to the revival of team racing in the US in the early 90's, which had vanished in the early 80's due to too much acrimony among the competitors. You can enlarge the file to read it better, but here is what the essence of it says:

The emphasis at our regattas is on close, competitive above all, fun racing between sailors. The operative word here is fun! Although protests are infrequent, when confronted by necessary and fair protests, we hold "three minute justice" protests to keep the regattas rolling. Sailors are expected to control themselves and act with the highest level of sportsmanship in order to insure that our events will continue to be fun, enjoyable events for everyone involved.

3) Another source of great team racing information:

Contemporary Team Racing, by Gavin O'Hare – an excellent book on team racing available from the ISSA office (see attached Order Form)



Some Useful Programs and Materials from US Sailing...

From Stu Gilfillen, Director of Education for US Sailing

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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.

(more)

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*

Coaching Essentials

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.

COVID-19

Is your program trying to determine when you can get back on the water? Are you looking for guidance on how to run a regatta in this “New Normal?” US Sailing has compiled a number of valuable resources and documents to help you figure things out. They’ve also produced guidance documents for Junior Sailing Programs, return to competition, and a liability and release waiver template.

Visit US Sailing.org and click the “Coronavirus Resources” link on the home page to access those and other resources.

Starboard Portal

The Starboard Portal is taking Monday off due to the holiday, but comes back on Tuesday with a star-studded lineup that features Kris Werner and Travis Odenbach from Quantum Sails and Rolex Yachtsman and Yachtswoman of the year (and sailing power couple) Stan and Sally Honey. Graham Biehl, Matt Duggan and Donna Sue Marks will also sit down to discuss Race Management and Mike Kuschner from Sailing Performance Training will be back to do his weekly live training.

You can see all these, and check out prior presentations, at ussailing.org/starboard-portal.

US Sailing Membership

Being a member of US Sailing give you access to a whole host of benefits including discounts on MTI lifejackets, Zodiac powerboats and Sailflow, as well as content from David Dellenbaugh’s *Speed and Smarts*. Your membership in US Sailing also allows them to help support content like this webinar and offer products, like *Sailing Drills Made Easy* and *Skill Up* that have been mentioned before.

Through the end of May, US Sailing is offering a special ISSA membership. Visit ussailing.org/membership and use the promo code ‘MayISSA’ for a \$49.99 membership (value \$65.00). More than one sailor in your family or looking to save even more? Family memberships and multiyear individual memberships are an even better deal!

Coach Survey and Benefit

Thank you to everyone who filled out the coaching survey. US Sailing will use your feedback to craft future offerings and programs that meet your coaching needs. If you haven’t shared your thoughts, you still can at <https://tinyurl.com/ISSAWebinar>. Also, if you’re looking for additional resources, be sure to visit ussailing.org/coaching-essentials.

The last winners of our gear giveaway contest are William Sweeney (Hat/Belt combo) and Isabel Lloyd (copy of *Sailing Drills Made Easy*). Congrats to them and all the past winners!

National Coaching Symposium

Lastly, look for information on the **National Coaching Symposium** coming in the next few weeks. US Sailing is exploring a new hybrid model that will have regional connections and online presentations, so you can be involved no matter where you are.

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

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

Understanding the Racing Rules of Sailing

Winning in One-Designs

**For more information on the ISSA, contact Jerelyn Biehl at the Interscholastic Sailing Association (ISSA),
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