



Anacortes Sailing Team Spring Information



About The Team:

The Anacortes Sailing Team is for students of any skill level in 6th through 12th grade. Students will learn the skills it takes to sail and race in two-person dinghies and have fun doing so. Practices are four days a week from February to May. During this time, we compete in regattas on weekends as part of the Northwest Interscholastic Sailing Association (NWISA). Some regattas are open to high schoolers only, but we also attend open regattas available to all 6th-12th graders. There is both a varsity and a JV team, who practice at the same time but separately. Varsity members will be determined based on effort, attendance, and skill. The team operates through Anacortes Parks and Rec and practices out of at Anacortes Yacht Club in Cap Sante Harbor.

More information about high school sailing and the regatta schedule can be found at **NWISA.hssailing.org**. Our team's website, which has more information specific to us, is **www.anacortessailingteam.org**

Sign Ups and Fees:

It costs **\$25** to sign up with the Parks & Rec Program (please make out check to Anacortes Parks and Rec) and another **\$150** to join the high school sailing team (please make out this check to Anacortes Parks Foundation), although this cost can be lessened or even dropped on a circumstantial basis.

2018 Spring Schedule:

Regular practice is **Monday through Thursday from February 12th to mid-May**

On-water practice is **Monday, Tuesday, and Thursday** from **3:00 to 5:30**

Off-water workout is **Wednesday** from **2:45 to 3:30**

There will not be practice Monday, Feb 19th, as there is no school

February 10th-11th – First practice, a weekend clinic from 11am to 4pm both Saturday and Sunday (no lunch break, please eat before or during the chalk talk at the beginning of each day)

March 3rd – North Regionals, Anacortes (we are hosting the first regatta!!!!)

March 10-11th – Combined Divisionals, Sail Sand Point

March 17-18th – Ranking Regatta #2 Qualifier, Vashon Island

March 24th – Oak Harbor Team Race, Oak Harbor

April 7-8th – Ranking Regatta #3 Qualifier, Hood River

April 14-15th – Northwest Islands Cup, San Juan Island

April 21-22nd – Bellingham Team Race, Bellingham

April 28-29th – Fleet Race Districts, Sail Sand Point

May 5-6th – Team Race Districts, Silverdale

May 11-12th – Mallory Doublehanded Championships, PNW*

May 26-27th – Baker Team Race Championships, Portland, Maine*

*national championships, only applies if we win districts

Required Gear:

- Type-III PFD Coast Guard Approved Lifejacket (Zhik's lifejackets are **NOT** approved)
- Wet Suit
2-3mm thick is best
- Waterproof whistle
Should be attached to life jacket somehow
- Waterproof watch **WITH** a countdown timer or a stopwatch

Recommended Gear:

- Gloves
Sailing gloves, fingerless or fingered, to protect your hands from rope burn...gardening or work gloves will also suffice, but gloves with insulation (like those for skiing) will not
- Sailing Booties/ shoes
Not just wetsuit booties; sailing booties are reinforced on the top of the foot. Sneakers with non-marking

soles (that you are okay with getting salty and wet) work as well.

- A waterproof jacket, a.k.a. spray top

A sailing-specific "spray top" may last longer in salt water but is not necessary. A rain jacket or waterproof ski jacket will also work.

- Waterproof pants, a.k.a. spray pants

Overall style is best; again, sailing-specific ones may last longer but are not necessary.

- Layers ***NOT COTTON**

Fleece, wool, or other non-cotton jacket to wear over wetsuit & under spray gear

- Hats

Wool hat to keep you warm on stormy days, baseball cap to keep the sun off on clear days

- Wool socks

- Sunglasses (and a croakie to keep them from falling off!)

Many of these items can be found at West Marine in downtown Anacortes, but some things might be hard to find or more expensive than other places. Fisheries Supply and West Coast Sailing both are local and reputable sailing gear distributors. Their websites are a lot closer to Anacortes than their storefronts. If have questions about anything, feel free to ask!

Other Things to Bring To Practice:

- A good attitude and readiness to learn
- A water bottle (one that can be attached to the boat is best, water bottles roll overboard easily!!)
- Snacks for before and after on-water practice
- **Sunscreen!**
- Warm, dry clothes to change into after practice
- A towel
- Hair ties and/or a headband to keep your hair pulled back if it is long
- A bag to carry all of your gear

