

Saint Ignatius College Prep Sailing Handbook



www.ignatius.org

www.missa.net

www.highschoolsailing.org

www.chicagoyachtclub.com

GENERAL INFORMATION

Practice

Schedule: Tuesday, Wednesday & Thursday after school 3:30pm to 6:30pm.
Saturday practices 10:00am – 4:00pm.
Fall sailing begins in September and ends mid-November.
Spring sailing begins in March and continues through May.

Location: Chicago Yacht Club – Belmont Harbor
300 West Belmont Avenue
Chicago, IL 60614

Head Coach: Maggie Lumkes, Director of Sailing, Chicago Yacht Club

Affiliation: The St. Ignatius Sailing Team is part of the Chicago Yacht Club Sailing Program and the Interscholastic Sailing Association (National U.S. High School Sailing Organization).

Sailing

Program: The sailing team is a club sport not sponsored by St. Ignatius College Prep. The team is coed and includes freshmen through seniors. The team has two seasons – Fall and Spring, and a student can join the team for one or both seasons.

The sailing team sails out of the Chicago Yacht Club, Belmont Harbor. The Chicago Yacht Club Sailing School provides the boats and coaching. The team sails on 420's (2 person boats) and Lasers (1 person boats). Laser sailors must provide their own boats.

Sailors compete on weekends in regattas. Regattas are most often held in the Chicago metro area, but can be as far away as Minneapolis or Detroit.

The team welcomes new sailors, as well as experienced sailors.

Regattas: Regattas are held on the weekend, competing both Saturday and Sunday. Each regatta has its own entry fee. Important regatta information can be found at www.missa.net; i.e. schedule, notice of race (NOR), host clubs medical waivers/liability forms and race results.

Out of Town Regattas: One parent chaperone per four sailors. We try to secure housing with a family from the host club. Otherwise hotel rooms are booked with team members sharing rooms.

For each regatta, the Chicago Yacht Club coaches make the decision on which team members attend and sail. For home regattas at Belmont we are able to field several "Iggy" teams to allow all members an opportunity to sail (either as a skipper or crew). For away regattas we field at least two teams (a total of 8

sailors + alternates). The sailors and chaperons depart on Friday afternoon from school. One chaperone per 4 children, they are transported in chaperone's car. If possible, team members compete both days of a regatta unless otherwise specified by the coach.

If a sailor is unable to attend a regatta, they need to let the team moderator and the CYC coaches know a week prior to the regatta. This allows the coaches plenty of time to make the roster for the upcoming regatta.

Fee: Payable to the Chicago Yacht Club.
Visit their website at www.chicagoyachtclub.org to register.
The fee includes sailing instructions, insurance, and use of the 420 sailboats and the facility at the Chicago Yacht Club, Belmont Branch.
Regatta fees and travel expenses are extra.

EQUIPMENT NEEDS

Life Jacket: A Type 3 U.S. Coast Guard approved life jacket.
A life jacket is required to be worn at all times.

Warm Weather

Gear: Bathing suit and closed-toe shoes or sailing boots. Recommended: a nylon jacket, windbreaker or foul weather gear (spray top and bottom), fleece top and pants or sweatshirts and sweatpants.

Cold Weather

Gear: Dry suit (mandatory for spring sailing), closed-toe shoes or sailing boots and gloves.

Team Polo: St. Ignatius Sailing Team polo must be brought to all regattas attended.

Store: Sailing gear may be purchased from the following stores.
There are also numerous on-line companies as well.

West Marine
627 W. North Avenue, Chicago
Phone: 312.654.1818
(other locations available plus on-line ordering)

Hedlund Marine Sports
515 Green Bay Road, Wilmette
Phone: 847.251.0515
(mention St. Ignatius Sailing for discounts)

PHYSICAL REQUIRMENTS

Medical

Physical: A physical, not more than one year old, must be submitted to the team moderator in order to participate in club events.

ABOUT HIGH SCHOOL SAILING

Fall Sailing

In addition to 420's, single-handed boats called Lasers join the mix. Fall sailing is fleet racing orientated. Sailors may have the chance to participate in a regatta against schools all over the Mid-West. The team's main focus is preparing for the two national events: The Cressy National Championship and The Great Oaks Nationals.

Fleet Racing

Fleet racing is a very classic type of sailboat racing. For high school competitions, fleet racing is held in a two-division format: A and B divisions. The objective in fleet racing is for each boat to perform at its best. Then the sum of each boat's position in the finish is used to decide its place in its particular division. Combining each school's A and B division scores determine the overall winner. School teams and individuals both receive awards.

Laser

Lasers or Laser Radials are single-handed dinghies used by the J.V. and Varsity teams. With a hull at the size of 4.23 meters, sailors control only one main sail. Unlike the 420's, sailors must provide their own Lasers. Laser racing presents a unique set of physical and skill-based challenges. Fast laser sailing requires an advanced level of fitness in order to endure the straight-legged hiking and body-torque techniques required to get upwind.

420 (Dingy)

The 420 is a double-handed dinghy that has two sails. Named for the hull's dimensions of 4.2 meters, it is one of the fastest growing double-handed dinghies in the United States. It is most commonly used for college and high school sailing. It has a simple, adjustable rig, which provides the capability for advanced sailing techniques for top racing sailors, while still remaining accessible to beginners.

Spring Sailing

Everyone sails 420's, unlike the fall season, when Lasers join the mix. Spring sailing fosters a team atmosphere. The season is orientated around two national championships...the Toby Baker Team Race National Championship and The Mallory Championship for fleet racing.

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Team Racing

Team racing is a relatively new and fun sailing competition. Schools compete in three-on-three racing, meaning that only two schools are on the racecourse at a time, each with three boats. The sum of the three boats finishes for each school determines which school wins that race. Over the course of the regatta, every school will sail against each other at least once. The winner of the regatta is the school with the best win/loss record. This type of competition allows sailors to use unique tactics, strategies and teamwork, which results in close finishes, many lead changes, and very exciting racing.

Sailing Basics

In addition to racing, Chicago Yacht Club Sailing School is dedicated to teaching the basics of sailing and sportsmanship. We are enthusiastic to have students of all ability levels join the program...and often times beginning sailors go on to become some of the best racers.