

Ship 502 Dinghy Racing Team Handbook

February 5, 2007

Mission:

The Ship 502 Dinghy Racing Team will provide members of Ship 502 with an opportunity to competitively race dinghies on an international level.

Sailing goals to be completed by the end of 2008

- Actively participate in the Clear Lake Sailing Club's Saturday race series.
- Race three Lido 14s in the Clear Lake Sailing Club's 2007 Great Pumpkin Regatta and have all 3 boats place in the top 4. (Regatta will be held in October)
- Race three Lido 14s in the 2007 Wurstfest regatta, and have all boats place in the top 10. (Regatta will be held in November)
- Sail with the Texas A&M Galveston Sailing Team
- Qualify for the 2008 Koch Cup
- Win the 2008 Koch Cup
- Have fun

Logistical goals to be completed by July of 2007

- Acquire a total of three Lido 14s
- Acquire a coach boat
- Build a hiking bench big enough for at least 2 people
- Have sufficient adult support to pull 3 trailers to sailing sites (two Lido trailers and one coach boat trailer)
- Have an active roster of at least eight youth

Logistical goals to be completed by January of 2008

- Acquire a total of four Lido 14s
- Have an active roster of at least ten active youth

Benefits to the Ship 502 Dinghy Racing Team youth members

- Sailors can use skills learned from Ship 502 to qualify to race for the best collegiate sailing teams. Coaches will often recruit talented sailors.
- Provide youth great summer job opportunities at camps and yacht clubs around the country
- Stay physically fit
- Participate in a sport they can compete in for the rest of their lives
- Learn skills that will be effective in keel boats

Physical Fitness, Nutrition, and Sun Protection

Sailors should be able to race in a weeklong regatta for 6+ hours a day in winds over 20 knots. To participate in these conditions at a competitive level, sailors will need to be physically fit and properly nourished. As such, ship 502 sailors should be able to complete the 50s club work out in one weeks time. The 50s club work out includes the following:

- 50 Sit ups
- 50 Dips
- 50 Pull ups
- 50 Push ups
- 50 Minutes on a hiking bench
- 50 Minutes jogging

Any sailor who wishes to race in a regatta with the Ship 502 Dinghy Racing Team must have completed the 50s club within a month of the event.

Without proper nutrition, sailors will get fatigued quickly. In order to keep alert and at full strength while on the water, all members of the ship should adhere to a strict diet on race day and at practices. While on the water, each sailor shall drink at least one 12 oz water bottle every three hours. Each sailor should also eat a small healthy snack every hour and a half or between each race. A healthy snack could be raisins, graham crackers, granola bars, etc. Large meals should be avoided while racing.

Sun protection is extremely important while sailing. Sun block of S.P.F. 30 or greater should be applied several times a day. Additionally, Chap Stick with sun protection should be applied before going on the water. A nylon or polypropylene long sleeve shirt and pants are recommended for summer sailing, but not required. All sailors should wear sunglasses and a hat.

Safety

- Each sailor will wear a life jacket while on the water
- Each sailor will have a whistle
- Each sailor must be able to recover a capsized Lido
- Each boat will have a bailer

In order to avoid hypothermia, sailors should not wear cotton and always over-dress for the conditions. Extra layers can be removed if one gets to warm. The following is recommended dress for cold weather sailing.

- Wool or fleece hat
- Nylon or polypropylene undershirt
- Fleece sweater
- Spray top
- Nylon or polypropylene leggings and/or Fleece pants
- Bibs
- Wool or fleece socks
- Hiking boots or waterproof shoes
- Neoprene, wool, or fleece gloves

Wetsuits can be used, but most sailors consider them bulky and uncomfortable. Dry suits are ideal in cold weather but are generally too expensive and not considered a good investment in our climate.

Topics Covered in the Program

- Safety
- Fitness and nutrition
- Courses
- Capsize recovery and heavy weather sailing
- Boat speed/handling
- Roll tacking and jibing
- The Racing Rules of Sailing
- The start
- Course and traffic management
- Mark rounding
- Sportsmanship
- Boat care and maintenance
- Match Racing
- Wind and weather patterns

Topics will be discussed on the first Monday of every month in the program section of the regular ship meetings.

Practices

Practices shall be held at least once a month. Regular attendance at practice is mandatory for those wishing to participate with Ship 502 at regattas. Any sailor who fails to attend 75% of the practices shall not be eligible to race. Make up practices may be scheduled.

Typical Practice Schedule

0900 - Depart the Foundry Methodist Church
1015 - Unload trailers and rig boats
1100 - Discuss morning drills
1115 - On the water practice
1200 - Break for lunch and discuss what we learned
1300 - On the water practice
1500 - Race
1600 - De-rig boats and load trailers
1645 - Discuss what we learned
1730 - Team dinner
1830 - Depart for the day
1945 - Arrive at the Foundry Methodist Church