

# ISSA NEWS



**Newsletter of the  
INTERSCHOLASTIC  
SAILING  
ASSOCIATION**

*Founded 1930*

A Supporting Member of US SAILING

**VOLUME 12 • ISSUE 1 • Fall, 2003**



## Metairie Park Country Day School Repeats As Great Oaks Winner

The Country Day team of Jackson Benvenuti/Elizabeth Parker, sailing from the Southern YC facilities they use for practice, ran away from the fleet to win the fifth annual Great Oaks National High School Invitational Regatta sailed November 8-9. The same team with Benvenuti skippering won the 2003 Great Oaks. The Metairie crew finished first in seven of the 19 races sailed and second in another four. Their worst finish was a 10th.

Antilles School of St. Thomas, USVI, with crew of Taylor Canfield/Nathan Rosenberg, overcame two premature starts in the first three races to finish second. Behind them Sacred Hearts Academy of Honolulu, Tina Pryne/Shanna Nakamura sailing, took third on a tiebreaker from Brother Martin HS of New Orleans with Patrick Ryan/Hunter Leblanc. A second place in the last race gave the Hawaiians a tie and the better finish, the tiebreaker. Close behind in fifth was Sickles HS of Odessa, FL.

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## Florida Schools Take Top Spots in 2004 Cressy Regatta

Veteran Cressy regatta participants Pine View School's Chris Branning and Paige Railey sailing for Clearwater HS won the 2004 interscholastic singlehanded championships, Branning in the full-rig Laser division and Railey in the radial. Railey's victory marks the first time a woman skipper has sailed to an ISSA championship.

The championship with 16 teams in each division was sailed November 15-16 at Eckerd College in St. Petersburg in full-rig and radial-rig Lasers provided by Vanguard Sailboats, a partner in the ISSA growth and development project.

Wind for the regatta was generally light with calm winds producing noontime delays both days. In the radial rig division Railey had but two first places in the 12 races but managed to avoid any finishes below sixth until the last race. In that last race she fell to 12th, barely managing to remain ahead of Point Loma HS's Adam Roberts by a single point. Roberts matched Railey place for place through most of the races but a 14th in his third race made the difference between beating Railey and being runner-up. Southern Regional HS (NJ), Royce Weber sailing, took third.

Last fall in the 2003 Cressy regatta Pine View School with Chris Branning finished an undistinguished 11th. This year he won with a 12-point gap ahead of Pt. Loma HS's Parker Shinn and 20 points ahead of his teammate from Pine View Andrew Perry in third.

Branning's record through the 13 races in the full-rig division was consistent with just two first places but four seconds and only one finish as low as eighth. With four races to go he and Shinn were actually tied in points. However, in the final races he solidified his lead. His jump to first place is further noteworthy as four of the skippers he defeated were also veterans of last year's Cressy regatta.

### **The results:**

#### **Full-Rig Division:**

<b>Fin</b>	<b>School/Skipper</b>	<b>Pts</b>
1.	Pine View School (FL), Chris Branning	51
2.	Point Loma HS (CA), Parker Shinn	63
3.	Pine View School (FL), Andrew Perry	72
4.	The Hotchkiss School (CT), William Mills	75
5.	St. George's School (RI), John Fasano	87
6.	Episcopal HS (LA), John Loe	91
7.	Tabor Academy (MA), Christopher Lash	101

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## IN THIS ISSUE...

At the ISSA annual meeting the prime topics were the adoption of on-line registration of member schools including team rosters and locations for national championships . . . **PAGE 5**

School team members sail in the J/80 World's Championship — and with a photo to prove it? Read about it in the SEISA district report along with reports from other districts . . . **PAGE 7**

Whose winning school regattas? See the rundown on fall regatta results in On ISSA Race Courses . . . **PAGE 11**

Team racing sailors and coaches should be interested in John Vandmoer's article on practicing for team racing . . . **PAGE 15**





## A Word from the President...

### Dear Sailors and Friends,

This is the 75th year of organized school sailing. The first national championship was sailed in late June 1930, at Indian Harbor Yacht Club, Greenwich, CT, in Atlantic Class sloops. Fourteen private school teams raced for three days; Middlesex School won. Three of those original schools are still active: Hotchkiss, St. George's and Tabor. We are considering an alumni regatta in Atlantics next June in celebration.

The year past was another successful one for school sailors, with continuing development of teams and local leagues and rising skill levels. Districts are becoming standardized and the volunteer infrastructure keeps growing. Improving coaching skills and "legitimizing" school sailing as a sport remain priority issues. Membership has increased and promises to continue to do so, with development in new areas as well as steady growth in established regions. Retention is good but could improve. Those teams that build for the future survive; those built on transitory talent tend to fade. Our retention rate hovers around 90%.

We continue to provide goods and services to our members as well as organizing four national-level regattas: the three national championships and the new-teams invitational.

Our partners in the growth and development of ISSA – Vanguard Sailboats with boats for nationals and cash grants for ISSA, West Marine with the generous new teams grant program extended for yet another year, and Sail America with an annual grant to ISSA supporting the quarterly newsletter and Yearbook – all three help us to provide for our sailors. The Gill/NA discount program also materially assists existing teams in meeting their equipment needs.

Our major strength lies in the volunteers who make school sailing work.

To see where we've been, check out the 2003-2004 Directory & Yearbooks, which have been mailed to all schools joining for this year. New teams and those with new coaches also received Coaching Manuals and Procedural Rules.

Our major administrative challenge this year is transition: continuing development, preparing for the future, ensuring continuity of operations. Memberships continue to rise and we've gone to an on-line registration system on our website to record those memberships.

While the fall season is somewhat informal in some districts, we've already had some wonderful local, regional and district events culminating in two national regattas, Great Oaks and Cressy 2004. The reports are in this newsletter. SAISA's Paige Railey of Clearwater HS (FL) won the radial fleet at Cressy 2004 and is the first young woman to win a singlehanded championship in school sailing.

For talent-watchers the Olympic Trials were studded with former school sailors, some making the US Team for Athens.

So it's on to another great year for school sailors.

I am grateful to all of you who join in this worthwhile effort. We too have "fun with friends."

With best regards to all —

Larry White, President

### Mark Your Calendar ...

**Dec 31** The deadline for school memberships to be counted toward the final district allocations for entries in the Mallory and Baker regattas. Allocations for these championships are based on membership dues received by the end of the calendar year and on the number of each district's member schools as a proportion of the nationwide membership either by the deadline or the previous school year, whichever is higher. Suggestion: make sure your school has joined by the deadline; it could make a difference in how many allocated berths your district receives.

**Jan 3-4** The third 10% PCISA regatta is the annual Rose Bowl Regatta to be sailed in CFJs at Alamitos Bay YC.

**Jan 28-Feb 1** National Sailing Program Symposium in Oakland, CA. Will include a session on the relationship of yacht club programs and school sailing and an ISSA coaching seminar.

**May 8-9** The ISSA national doublehanded championship for the Mallory Trophy to be sailed at Southern YC, New Orleans. The Mallory regatta is sailed in two divisions by 20 school teams per allocations and determined by district qualifiers.

**May 22-23** The ISSA national team racing championship for the Baker Trophy to be sailed at the US Naval Academy in Annapolis. Twelve 3-boat doublehanded teams, based on district allocations, compete.

**Sep 25** Annual general meeting of ISSA members at an East Coast site TBA.

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[www.highschoolsailingusa.org](http://www.highschoolsailingusa.org)**

## INTERSCHOLASTIC SAILING ASSOCIATION, INC. OFFICERS

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**Treasurer:** Nancy Healy 860-739-4011



## Florida Schools Tops in Cressy

8. The Hotchkiss School (CT), Hugh Cullman	109
9. Monsignor Donovan HS (NJ), Todd Hawkins	111
10. Moorestown HS (NJ), Patrick Curran	114
11. Castle HS (HI), Michael Scott	116
12. North Kitsap HS (WA), Ben Young	132
13. New Trier HS (IL), Valen Smith	151
14. Mater Dei HS (CA), Jamie DeWolfe	167
15. Mounds View HS (MN), Dan Thompson	
16. Loyola HS (CA), Christopher Werner	172

### Radial-Rig Division:

Fin	School/Skipper	Pts
1.	Clearwater HS (FL), Paige Railey	45
2.	Pt. Loma HS (CA), Adam Roberts	46
3.	Southern Regional HS (NJ), Royce Weber	56
4.	U of San Diego HS (CA), Zachary Brown	69
5.	Metaire Park Country Day (LA), Jackson Benvenuti	77
6.	The Hotchkiss School (CT), John Moulthrop	81
7.	Methacton HS (PA),, Kyle Rogachenko	84
8.	Lexington HS (MA), Michael Easton	88
9.	Seminole HS (FL), Mitch Hall	112
10.	Minnetonka HS (MN), Jessica Haverstock	125
11.	Bainbridge HS (WA), Carl Shorett	132
12.	Mounds Park Academy (MN), Andrew Keane	135
13.	The Brooks School (MA), Kyle Smith	140
14.	Marin Catholic HS (CA), Sean Kelly	146
15.	Tabor Academy (MA), David Meleney	147
16.	Punahou School (HI), Drew Robb	151



Cressy winners with ISSA President Larry White



Paige Railey, #7 at right on port tack, crosses the radial-rig fleet

Photos by Tom Monkus

## Metairie Park Wins '03 Great Oaks

CONTINUED FROM FRONT PAGE

The 19 races, a complete round robin, were sailed on Lake Pontchartrain in 70 degree temperatures and in a morning 12-knot breeze that faded during both days of racing. Entries were from as far away as Hawaii, Washington State and Wisconsin and from five of the seven ISSA districts.

Host for the Great Oaks Regatta was Southern YC in what has become an impressive five-year tradition that will continue. The regatta, the foremost intersectional non-championship event on the ISSA schedule, is open to schools from all the ISSA districts per allocation. The only restriction has been that the entries have to be recently formed or re-established school teams, a condition that has been modified for future Great Oak regattas. For future Great Oak regattas any school that has not participated in the national fleet or team racing championships within the previous four years will be eligible.

Cal Herman was Regatta Chairman, assisted by members of Southern YC. The fleet of 420s were loaned by Tulane University and University of New Orleans. Past Commodore Phil James and Natalie James loaned their boat Grand Finale as committee boat, and Mr. and Mrs. Howard Schmalz hosted a Saturday evening dinner for all sailors and committee members with food prepared by the host yacht club.



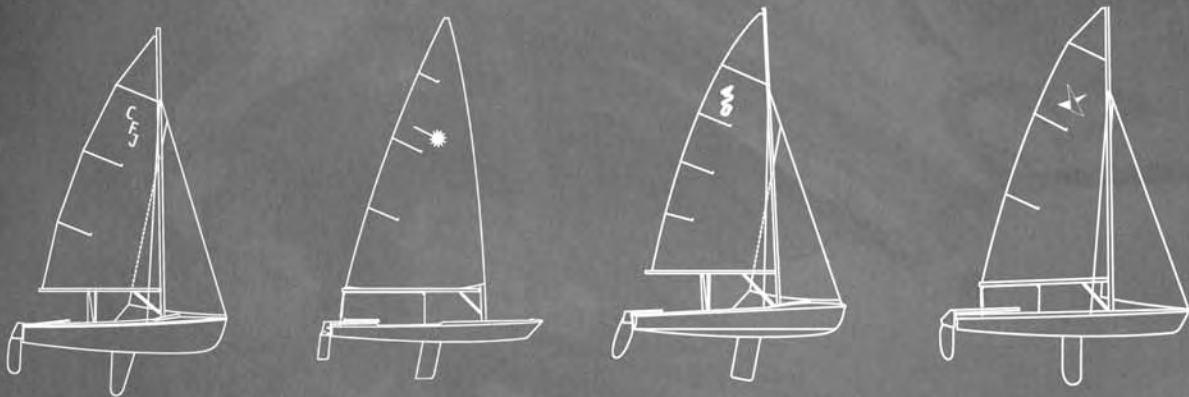
2003 Great Oaks Regatta winning crew of Elizabeth Parker and Jackson Benvenuti sailing for Metairie Park Country Day School

### The results:

Fin	School	Pts
1.	Metairie Park Country Day (LA)	62
2.	The Antilles School (USVI)	104
3.	Sacred Hearts Academy (HI)	109
4.	Brother Martin HS (LA)	109
5.	Sickles HS (FL)	111
6.	Porter-Gaud School (SC)	131
7.	Berkeley Prep (FL)	140
8.	Breck HS (MN)	155
9.	Academy of Holy Names (FL)	182
10.	Richardson HS (TX)	200
11.	Wayzata HS (MN)	214
12.	McGehee School (LA)	224
13.	Holy Cross HS (LA)	255
14.	Hopkins HS (MN)	266
15.	Rockwall HS (TX)	267
16.	Sarasota Military School (FL)	272
17.	Orcas HS (WA)	280
18.	Hilton Head Preparatory School (SC)	282
19.	Iolani HS (HI)	282



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# On-Line Registration, Championship Sites Hot Topics At Annual Meeting

At the annual ISSA meeting of members representatives of six of the seven ISSA districts were briefed on the about-to-be-implemented system of registering member school teams nationwide. The system, already in use in PCISA, uses a new website and Microsoft Access software similar to what is already being used in collegiate sailing.

The system replaces the paper membership applications and allows each member school to register directly as a team with details of its facilities, the names of advisor or coach, and the team roster. Changes and additions become much simpler than with the mailed or e-mailed information in the past.

With the system each district will have a designated district administrator who will have control of the data on that district. The administrator verifies and controls data changes and is solely privy to personal information. The district representatives offered numerous suggestions, most dealing with what they saw as opportunities afforded by the system.

It was expected that initially there would be glitches, perhaps even the need to continue using paper applications for a while, but with smoothing the on-line system promises to make a gigantic improvement in efficiency and accuracy. The members voted unanimously to adopt the revised website and on-line registration system.

All of the reports from districts spoke of increased membership: the first Caribbean member in SAISA with more indicating interest, an expected 50 member-schools in MWISA including solid growth in Minnesota, and continued slow but steady addition of teams in SEISA and NWISA. Both NESSA and PCISA are looking at 80 member-schools this year.

The members discussed at length prospective sites for two national championships, Hawaii for the 2006 Cressy singlehanded championship and possible sites for the 2005 Mallory fleet championship in the Puget Sound area. In order to use the fleet of new Lasers provided by Vanguard, the Cressy is tied to the national college singlehanded championship, usually the week before or after and at the same or a nearby venue. The discussion centered on travel time to and from Hawaii especially for East Coast entries and the consensus of the members recommended using either the long Veterans Day or Thanksgiving weekend for the school championship. Mike Segerblom, liaison

between school and college sailing, was asked to present the school scheduling preferences to the ICSEA Board. No further action was taken pending the decision on the college championship.

No action was taken on an impressive presentation by NWISA Director Scott Boye describing several possible venues in his district for the 2005 Mallory championship. The Pacific Northwest has a number of logistical complexities especially for teams having to travel a distance. One site Scott suggested was an isolated campground on Orcas Island, a site not even similar to the college/yacht club/sailing center sites that have been the traditional venues for the championship. In the end, however, the extraordinary travel necessary to get to the site and the difficulties with the care and feeding of 20 school teams, their coaches and regatta officials militated against the site. NWISA will be working on alternatives.

The members voted to recommend to the donor of the Great Oaks Trophy that the eligibility of teams as specified in the deed of gift be changed. The Great Oaks Regatta has been an annual intersectional event open to recently organized teams not yet having the experience to contend in the national Mallory or Baker championships. For the first five years of the event was open only to teams three years or younger.

The members realized that teams still struggling to develop championship sailors after three years and teams rebuilding after being discontinued no longer were eligible for the Great Oaks Regatta. Yet these are among the types of participants the regatta is aimed at. To open eligibility the members voted to request the donor modify the deed of gift and permit any school teams that have not competed in a Mallory or Baker national championship within the past five years be eligible. Subsequent to the meeting the donor accepted the recommendation but modified it to be four years after any championship participation.

The 2003 annual meeting was held September 27 in Newport Harbor, CA, hosted by PCISA and Newport Harbor YC.

## Spranger Award to Tim Hogan

ISSA's Jeff Spranger Award was presented to Tim Hogan at School Sailing's Annual Meeting on September 27th, 2003, in Newport Harbor, CA. This award is made when the situation warrants, not annually, and presentation is to someone who, in the opinion of the Board of Directors of ISSA, best emulates Jeff's example of capable, dedicated and selfless service to school sailors over an extended period of time. Jeff's service now extends over nearly 50 years, from fresh-caught coach to this day with sage advice, developing publications and a quarterly professional-grade newsletter.

Tim Hogan has served and still serves school sailing as a mentor and a leader in youth sailing on the West Coast and Hawaii, a coach, advisor and organizer of not just local teams but



*Spranger Award winner Tim Hogan (left) with President Larry White*

## MEMBERS ELECT ISSA DIRECTORS

At the ISSA annual meeting the members voted unanimously to elect the proposed slate of Directors and Officers and at a separate meeting of the Directors following the annual meeting Larry White was re-elected President and Ted Kaczmarek as an at-large Director. Thanks were extended to retiring Board members Andrew Cole, Rick Wolney, and Doug Heil.

### **ISSA Officers and Directors for 2003-2004:**

**President** – Larry White

**Vice-Presidents** – Tim Hogan, Ray Teborek, Roy Williams

**Secretary** – John Vandemoer

**Treasurer** – Nancy Healy

### **District Representatives:**

NESSA – Roger Rawlings

SAISA – Tom Monkus

NWISA – Scott Boye

SEISA – Joanne Koliou

MASSA – Bill Schneider

MWISA – Don Shea

PCISA – Ted Gazulis

**Members-at-Large** – Kevin Baker, Wayne Cutler, John DeMeyer, J.P. Fasano, Guy Fleming, Steve Gay, John Gervais, Ted Kaczmarek, George Linzee, and Shawn Ryan

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# SPRANGER AWARD — CONTINUED FROM PAGE 5

the entire region. Under Tim's aegis the Pacific Coast Interscholastic Sailing Association has grown into the second-largest district in ISSA, second only to New England, the birth-place of school sailing. Innovations in administering his area, including the development of local and league regattas into a framework of merit leading to national championships, have proven to be a template for other districts.

His intelligent and forthright manner have made him a leader not just in the West but nationwide. He now serves as Executive Vice-President of ISSA, overseeing some important national projects in the current and future operations of school sailing in the US. Tim has been an ISSA Board Member since 1995.

In making the presentation, ISSA President Larry White cited Tim's many successes and capacity for leadership." Tim figured out that the way you make it best for your kids is by making it best for all," said White.

## Preliminary Championship Allocations

Final district allocations for the 2004 Mallory fleet and the Baker team racing national championships will be based on the total district memberships January 1, 2004 and for the 2005 Cressy singlehanded championship, on memberships at the end of the 2003-2004 school year. Each district determines which teams will represent that district. The number of berths at each championship is fixed: 20 for the Mallory, 12 for the Baker, and 16 in each of the Cressy fleets.

The 2004 national fleet championship will be held at Southern YC, New Orleans, May 8-9, 2004 and 2004 team racing championship is May 22-23 at the US Naval Academy, Annapolis, MD.

### PRELIMINARY ALLOCATIONS

District	Mallory	Baker	Cressy Radial	Cressy Full
New England	5	3	4	4
Mid-Atlantic	3	1	2	2
South Atlantic	3	2	2	2
Mid-West	2	1	2	2
Southeast	1	1	1	1
Northwest	1	1	1	1
Pacific	5	3	4	4

## West Marine Partnership Continues

In an exciting development, West Marine announced that it has renewed for a fifth year its partnership with ISSA with its grant program for new teams. The partnership began with an inquiry from West Marine, "How can we help?" It was a question prompted by the rapid growth of school sailing which was attracting national attention.

In its first year that question was answered by West Marine's \$25,000 per year program of grants for new teams to help them get equipped through store credits and generous discounts from West Marine store managers who become partners to the local teams they befriend. Now entering its fifth year, this program has disbursed over \$100,000 so far and helped nearly 275 teams get underway, many staying on and developing in ability and numbers. A banner "new team" is SEISA's LaPorte High School (TX). In its first year LaPorte qualified for the Great Oaks Invitational and for the doublehanded national championship for the Mallory Trophy. Recently members of that team were the crew for John Koliuss at the J/80 Worlds.

Here's how the program works: ISSA identifies new teams from their membership application forms which reach the national office from the districts and nominates these teams to West Marine for grants up to \$500 per team, based on team size. West Marine then sends the grants to ISSA for distribution back to the new teams, who are also asked to thank West Marine and to send team pictures with their letters of thanks. In the new on-line membership system, ISSA cannot read the team forms until the district has released them, affirming that they are in good standing. That certifies their eligibility.

Our heartfelt thanks to West Marine for continuing this valuable program.

## ISSA TO BE AT NSPS

ISSA will be at the National Sailing Programs Symposium in Oakland, CA next January 28 to February 1, 2004 with general sessions, a special presentation on yacht club programs in cooperation with high school sailing and an ISSA Coaching Seminar (aka Level III High School Module for the USSAILING Coaching Certification). Check the ISSA website [highschoolsailingusa.org](http://highschoolsailingusa.org) or the USSAILING website [ussailing.org](http://ussailing.org) for further details as they become available.



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# Reports from ISSA Districts

## NWISA

The NWISA district Cressy qualifiers were held at Anacortes on September 6. Ben Young from North Kitsap H S dominated in the full rig class and Carl Shorett from Bainbridge HS won the radial class. Both will represent the NWISA at the Cressy regatta November 15-16 in Florida.

Northwest coaches convened for a scheduling meeting the first weekend of October. The spring schedule was mapped out, with our first major regatta to be held at Sail Sand Point in Seattle the second weekend in March. All schools in the district are planning on attending this regatta which will include a clinic hosted by Sail Sand Point and racing after the clinic.

Orcas Island HS hosted a clinic the second weekend of October. Sailors from all of the NWISA member schools attended the clinic. Most of the clinic was spent on the water, but a "chalk talk" by Dick Rose covering rules was a highlight of the weekend. Orcas showed great hospitality, with great food and fun housing for the visiting sailors.

— Scott Boye

### NORTHWEST ISSA

**States:** Washington, Oregon, Idaho, and Alaska

**Contact:** District Director Scott Boye, 360-378-8548

**E-mail:** fhsailcoach@hotmail.com

**District website:** <geocities.com/newcanvas>

## NESSA

NESSA held its annual general meeting November 2. Fifty individuals from 39 schools attended the meeting. The coaches spent the first hour of the morning scheduling their dual, triangular and quadrangular meets. It was a great scene to watch coaches from throughout New England walking around the room with clipboards and calendars searching out competitive locations for their teams to sail.

The meeting began with the reading of the eligible voting members and a request to have three new schools, Duxbury HS, Rocky Hill School and North Kingston HS elevated, via the NESSA by-laws, to voting status. The NESSA website has been updated and appears to be well received.

Last year, NESSA expenses were slightly more than its income since trophies were purchased for future years and some prior years expenses were finally billed in this fiscal year. Last year NESSA purchased a block of airline tickets to San Diego for the Baker Championship and the schools attending each reimbursed their third of the costs. This year, because the Baker is within driving distance, a block of tickets will not be purchased.

Last year's regattas were reviewed and the regatta chairs thanked. It was a very successful regatta season and the weather was quite good all spring. The 2003/2004 season has already started on an up note after successful Funfest and the New England Singlehanded Championship regattas. Thanks to Carl Zimba and Kim Doble for their regatta chairmanships.

Discussion then ensued concerning two issues of national concern and regional interest. The first was whether NESSA should support more regattas in the fall in order to accommodate those schools that sail both in the fall and the spring. Some on hand noted that only 13 to 15 schools in attendance have some sort of formal fall sailing program. A large majority of those fall programs are strictly learn-to-sail classes with no competitive desires at all. Most of the schools that have a fall program are running them as clubs and not teams. Most of the schools that have a fall program have a team in the spring. It was the consensus of the membership that NESSA, as an organization, does

not need to sponsor any more fall regattas. Schools and colleges in the area have begun hosting invitational regattas that are considered adequate for the current fall programs.

The second point of the new business was a lengthy discussion on conglomerate teams. In the past, NESSA has allowed conglomerate teams – sailors from two or more schools sailing as a single team – to form between schools in a geographic area in the hopes that enough interest would be generated at the individual schools to form a team in the near future. This has worked very well in the Lake Champlain-area of Vermont. A new request for a more formal conglomerate team membership was made at the meeting. Instead of accepting a motion from the floor before allowing the membership some sort of review process, the board has formed a sub-committee to investigate the question.

— Roger Rawlings

### NEW ENGLAND SSA

**States:** Maine, New Hampshire, Massachusetts, Rhode Island, and Connecticut

**Contact:** Director Roger Rawlings, 860-435-3020

**E-mail:** rawlings@snet.net

**District website:** <nessa-sailing.org>

## MWISA

This season was the beginning of a district-wide effort to create regattas for JV teams and it has been successful. As a result, the fall of 2003 has seen the greatest Midwest regatta activity ever. Culver Academy in Indiana hosted two events this year. Events were also held at Sheridan Shore Yacht Club in Wilmette as well as a number of events in Minnesota and Michigan. The Halloween Spectacular hosted by the Lake Forest Sailing Center in Lake Forest, IL had 23 420 teams this year, a record for the event.

School registrations are continuing with 28 schools on board thus far. It is anticipated that spring will bring in another batch of registrations. With increasing registrations, the need has arisen to increase number of clinics for coaches and well as for the sailors. It will be a busy spring.

New district officers have been installed. Their names appear on the MWISA web site (MISSA.net.) Additionally Mr. Don Shea of Winnetka, Illinois, will be a MWISA representative to ISSA.

The schedule of fall regattas: Kickoff Classic in 420s and Lasers September 13-14 at Sheridan Shores YC. In October The Fall Colors Regatta Oct. 4 in 420s and Lasers at Wayzata YC, the Jimmy Talbot Regatta Oct. 4-5 in 420s, Vanguard 15s and Lasers at Chicago YC, the Culver Invitational Oct. 11-12 in 420s and The Halloween Spectacular Oct. 25-26 in 420s at Lake Forest Sailing Center. November 1-2 the MWISA Cressy singlehanded championship/qualifying regatta.

The fall season will round out with two remaining regattas. Lake Forest Sailing Center will host the Fall Intersectional Regatta on November 8 and 9, 2003. The High School Great Lakes Championship will take place at Chicago Yacht Club's Belmont Harbor venue. The High School Great Lakes is a triple division event; the A and B Divisions are sailed in 420s and the C Division is sailed in Laser Radials. This event is scheduled for November 15 and 16.

In all, it has been a successful fall season for the Midwest and a busy spring season looms.

— Chris Mitchell

### MIDWEST ISSA

**States:** Ohio, Indiana, Illinois, Michigan, Wisconsin, Minnesota, and Iowa

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**District website:** <missa.net>

# Reports from ISSA Districts

## MASSA

At the MASSA fall meeting members re-elected Bill Schneider as District Director and elected Bill's son Geoff, a one-time school sailor, a sailing instructor, and long-time competitive small boat sailor as Assistant Director. In his father's words, "he's been there and has the advantage of being able to take over my e-mail and web-site maintenance if needed." Geoff replaces Andrew Cole, who remains as MASSA Chief Judge.

At the meeting the membership proposed Ted Kaczmarek, Junior Program Director at Annapolis YC, as an at-large member of the ISSA Board of Directors. Ted has been active in developing school sailing in the Annapolis area.

A major topic of discussion by the district members was continuation of planning for the future. All agreed that regional sailing would be best for MASSA. They envisioned local control of leagues, allowing smaller teams and even individuals to sail under whatever rules would be necessary to maximize participation. However, they also stressed the importance of having each participating student belong to a full ISSA member school. The district, in turn, would be responsible for a series of qualifying regattas for district championships and for qualifiers for the national championships as well as doing the overall coordinating. To follow up on this vision, Ted Kaczmarek offered to host an internet discussion group to work out details.

Geoff Schneider did the scoring to determine the final results of the extensive fall regatta series and the district fall championship. The results reflect a good distribution among the different regions in the district. The district champion (two best regatta results plus the fall championship regatta) is Annapolis HS with 66 points. Virginia League schools Norfolk Collegiate School and Hampton Roads Academy tied for second place two points behind. The rest of the top 10 places: 4. Southern Regional HS (NJ), 63; 5. Monsignor Donovan HS (NJ) 61; 6. Gunston Country Day School (MD), 55; 7. Severn School (MD), 55; 8. The Key School (MD), 51; 9. Mamaroneck HS (NY), 51; 10 Pt. Pleasant Boro HS (NJ), 49

### MID-ATLANTIC SSA

**States:** NY, NJ, Penn., Delaware, Maryland, and Virginia

**Contact:** District Director Bill Schneider, 410-757-4729

**E-mail:** mariners@toad.net

**District website:** <mariners@toad.net>

### SOUTH ATLANTIC ISSA

**States:** North Carolina, South Carolina, Tennessee, Georgia, north Alabama, Florida (except Panhandle), and the islands of the Caribbean

**Contact:** District Director Tom Monkus, 727-821-2628

**E-mail:** monkus@specs.com

**District website:** <salsa.org>

### PACIFIC COAST ISA

**States:** California and Hawaii

**Contact:** District Director Ted Gazulis, 415-435-3811

**E-mail:** tgazulis@hsresources.com

**District website:** <pcisa.org>

# ISSA NEWS

### SEND NEWS FROM YOUR DISTRICT!

Mail photos, regatta and other news or articles to:  
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**Fax:** 860-739-4467

**e-mail:** lawrence\_a\_white@juno.com

DEADLINE FOR THE WINTER 2004 NEWSLETTER:

**JANUARY 15, 2004**

## Growth of High School Sailing in the Rochester Area

The Rochester Yacht Club (Rochester, NY) has a Junior Sail Program which conducts sailboat racing practice sessions for high school students. The program uses 10 Club 420's and practice sessions are held twice a week for about eight weeks each fall and spring. We practice and race on Lake Ontario and/or on the Genesee River. In the past three years interest in this high school sailing program has grown considerably. Currently, there are 36 students participating. Over the past several years students from this program and parents from one to three high schools have organized teams and have participated in many MASSA district regattas. Now, three more schools are in the process of organizing teams.

Why the growth? Several reasons, but I believe there are some key factors:

1. The dedication of the program coaches, team advisors, and parents who run the practice sessions and provide the opportunity for students to travel to regattas.
2. More students and parents are learning about the existence and benefits of high school sailing.
3. Many high school students desire to be a member of a competitive team. There is open admission to a team. With practice, students who join a team actually get to compete at regattas.
4. High school sailboat racing is new, exciting and different for most students. It is also a coed sport (activity). It involves social interaction with high school students from several states, coaches and parents. And it includes some travel.
5. There is very little cost to the high school.

The Rochester Yacht Club has been host to a few MASSA regattas with schools from the western New York area. It has been a challenge to attract district schools from the New Jersey, Maryland and Virginia because of the travel distance. However, with the local interest and growth, we expect to be hosting two or three regattas each season. I expect that we will form a league within MASSA.

We find the largest challenge to starting a high school sailing team (club) is obtaining the support of the high school administration. To help in this effort, Bill Norton and I have developed a High School Sailing Team Proposal. It is generic, about six pages long and can be edited for a particular school. If you would like a copy, e-mail me at swilde@rochester.rr.com

– Steve Wilde

## SEISA

### La Porte High School and The J/80 World Championship

This summer, John Koliuss called Megan Mulhern, Mallory Fontenot and me to ask if we would be interested in crewing on a J/80 with him. John has coached us in many clinics and also coaches our high school sailing team with his wife, Joanne. We all agreed, made practice schedules, and started training. Unlike most J/80 crews, we sailed with five people instead of the usual four. Our fifth crewmember was Caleb Borchers from Oregon, who had raced with John in many previous regattas. Since he could not practice with us, our high school coach, Joanne, stepped in to trim the spinnaker in practice. Practicing at least three times a week, we learned our new positions and what it took to make the J/80 sail fast in most conditions.



# Reports from ISSA Districts



Our first regatta was the J/80 North American Championship, which happened during the NOOD regatta at Houston Yacht Club. We finally met Caleb, and sailed for the first time with the crew that was going to go to the World Championship in Fort Worth. Our patience and good boathandling skills earned us a second place finish. Unfortunately, due to the light winds, the boat with three girls was not given much credit. Although in actuality our crew weight was about three pounds under the maximum, most people thought that with three girls we were the lightest team out there. "You girls are just lucky it wasn't windy," was the comment of the weekend.

Two weekends after the NOOD were the Worlds at the Fort Worth Boat Club. The practice days were light and of course we heard some similar comments to those from people at the

NOOD. However, a few cold fronts and weather patterns brought plenty of wind for the race days. Over the course of the regatta we raced in winds varying from 10 knots to 25 knots. We finally had a chance to prove that we were doing well because of practice and determination, not our weight.

The first day of the regatta we had a few tough races, so for the rest of the week we had our work cut out for us. Each day we improved and went into the last day tied for second, but losing the tiebreaker. We only had one race to sail on the last day and we had to make it count.

After three general recalls, we finally started the race. Unfortunately at the first mark, the boat that we needed to beat was in front of us. Everyone on the boat pushed to the limit and boat length by boat length we gained on our opponent. By playing the shifts on the last upwind beat to the finish, we were finally in front of our competition. We crossed the line in second place and this extraordinary race moved us up to second place overall.

Looking back over our experience of J/80 Worlds and the intense training leading up to the event, it is obvious to see how much Megan, Mallory and I have learned. The chance to race with two professional sailors in the Worlds was an opportunity that most kids our age do not get. John and Caleb taught us new things every time we went out on the water. However, the learning is not over yet, because our second place finish earned us a free charter for the Worlds next year, which will be held in Sweden next July. So, Sweden here we come!

— Roberta Steele

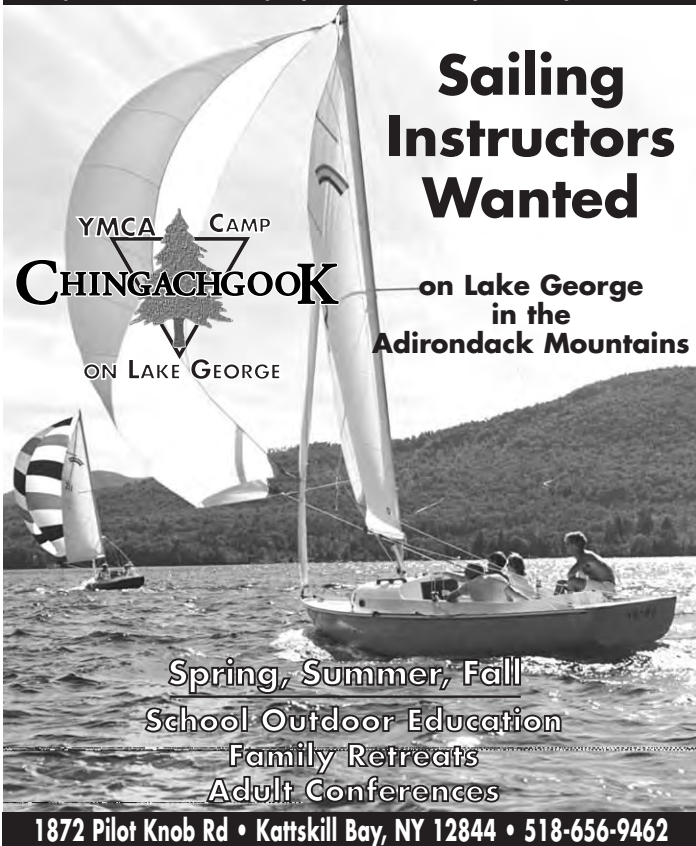
## SOUTHEAST ISSA

States: south Alabama, Florida Panhandle, Mississippi, Louisiana, Arkansas, Kansas, Oklahoma, and Texas

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E-mail: kollusj@laporte.isd.esc4.net

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# On ISSA Race Courses...

## NESSA POLAR BEAR OPEN

Bowdoin College was host for the first NESSA fall regatta, the Polar Bear Open Sept. 14 with eight teams from six schools sailing six races in two divisions. Tabor Academy led by its overall low point winning crew of Dave Meleney/Nate Merrill in B division won with Casco Bay HS and The Williams School teams close behind. Ben Sampson/Mattie Farrar made up the rest of the winning Tabor team. Winds were light southerly.

## PCISA SOCIAL I

The emphasis – and the trophies – in southern California's SoCal series is to JV crews and in the first SoCal regatta September 30 at Newport Harbor HS the JV crews from Newport Harbor HS took first, second and third. Charlie Buckingham/Blair Belling were low point in the six-race regatta.

## SAISA GREAT OAKS QUALIFIER

Five light-air races were sailed by 11 teams at U of South Florida Oct. 4 to determine the six allotted SAISA berths at the 2003 Great Oaks Regatta. Berkeley Prep's crew of Evan Brown/Betsy Bryant topped the field handily. It will be Berkeley Preps third appearance at the Great Oaks. The Antilles School of the USVI, sailing CFJs for the first time, took second. The qualifiers: 1. Berkeley Prep, 9; 2. Antilles, 15; 3. Sickles HS, 22; 4. Acad. of Holy Names, 23; 5. Hilton Head Prep, 28; 6. Porter-Gaud, 30.

## PCISA SINGLEHANDED CHAMPIONSHIPS

Last year Parker Shinn of Pt. Loma HS won the radial-rig division of the 2003 national singlehanded Cressy championship while leading his school to an undefeated record in the ISSA national championships. This year he's back but in the full-rig division by virtue of winning the PCISA full-rig championship Oct. 4-5 at Alamitos Bay YC. In the radial division with 24 entries 2003 Cressy runner-up Zack Brown of U. of San Diego HS finished in first place, winning nine of the 13 races. The top three who qualify for the national championship representing PCISA (the fourth is allocated to Hawaii): Full-rig: 1. Pt. Loma HS, Parker Shinn, 27; 2. Mater Dei HS, Jamie DeWolfe, 50; 3. Loyola HS, Chris Werner, 53. Radial-rig: 1. U of San Diego HS, Zack Brown, 23; 2. Pt. Loma HS, Adam Roberts, 58; 3. Marin Catholic HS, Sean Kelly, 63.

## PCISA NOCAL I

The first northern California NoCal regatta was sailed October 11-12 at Coyote Point YC. Menlo Atherton HS made the best of what for most of the weekend were brisk winds. The Marin Catholic HS first team was second and its second varsity team was third. The winning crews for Menlo Atherton were Chris Williams/Matt VanRenseaer in A division and Ryan Anderson/Mariana Beardsworth in B. Overall low point honors went to Sean Kelly/Christina Nagalani, the Marin Catholic second varsity B division crew.



## NESSA GLEEKMAN FALL FUNFEST REGATTA

The annual Wally Gleeckman Funfest Regatta, named for the long-time coach of Boston's Brookline HS, is an invitational regatta usually sailed at a community sailing facility. This year it was sailed October 12 in two divisions with seven races each at Community Boating Center on the Charles River in Boston. Mount Desert Island HS, despite having but a single first place in the 14 races, won with North Kingston HS and Champlain Valley Union HS tied in points but broken in favor of NKHS for second.

## PCISA SEA OTTER REGATTA

The first of the five 10% regattas scored towards the PCISA championship (PCC) was the Sea Otter Regatta sailed Oct. 18-19 at Monterey Peninsular YC. The racing was in two divisions and two fleets, a Gold and Silver, 37 teams in all. In the 20-team Gold fleet with 17 varsity and three JV teams Corona del Mar HS won with Marin Catholic HS second and Newport Harbor HS third. The two Corona del Mar crews had seven first places in the 16 races, six by its B division crew of Adrienne Patterson/Hadley Rokicki that took overall low point honors and the other by its A division crew of Eric Aakhus/Peter Tucci/Brittany Sitzer. For its win Corona del Mar was awarded the Fat Bob Perpetual Trophy, a distinctive trophy fashioned several years ago by Cam Lewis from a CFJ transom.

In the Silver Fleet the Marin Catholic JV crews with the low-point scores in both A and B divisions finished first against 15 teams, four of them also JV squads with Coronado HS JV second and the Corona del Mar JV2 third.

## SAISA SINGLEHANDED CHAMPIONSHIPS

The district singlehanded championships and Cressy regatta qualifiers were sailed Oct. 18-19 at Eckerd College, the site four weeks later for the national championship. Pine View HS's Chris Branning qualified for his second Cressy regatta by winning the full-rig division against eight opponents. In the radial-rig division with 17 entries Paige Railey of Clearwater HS returns to the Cressy for a second time by winning the radial division. Branning's teammate from Pine View HS, Andrew Perry, was second in the full-rig and Mitch Hall of Seminole HS was runner-up in the radial. Both also qualify for the Cressy.

## NESSA CONNECTICUT OPEN REGATTA

After a number of years predominately as a less formal league regatta the Connecticut Open became a truly intersectional event this fall as seven of the 18 competing schools were from outside New England. The Open, sailed Oct. 18-19 at the US Coast Guard Academy, had two teams from MWISA and five from MASSA including the winning crews of Annapolis HS and three of the top four places. The winning team for Annapolis: Christopher Franklin/Josh Krissoff, Ted Hale/Enzi Jauregoi, and Janel Zarkowski. The regatta as sailed in three divisions, 420, CFJ and Laser, 18 races for each division. The top five teams: 1. Annapolis HS, 214; 2. Monsignor Donovan HS, 303; 3. Portsmouth Abbey, 350; 4. Point Pleasant HS 358; 5. Brunswick School, 385.

## MWISA HALLOWEEN SPECTACULAR

Lake Forest Sailing Center was the site of the 2003 Halloween Spectacular Regatta Oct. 25-26 that saw the New Trier HS second team defeat 20 school teams. Two divisions sailed 10 races each. The overall low point crew was Dave Purinton/Alex Molo of the combined St. Ignatius College Prep/The Latin School team that finished second. The winning crews for the New Trier HS second team were Matt Clark/Nicole Hudson and Ned Turney/Anne Shea. The leaders: 1 New Trier 2, 95; 2. St. Ignatius/Latin, 105; 3. New Trier 1, 107; 4. St. Ignatius 1, 117; 5. Evanston Township 1, 154



# On ISSA Race Courses...

## MWISA SINGLEHANDED CHAMPIONSHIP, CRESSY QUALIFIER

The MWISA Cressy qualifier was held at Macatawa Bay YC, Holland, MI Nov. 1-2. This year's qualifier raised the bar in terms of participation with 34 sailors in the full-rig division and 20 in the radial and produced, in one coach's opinion, "some of the best Laser sailing I have seen in this area." Mounds View Academy with Dan Thompson sailing and New Trier HS's Valen Smith took the two MWISA berths in the full-rig division, while Minnatonka HS's Jessica Haverstock and Mounds View's Andrew Keane qualified in the radial division. The conditions proved trying. On the first day winds were light and variable. Only two races were sailed. Day two brought a continuation of the light and variable conditions with the added attractions of 40-degree temperatures and driving rain. Despite the less than ideal conditions, four races were sailed on Sunday making a total of six races in each division.

## PCISA SOCIAL 2

The second in the series of SoCal regattas sailed Nov. 8 at Coronado YC the top two finishers were Pt. Loma HS JV crews, C.Biehl/B.Todter in first, having amassed five first places in the 15-race regatta. Pt. Loma JV teammates B Rigby/B.Provancha without a single first place took second, narrowly beating B.Warner/G.Laudenback of Calvary Chapel HS. Scored separately, the varsity teams were led by the U of San Diego HS crew of Z.Brown/R.Neal.

## MWISA 2ND ANNUAL FALL INVITATIONAL

Conditions were cold, cold, cold for the NWISA Fall Invitational at Lake Forest November 8-9, the first day in snow and light winds, the second in sun but a cold breeze. The regatta was sailed by 14 teams in each of three divisions, two in 420s and

one in Laser radials. The second New Trier HS team won with St. Ignatius Prep second and the New Trier 1 team third. The overall low point crew in 420s was Andrea Savage/Ali Trost from Grosse Pointe North HS. Low point in the Laser division was Matt Woodworth of Glenbrook South HS. The scores of the top five: 1. New Trier 2, 67; 2. St. Ignatius Prep, 71; 3. New Trier 1, 74; 4. Grosse Pointe North HS, 90; 5. Lake Forest HS, 113



Boat rotation at 2003 Great Oaks Regatta



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# Youth Team Members Have School Sailing Roots

Check this out. Does school sailing make better sailors? Surely it is not just a coincidence but almost every member of the honorary 2003 US Youth Sailing Team has been a member of a school sailing team within the last two years. These team members are considered the best and brightest of young sailors in the US. They each won or were the highest US finishers at a US Sailing national championship or were members of the US Youth World Team, which represented the US at the 2003 ISAF Youth World Championship last July in Portugal, an event won by Laser radial team member Paige Railey.

Several — notably Railey, Chris Branning, Melanie Roberts, and Graham Biehl — also have helped their school teams win ISSA national championships. Apparently the only members of the Youth Sailing Team not to have sailed for their high school were the multihull champions and one of the boardsailing champions. The 2003 US Sailing Youth Team with, in parentheses, their school team:

## **US Youth Championship:**

Emery Wager, Laser (Lakeside School, Seattle)  
Frank Tybor, Club 420 Skipper (The Bishops School, San Diego)  
Melanie Roberts, Club 420 Crew (Pt. Loma HS, San Diego)

## **US Junior Women's Doublehanded Championship:**

Leigh Kempton, Skipper (Monsignor Donovan HS, Toms River, NJ)  
Kaity Storck, Crew (St. Anthony's HS, South Huntington, NY)

## **US Youth Multihull Championship:**

Bret Sullivan, Skipper (Matawan, NJ)  
Samantha Simon, Crew (Aberdeen, NJ)

## **US Junior Women's Singlehanded Championship:**

Charlotte Hill (Palmer Trinity HS, Miami)

## **US Junior Singlehanded Championship:**

Kyle Kovacs (Lawrenceville Academy, NJ)

## **US Junior Doublehanded Championship:**

Frank Tybor, Skipper (The Bishops School, San Diego)  
Mani Markee, Crew (Torrey Pines HS, San Diego)

## **US Junior Triplehanded Championship:**

Baker Potts, Skipper (Jesuit HS, New Orleans)  
Allan LeBlanc, Crew (Jesuit HS, New Orleans)  
Edward Levert, Crew (Jesuit HS, New Orleans)

## **US Youth World Team:**

Chris Branning, Laser (Pine View School, Osprey, FL)  
Paige Railey, Laser (Clearwater HS)  
Zach Brown, Club 420 Skipper (U of San Diego HS)  
Graham Biehl, Club 420 Crew (Pt. Loma HS)  
Caroline Young, Club 420 Skipper (Plant Senior HS, Tampa)  
Shannon Heausler, Club 420 Crew (Plant Senior HS, Tampa)  
Philip Muller, Boardsailor (Lincoln Park Academy, Ft. Pierce, FL)  
Nancy Rios, Boardsailor (Naples, FL)

## **THESE CAN HELP ...**

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# USSAILING Announces First Graduates of New Level 3 Advanced Coaching Program

**Portsmouth, RI** — US SAILING has determined the first graduates of its new Small Boat Level 3 Advanced Coaching Program. Level 3 has been in development for several years and is designed to provide a higher level of certification for professional and advanced coaches primarily in the high school and college arena.

The first graduates of the new program are: U.S. Olympic Team Head Coach Gary Bodie (Hampton, VA), Cappy Capper (Lake Minnetonka, MN), Guy Fleming (Honolulu, HI), Tim Herzog (Baltimore, MD), Rob Hurd (Marion, MA), Scott Ikle (Geneva, NY), Scott Melander (Honolulu, HI), Richard White (Marietta, GA), Olympic Coach Skip Whyte (Warren, RI), Roy Williams (Newport, RI) and John Vandemoer (Chicago, IL). (Ed note: Six are school coaches — Capper, Fleming, Hurd, Melander, Williams, and Vandemoer.)

Level 3 applicants have a series of requirements to complete before achieving certification. The program is a minimum two-year commitment. Applicants must complete Small Boat Levels 1 & 2 before applying for Level 3. Building on the strengths of the first two levels, a Level 3 applicant must complete:

- 300 hours of on-the-water coaching
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- At least two modules in the following areas; college coaching, high school coaching, competitive youth coaching, international coaching, team racing coaching, coaching of disabled sailing or offshore coaching
- Knowledge of two sport science topics involving either approved home study of sport psychology and sport physiology or attendance at an Advanced Coaching Symposium where the topic is covered or successful completion of a college level course.

A Level 3 coach is expected to commit to continuing education by presenting at or attending the annual Advanced Coaching Symposium, attending other workshops giving by US SAILING or the USOC Training Center, writing articles for the Advanced Coaching website or offering specialized clinics and instruction.

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Readers of the ISSA Newsletter are invited to send us ads for our Classified Section. They must be of interest to school sailors, coaches, advisors, etc., and be subject to editing. Classifieds can be used to find or sell boats, give learning opportunities for school sailors, and offer sailing instructor employment. There is no cost to ISSA members for one-time publication of Classified ads. All others: \$25.00 pre-paid per issue.

**INSTRUCTORS:** Sailing/water skiing at top Maine children's camps offering Sunfish and master crafts. Contact Geoffrey Newman, 2914 Medinah St. Weston, FL 33332

**RACING COACHES/INSTRUCTORS WANTED:** YMCA Camp Letts on Chesapeake Bay is looking for enthusiastic sailors to team youth 8-16 in Lasers, Bytes, Optimists, Flying Scots, windsurfers, and 25' sloops. Offering room/board, competitive salaries, and pre- and post-season employment opportunities. Contact: Ian Fallon, PO Box 208, Edgewater, MD 21037 Tel: 410-798-0440 or e-mail [irfallon@annapolis.net](mailto:irfallon@annapolis.net)

**HEAD INSTRUCTOR/INSTRUCTOR:** for Small Boat Sailing/Racing at top Maine residential camp, ACA accredited. Management of five-person department. Qualified Sailing Instruction. Knowledge of racing a plus. Lifesaving required. Spring-fed lake one hour from Portland. Offering room/board, competitive salaries, and pre- and post-camp employment. Contact Louise Johnson, PO Box 225, New Vernon, NJ 07976. Tel: 973-538-5409. E-mail: [lfcmparcadia@aol.com](mailto:lfcmparcadia@aol.com)

**SIX CFJS FOR SALE:** By Bates College. 1984 boats in top condition with everything as well as extra sails. Asking \$7800 for fleet but will take offers. Call Daniel Vannoni at 207-777-7551 or e-mail [dvannoni@bates.edu](mailto:dvannoni@bates.edu)

**SIX CLUB 420s FOR SALE:** By Harraskeet YC, Freeport, ME. With heavy duty rails and with spinnakers and traps but easily converted. Well maintained and in decent condition. \$3000 firm either as a fleet or smaller lots. Contact Scott Fox at THE BOATHSE@aol.com

### ELECTRIC STARTING SYSTEM

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## ISSA CHAMPIONSHIP REGATTA ROTATIONS

ISSA national championships are rotated through the seven districts to encourage variety in the competition and fellowship among sailors. The Mallory and Baker regattas are rotated based on equalization of travel costs and a predictable cycle of assignment. The Cressy rotation follows the college (ICSA) schedule since ISSA shares a fleet of Lasers provided by Vanguard with ICSA. The composite schedule taxes no district with more than one national championship in any school year. Cressy regattas are dates for the school year and sailed the previous fall and are within a week of the collegiate singlehanded championship.

Regatta	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Cressy	SA	MW	PC	NE	NW	MA	SE	SA	MW	PC	NE	NW
Mallory	SE	NW	MW	PC	MA	SA	NE	SE	NW	MW	PC	MA
Baker	MA	SA	NE	SE	MW	PC	MA	NW	SA	NE	SE	MW



## ODDS and ENDS

• In a comparison published in *US News and World Report* (Sept. 22, 2003) of Ivy League athletes the percentile of student-athlete grades were checked against students at large. Football came in worst at 21%. Basketball and hockey weren't much better at 26%. Tennis looked pretty good at 46%. The best? Why, sailing team members, of course, at 53%, better than the student bodies as a whole! Are college sailors smart because they sail or do they sail because they are smart?

• As we go to press there will be at least one former school sailor in the Olympics. Katie McDowell, one-time member of the Moses Brown School (RI) sailing team qualified by winning the US Olympic trials as skipper in the Women's 470 Class. A number of other alumni are competing; watch for the results.

• Tufts University Sailing Coach Ken Legler has produced many useful coaching tips which appear once in a while on the NEISA (college) network. These are collected and can be retrieved from the NEISA website: [www.collegesailing.org/NEISA](http://www.collegesailing.org/NEISA).

• Look out! Hawaii is coming on strong. Not only are the private schools on Oahu now fully supporting school sailing, we expect the public schools to come along as well. And on the "Big Island" of Hawaii, there's development of school sailing paralleling that on Oahu.

# ISSA NEWS

### SEND NEWS FROM YOUR DISTRICT!

Mail photos, regatta and other news or articles to:

ISSA, PO Box 397, Niantic, CT 06357-0397

Fax: 860-739-4467

e-mail: [lawrence\\_a\\_white@juno.com](mailto:lawrence_a_white@juno.com)

DEADLINE FOR THE WINTER 2004 NEWSLETTER:

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## Practice Winning Combinations: A Guide To A Well-Practiced Team Race Team

In order to effectively coach team racing in your practice sessions you must, like any other skill, have clear goals set out for what you want to accomplish. In team racing the goals are fairly clear and fairly common between each team. A good team will have good boatspeed, boathandling, communication, rules knowledge, and a thorough understanding of winning combinations. These are the essentials you try to get out of each practice.

There is one thing that everyone should know before starting to learn team racing: it takes time. To be a great team racer you need to build you and your team up from the ground up, keep it simple and master one aspect before moving on to the next.

When you practice keep in mind that your team should shoot for a regatta or a series that you want to do well at. Then set up a few meets or events that you can use as developmental events before the big one. Having practice time against teams is really valuable for your development. Also, keep in mind that the top two ingredients for team racing are boatspeed and boat handling, so don't forget those when your practicing team racing. It is not all tricky moves; some of the best teams are just plain fast.

Here is a system I use for team racing practices. This system is based on the fact that you have worked on boatspeed and boathandling before working on team racing tactics. It is important to start off simply, with a "one-on-one" drill. Set a course, a triangle or windward-leeward, and have two boats race each other like a match race continually around the course except the goal is to slow the other one down so it doesn't have a chance to sail the course. Next, on the same course, I do "two-on-two's" where the two teammates help each other so that neither gets into last place. When doing these two drills I never run a start; this is a whole different section. In between these two drills I run some tacking drills or king-of-the-box for warm-up sessions and to break it up the practice a little if things get frustrating.

The next step is to work on passbacks. I do this by setting a course again and doing "piggy-in-the-middle" continuously, again no starts. This works well so the sailors know how much time it takes to convert a simple passback and it also introduces them to mark traps and downwind passbacks.

After this step, I work on starts. My favorite starting drill is what I call "win-an-end." The make-up of this drill is to assign two crews, a total of four boats, to each end of the starting line. I tell each set of two to win either the boat end or the pin end at the start. I then set up a short line and run a two-minute start sequence. A finish line 30 yards upwind tells you which pair of boats "won" the start. I will then expand this drill to eight sailors and each has to win their section of the line and help their teammates to keep clear air.

Once starts are mastered, it is time to put the whole thing together. I usually have the boats sail just the last beat and work every possible combination so they know what to expect. We then move on to start at the windward mark and do the same thing downwind. Finally, right before our big event we will just race continuously on the same course configuration we expect for the event.

When practicing team racing, whether it is with experienced team racers or just novices, you must break practice down into parts and build up from the basic fundamentals of good boatspeed, superior boathandling, and good team work. Every team racer must also remember that it takes time in a classroom and time reading the rulebook in order to be an effective member of the team. Lastly, always remember the motto of every team racer: "Friends don't let friends finish last."

— John Vandemoer

## Scenes from the 2003 Great Oaks Championship Regatta



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