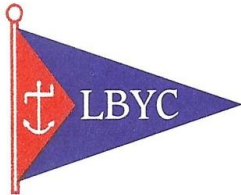
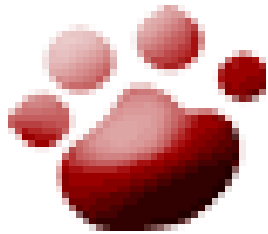


# High School Sailing



# Long Beach Yacht Club



- Sailing the sound since 1982.
- Over 150 memberships
- Member of the Gulf Yachting Association.
- Jr. Sailing Program.
- [www.longbeachyachtclub.com](http://www.longbeachyachtclub.com)

# Interscholastic Sailing Association

- Founded in 1930, governs secondary school (grades 9-12) sailing.
- Seven districts across the country.
- Provides rules, organization, stewardship.
- Local Events
  - Mississippi High School Championship (Gulfport Yacht Club)
  - Mississippi High School Team Racing (Bay Waveland Yacht Club)
  - Sugar Bowl Regatta (Southern Yacht Club)
  - Great Oaks Regatta (Southern Yacht Club)
- [www.highschoolsailingusa.org](http://www.highschoolsailingusa.org)

[www.ussailing.org](http://www.ussailing.org)

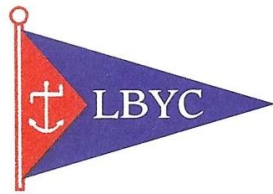
# Cost to Start Team



- Facilities - LBYC
- Coaching boat, Sailboat, & Sails – LBYC
- Annual fees
  - LBYC Junior Membership - Sailors (\$35)
  - Sailing Club Membership – Sailors (\$15)
- Time and Travel – The Parents & Sailors

## **Fundraising Ideas!**

Car / Boat Wash



## Long Beach Yacht Club Junior Membership

- The High School Sailing program is a privilege to the participants and their schools. Participants shall at all times show the utmost respect of the boats, equipment, LBYC members and LBYC facilities.
- LBYC Junior Member High School Sailing participants shall have limited activities in accordance with LBYC rules and regulations located on the web at [www.longbeachyachtclub.com](http://www.longbeachyachtclub.com).



# Safety First



- Sailing is a sport and requires 100% dedication & concentration all the time, on and off the water. At LBYC Safety is always first.
- Participants that continually put themselves and/or others in danger will be excluded from further Sailing Club Activities.
- Life Jackets (PFD) must be worn by participants at all times on the water and while during launching & retrieving. (No participation without life jacket.)
- LBYC Summer Sailing Camp had 30 campers on the water at LBYC Safety is always first.

## Sailing Club – Sample Lesson Plan

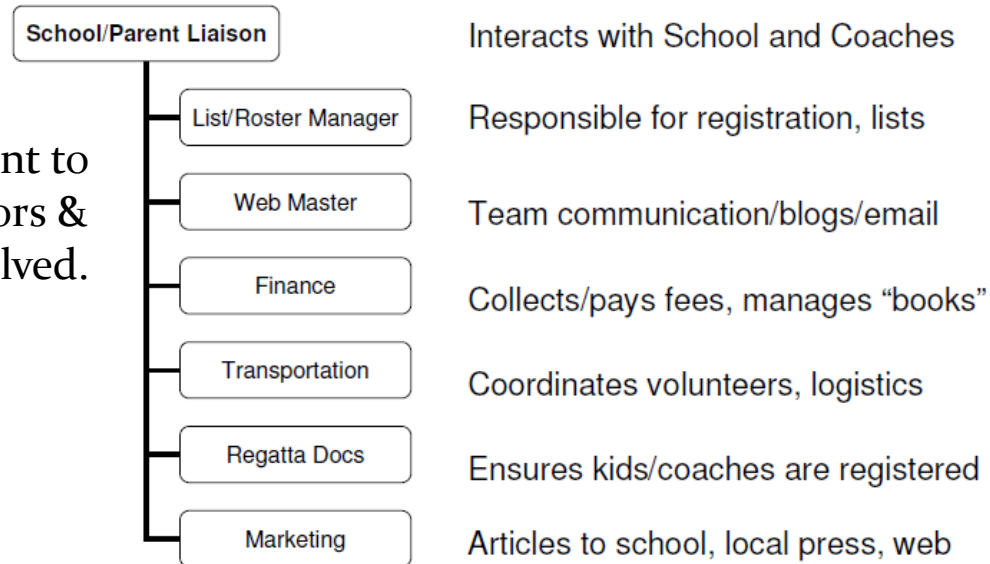
#	Topic	Drills	Homework
1	Club Rules & Rigging	Swim, Capsize, Docking	RRS 10-17
2	Basics of Sailing	Fig 8, Docking	RRS 18-23
3	Rules & Crew Work	MOB, Fig 8, whistle, rabbit	RRS 25-36
4	Racing Basics	Starts, rounding, whistle	Starting Strategies
5	Practice Races	Ghost Starts, rabbit,	Wind Shifts
6	Endurance Sail	Mark Trap, Pass Back	Team Racing Plays
7	<b>Team Race Regatta</b>	<b>Family Event</b>	Weather & Wind
8	Endurance Sail	Boat Speed & Rounding's	Sailing Fitness
9	Fun Sail	Rudder Tag, Pirate	None
10	Endurance Sail	Boat Speed	Crew Work
11	Endurance Sail	Boat Speed	Fleet Management
12	Practice Races	Ghost Starts, Mystery Mark,	Tactics
13	Practice Races	Racing	None
14	<b>Championship Regatta</b>	<b>Family Event &amp; Awards Banquet</b>	



# Sailing Club

The Critical Mass = 30 Student Sailors

It is important to keep all sailors & parents involved.





# Benefits from High School Sailing

- Instills team work, leadership, & goal setting skills that will help prepare for life.
- Sailing is a sport that requires mental and physical strengths.
- Encourages sailors to continue on to college sailing.
- Teaches respect for mother nature.
- And much more...

# Contact Information

Teacher Sponsor	Becky Keefer	228-343-9738
Teacher Sponsor	Michelle Harrison	228-223-6699
Sailing Director	Holly Murray	228-363-0073

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