



Anacortes Sailing Team Fall 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 three days a week from September to early November. 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 there are open regattas available to all 6th-12th graders. We have 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 the high school sailing regatta schedule can be found at **NWISA.hssailing.org**. Our team's website 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 **\$75** to join the high school sailing team for fall (please make out this check to Anacortes Parks Foundation), although this cost can be lessened or even completely dropped on a circumstantial basis.

2018 Fall Schedule:

Practice runs from **September 10th to Nov 9th**

On-water practice is **Monday and Thursday** from **3:00 to 6:00** (end time will likely change to 5:30 or 5:00 as the days get shorter, and we may add Tuesday practice depending on demand)

Regattas (weekend races):

October 6th - North Regionals @ Bellingham

-Driving to Bellingham and back, one day regatta

October 20-21 Cascadia Cup @ Sail Sandpoint

-Driving to Seattle and back both days

October 27-28 Trick or Treat Team Race @ Orcas (likely limited # of sailors)

-We will be taking the ferry there and back both days

-There is no school on Oct 26th, the Friday before this regatta

November 3-4 Nationals Qualifier @ Portland (likely limited # of sailors)

-We will be driving there and spending both Friday and Saturday night in Portland (exact location tbd; likely host-provided housing)

See back for more!----->

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 to eat before and after 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 (see gear lists below!)

Required Gear:

- Type-III PFD Coast Guard Approved Lifejacket
- Wet Suit
 - 2-3mm thick is best
- Waterproof whistle
 - Should be attached to life jacket somehow
- Waterproof watch **WITH** a countdown timer

Recommended Gear:

- Gloves
 - Sailing, gardening, or work gloves (fingerless or full finger) to protect your hands from rope burn and help with grip
- Sailing booties or shoes
 - Not just wetsuit booties; sailing booties are reinforced on the top of the foot. Sneakers with non-marking soles work too!

- A waterproof jacket, a.k.a. spray top
 - A sailing-specific “spray top,” rain jacket, or waterproof ski jacket
- Waterproof overalls, a.k.a. spray pants
 - Sailing-specific ones may last longer but are not necessary
- Layers
 - Fleece, wool, or other **non-cotton** layers to wear when it gets cold
- Hats
 - Wool hat for cold days, baseball cap for sunny days
- Wool socks
- Sunglasses (and a croakie to keep them from falling into the water)

A lot of the sailing gear listed below can be found at our local West Marine, but some items might be hard to find and better deals may be found online. Fisheries Supply in Seattle is another good marine supply store if you happen to be nearby. West Coast Sailing is a PNW local distributor that offers a 15% discount to student sailors. Gill, Mauri Pro, and APS are three online sailing companies that offer a range of dinghy sailing gear. If you need help finding something, or have questions about anything we mentioned, feel free to ask any veteran sailors or parents.

Happy sailing!