

2024 High School Sailing Handbook

Thank you for your interest in High School sailing. This document attempts to answer commonly asked questions regarding the High School Sailing Program offered through the Macatawa Bay Junior Association (MBJA). This document anticipates that you may have unanswered questions and there are “useful resources” contained at the end of this document.

Background

The purpose of the MBJA High School Sailing Program is to provide an opportunity for sailors from grade 7 to grade 12 to increase their engagement with our sport by extending the competitive sailing season into the late fall and resume sailing in early spring. The Program is designed for students who have some prior sailing experience and is not designed to provide basic learn-to-sail instruction.

The MBJA is a 501 (c) 3 charitable educational institution dedicated to promoting water safety through providing sailing instruction to children and youth. Boats and equipment are obtained through tax deductible charitable donations. Expenses directly related to providing programming are generally paid by program fees. Scholarship funds are available.

The MBJA is operated from, and is a tenant of, Macatawa Bay Yacht Club (MBYC). MBYC is a member-owned private club. MBJA access to MBYC facilities is defined by a lease and MBJA participants need to carefully restrict their use of MBYC facilities to areas authorized for MBJA use. Maintaining a positive working relationship with MBYC staff and members is a critically important element in our ability to achieve our mission.

Enrollment & Participation

Registration is made through www.mbjaj.org > scholastic sailing > high school. The tuition for coaching at practices and regattas is \$375 for Spring 2024, TBD for Fall 2024. Scholarship request forms are available under the “Funding” tab.

Students must always have weather-appropriate clothing as well as a US Coast Guard Approved Type III or sailing appropriate Type V Life Jacket. Please direct questions regarding appropriate personal gear to MBJA staff who can provide guidance. Occasionally there is an opportunity to purchase sailing gear at a discount. Staff will provide information regarding these opportunities. All personal gear should be labeled. Students are not allowed to leave personal gear at the sailing center as we have no provision for storage. MBJA is not responsible for lost or stolen personal gear. Items left at the sailing center will be placed in a “lost and found” located outside of the Director’s office. Any gear remaining in “lost and found” at the end of the season will be donated to charity.

MBJA strives to maintain an environment that supports high standards of personal ethics and sportsmanship. Our expectations for sailors include:

1. Sailors understand and comply with the Racing Rules of Sailing (RRS). They promptly take a penalty or retire from racing when they commit a rules infraction, and they file protests when appropriate.

2. Sailors are personally well-organized, prepared for competition, and consistently responsible for their equipment.
3. Sailors comply with event regulations both on and off-water, including housing regulations.
4. Sailors show respect for fellow sailors, coaches, and the volunteers who support the Program.

Our expectation is that sailors in the MBJA Program are known for their friendliness, positive attitudes, cooperation, and sportsmanship. Parents have an important role in supporting MBJA staff in promoting our positive and ethical environment.

MBJA sailors use expensive equipment that is provided through the generosity of our donors. MBJA assumes the responsibility for reasonable maintenance of equipment to a functional standard. Sailors will be provided instruction in the proper use of equipment, and specifically how to avoid unnecessary repairs or replacements. Occasionally, damage to equipment arises from a sailor's negligence or intentional disregard of prior instruction. In that instance, the sailor's parents / guardian will receive an incident report which will include an invoice for the cost of repairs to restore the equipment to a functional standard. The MBJA reserves the right to withhold use of MBJA equipment from students who have outstanding damage invoices

Racing sailboats inherently involves sailing very near to other boats. Sailors will be instructed in the Racing Rules of Sailing that has, as its fundamental principal, avoidance of collisions. In the event of a collision resulting in damage, both helmsmen shall complete an incident report identifying the parties to the incident, a description of the incident, and the Racing Rule each party believes was applicable to the incident. The incident reports shall be handed to the coach(s) on the day of the incident. The coach(s) shall initiate a fact-finding hearing at the earliest possible opportunity. The hearing will be modeled on the Racing Rules process for a protest hearing. Upon completion of the hearing, the coach(s) will make a determination of fault and provide each party with a written summary of facts found, applicable Rules, and financial implications of event. The MBJA believes that collisions are serious, generally avoidable, and the responsibility of the helmsmen involved.

Practices

Practices take place at the MBJA Junior Sailing Center at 2157 South Shore Dr. No transportation from school is provided. Students should be dropped off in the East parking lot. Student cars should be parked in the East parking lot. The West parking lot is, at all times, reserved for MBYC members. Excessive speed, loud music or other disruptive behavior in the parking lot is not permitted. By prior arrangement with coaches, students can be picked up on the North side of Lake Macatawa at the State of Michigan docks located just east of the entrance for Holland State Park.

Practices for the Spring 2024 season are Wednesday, Thursday, Friday from 3:30 to 6:30. Sailors will confirm their attendance status daily by Noon (12:00 hrs.) using the TeamSnap app. Should practice need to be cancelled, sailors and parents will be notified as soon as possible by text.

Practice time is limited and valuable. Sailors are expected to dress quickly and report immediately to their coach for the day's pairings and then rig their assigned boat. Practices generally begin and end with "chalk talk" instruction. At end of practice, sailors are responsible for de-rigging their boats and storing all gear appropriately.

Coaches will determine the pairing of skippers and crew with the primary goal of enhancing the individual sailor's skills. This may result in pairing of sailors from different schools for optimum skill development. However, there will be adequate time allocated to team development prior to regattas.

Regattas

School Teams will be participating in regional regattas. To participate in regional regattas, schools need to be members in good standing of MISSA/ISSA. Annual dues are \$125.00 / school which will be paid by the MBJA. Dues are paid in the fall, prior to the first event. There is an exception to the dues requirement for new / small teams. Our coaches can provide more information. Schools/Teams are registered on the MISSA/ISSA database for each event entered.

High School regattas consist of a series of short (20 – 30 minute) races. Each school has an A team and a B team that alternate time on the water. Teams rotate boats to equalize the impact of performance differences between boats. Races are typically held close to shore, so that sailors not sailing that race join parents and other spectators watching the regatta. Binoculars are suggested.

There are two types of regattas:

Tier 3 events are one day focusing on getting all sailors on the water. Tier 3 regattas are open to sailors from 7th grade to 12th grade. Tier 3 events typically cost \$25-\$40 per sailor and sometimes include lunch. Please check each regatta's NOR to confirm food availability. All MBJA sailors are encouraged to participate in Tier 3 regattas. Interest in participating should be given to the coach by the Monday prior to the event. The coach will announce pairings at the Thursday practice. "Mixed" teams of students from different schools are permitted at Tier 3 regattas to allow everyone an opportunity to sail.

Tier 2 and Tier 1 events are 2 day "championship" regattas. Teams consist of 9th – 12th grade sailors from a specific school (no mixed teams). Results determine season's rankings for MISSA & qualification for ISSA national championships. Selection of sailors participating in a Tier 2 or Tier 1 event is at the discretion of the coach(s). Pairings are determined with consideration of the best interests of each team as a whole. There will be occasions where a team member is asked to compromise their personal interests to create the strongest possible team. The coach's selections will be based on attendance and performance at practice, performance at prior events, participation in team activities, positive attitude, sportsmanship, seniority, and sailing conditions (wind speed, sea state, etc.).

Successful participation in a regatta depends upon several different roles and responsibilities:

Coach(s) select the participants, determine the pairings and substitutions. Coach(s) observe the racing and provide feedback to sailors in between races. Coach(s) assist with the data entry into the Tech Score system. The coach's responsibility for students is limited to the regatta venue from report time to release time. Coach(s) may choose to provide their own transportation, in which case, students are generally not allowed to ride in coach's cars (exceptions can be granted prior to the regatta by the Director). For multi-day regattas, teams will provide coach(s) with transportation, lodging, and food to cover those expenses.

School Coordinators are typically a parent who acts as a liaison with their school and team members' parents. School coordinators handle regatta logistics. They get team rosters from the coach(s). They arrange for boat transportation (if required by the regatta). Coordinators organize team transportation, chaperones, lodging, and food. School Coordinators typically have prior experience with regatta logistics and can provide parents with background and guidance.

Parents are key to success. Parents support their sailors by identifying any personal equipment needs and sources to meet those needs (note that if a need is identified and not financially reasonable, speak with the coach(s) who will have other strategies to address the need.). Parents support their sailors by actively working with their school coordinator to assist with regatta logistics. And parents support their sailors by being present at regattas (although please note that, as in all high school sports, parents are not allowed to coach sailors during competition).

Finally, sailors impact the success of a regatta. Maintaining a positive, constructive attitude, staying focused and organized, engaged with your coach(s), and complying with rules of the regatta, the directions of school coordinators, and chaperones will make a regatta a positive experience no matter what happens on the water.

Communication

The goal of the MBJA High School Sailing program is to assist youth in achieving maturity though experiencing a series of challenges. Anxiety and frustration are inherent in this process. As part of the process, please encourage sailors to voice their concerns themselves, directly to their coach(s). Athlete-to-Coach communication is always welcomed, encouraged, and should be the first line of communication. At the same time, we recognize that students are sometime reluctant to speak directly to a coach. In that case, we request that the parent contact the Head Coach directly to discuss the issue. We have found that a phone call or face-to-face meeting leads to the best resolution of concerns. To ensure direct communication, the best time to reach the Head Coach is Tuesday – Friday from 1:00pm to 3:00pm. Email and text messages will also be addressed within that time frame.

USEFUL RESOURCES

www.mbjaj.org

MBJA Office Phone: 616.796.8691

General Email: info@mbja.org

Head Coach:

Assistant Director & Assistant Coach

Cappy Capper
Mobile: 612.961.1756
coachcappycapper@gmail.com

Hannah Hopf
Mobile: 616.848.1206
hopfh16@gmail.com

Executive Director:
Marie Mell Colville
Mobile: 616.403.6313
marie@mbja.org

2024 MBJA Board Chairman
Roger Gamache
Mobile: 616.836.3313
rogerdgamache@aol.com

Black River Public School Coordinator
Blair Nykamp
Mobile: 616.566.4665
blairnykamp@gmail.com

Saugatuck School Coordinator
Kim Zolper
Mobile: 630.460.8246
kimzolper@gmail.com

West Ottawa School Coordinator
Ryan TeVelde
Mobile: 616.901.3353
ryantevelde@gmail.com

Zeeland Public School Coordinator
Eric Bert
Mobile: 616.212.9685
eric.bert22@gmail.com

Midwest Interscholastic Sailing Association (MISSA)
<http://www.missa.hssailing.org/>

Interscholastic Sailing Association (ISSA)
<http://hssailing.org/>

US Sailing
www.ussailing.org

Racing Rules of Sailing (RRS)
www.ussailing.org>Competition>Rules/Officiating>Racing Rules>Rulebook 2021-2024