

Regattas: The NorCal Region of the Pacific Coast Interscholastic Sailing Association (PCISA) holds a series of regattas consisting of nine race days held over five weekends at locations around the San Francisco Bay Area. These regattas culminate in the Northern California Championship regatta at the end of March.

While not mandatory for the LWSC HS Racing Team, we encourage and support sailors who wish to compete in PCISA regattas. But, there are additional costs that the student should anticipate. They include a school registration fee with PCISA, individual regatta registration fees, boat charter, transportation, and in some cases lodging. Please contact Tom Locker at: (530) 753-1676 or lwschsteam@gmail.com for more information.



Gear: High school sailors are responsible for providing their own PFD, gloves, hat, sunglasses, sunscreen, foul weather gear, wetsuit, and footwear.

Code of Conduct: Each high school sailor is expected to sign and adhere to the code of conduct. Failure to comply with the code will be grounds for suspension or expulsion from the program.



Coaches: The coaching staff consists of experienced volunteers from LWSC. At all times coaches will be very sensitive to safety issues.

Boats: The sailors will practice using the Flying Junior as well as single-handed boats.



2013-2014

For more info contact Tom Locker at (530) 753-1676 or lwschsteam@gmail.com



Schedule

Date	Event	Location
8/24	HS Training	LWSC
8/31	HS Training	LWSC
9/7	HS Training	LWSC
9/14	HS Training	LWSC
9/21	NorCal #1	Stockton SC
9/22	NorCal #2	Stockton SC
9/28	HS Training	LWSC
10/5	HS Training	LWSC
10/12	HS Training	LWSC
10/19	NorCal #3	Encinal YC
10/20	Norcal #4	Encinal YC
10/26	HS Training	LWSC
11/2	HS Training	LWSC
11/9	HS Training	LWSC
11/16	NorCal #5	Redwood City
11/17	NorCal #6	Redwood City
11/23	HS Training	LWSC
12/7	HS Training	LWSC
12/14	HS Training	LWSC
12/21	HS Training	LWSC
1/5	HS Training	LWSC
1/11	NorCal #7	Richmond YC
1/18	HS Training	LWSC
1/25	HS Training	LWSC
2/1	HS Training	LWSC
2/8	HS Training	LWSC
2/15	HS Training	LWSC
2/22	HS Training	LWSC
3/1	NorCal #8	San Francisco YC
3/2	NorCal #9	San Francisco YC
3/8	HS Training	LWSC
3/15	HS Training	LWSC
3/22	NorCal Champs	St. Francis YC
3/23	NorCal Champs	St. Francis YC

The LWSC 2013/2014 High School Racing Team is a program of practices and events for high school students in grades 7 through twelve. 18-year-old and older students who are enrolled in a high school program are also eligible. Sailing experience is not necessary to start!

Mission Statement

- To provide a safe and encouraging environment enabling high school students to increase and develop their sailing and racing skills.
- To support Lake Washington Sailing Club high school sailors in their participation in Northern California High School sailboat regattas.
- To develop a lifelong love of sailing and sailboat racing.
- To enable Sacramento area high school sailors to develop the skills needed to be successful at the collegiate sailing regatta level.

Practices: The main goal of practice will be to give the sailors as much "tiller time" as possible. There will be opportunities to get to know each other as both individuals and sailors and learn how to work together. Specific training goals will include:

- Ability to rig and tune boats
- Boathandling exercises
- Rules and Tactics discussions

During inclement weather, sailors will participate in shore-side classes. Practices will be held from 2:00 to 5:00 pm at Lake Washington Sailing Club. Directions to LWSC can be found at: www.lwsailing.org.

Additional non-mandatory practices may be held in conjunction with the Stockton Sailing Club on Tuesday or Thursday afternoon.

Fee: The fee is \$200 for the 23 LWSC Training Sessions and includes coaching and boat use. Students wishing to enroll after the first session will have their fee prorated. Regatta entry and boat charter fees are not included in the LWSC training fee. Students are responsible for these costs if they chose to participate in any regatta.