



Junior Women's Championship Welcome Packet

On behalf of the USJWSC Organizing Committee and Mentor Harbor Yachting Club, we are excited to welcome you to Lake Erie and Mentor, Ohio! The Organizing Committee has worked hard to plan this event for you, and we hope you will find new friends and mentors, and a fantastic learning and racing experience. Below is some important information regarding the event.

COMPETITOR SURVEY

All competitors must fill out this mandatory Competitor Survey which asks for allergy/dietary info as well as travel information. It's imperative the organizers receive a completed survey from each sailor by June 24th. After June 24th, competitors must email any changes to the regatta organizers at mhycsailcamp@gmail.com.

Link to Competitor Survey: <https://form.jotform.com/81364489846169>

HOST CLUB INFORMATION

Mentor Harbor Yachting Club (MHYC) is located at 5330 Coronada Drive, Mentor-on-the-Lake, Ohio 44060. The main telephone line is 440-257-7214, and website is mhec.us.

The club is celebrating 90-year anniversary. Our resort-style amenities include a full-time staff with a large clubhouse, swimming pool, restaurant, gas dock, a protected harbor, beach and immediate access to Lake Erie. The club has showers that will be available for the sailors to use.

EVENT COMMUNICATIONS

The US Sailing event page is the event's official website and acts as the official notice board. Notices may also be posted to the Regatta Toolbox event page (where results will be posted once racing has commenced).

Daily results and photos will be posted during the event at the Championship website:

<https://www.ussailing.org/competition/championships/u-s-junior-womens-doublehanded-championship/>

SCHEDULE

<i>Tuesday, July 24</i>	<i>1400 – 1800</i>	<i>Registration for competitors @ MHYC</i>
	<i>1700 – 1900</i>	<i>Pizza/Pool Party/Dinner @ MHYC</i>
	<i>1900</i>	<i>Host family assignment & pick up from Club</i>
<i>Wednesday, July 25</i>	<i>0800 – 0900</i>	<i>Breakfast, Assemble Lunches</i>
	<i>0900 – 1600</i>	<i>Clinic</i>
	<i>1700</i>	<i>Rock n Roll Hall of Fame Tour and Mexican Dinner (Informal dress)</i>



<i>Thursday, July 26</i>	0800 – 0900	<i>Breakfast, Assemble Lunches</i>
	0900 – 1600	<i>Clinic</i>
	1700	<i>Dinner – Beach Party @ MHYC (Casual dress)</i>
<i>Friday, July 27</i>	0800 – 0900	<i>Breakfast, Assemble Lunches</i>
	1100	<i>Warning signal for first race of the day; subsequent races to follow</i>
	1700	<i>Dinner - Italian Night with Host Families @ MHYC (Informal dress)</i>
<i>Saturday, July 28</i>	0800 – 0900	<i>Breakfast, Assemble Lunches</i>
	1100	<i>Warning signal for first race of the day; subsequent races to follow</i>
	1700	<i>Dinner – MHYC Shrimpfest followed by Sunset Yoga Suggested attire: (Informal dress)</i>
<i>Sunday, July 29</i>	0800 – 0900	<i>Breakfast, Assemble lunches</i>
	1000	<i>Warning signal for first race of the day; subsequent races to follow.</i>
	1300	<i>No Warning Signal after 1300 Awards and light dinner immediately following racing, derigging and packing up of boats</i>

ARRIVAL AND DEPARTURE

Plan to arrive July 24th and depart on July 29th as indicated below. Any travel arrangements that deviate from the below guidelines must be requested and approved in advance by the Regatta Chair, Kathy Allyn, kathyallyn@gmail.com, by June 24th. No exceptions.

For competitors travelling by plane:

Due to proximity, Cleveland Hopkins Airport (CLE) is the preferred airport and transportation to and from CLE will be provided at no additional cost to the competitor.

Arrive July 24th - Cleveland Hopkins International Airport (CLE) 12:00pm - 6:00pm

Depart July 29th - Cleveland Hopkins International Airport (CLE) 7:00 p.m. - 10:00 p.m.

US Sailing has a negotiated discount code from United Airlines for travel to the 2018 Championships. Login to your account on the US Sailing website and view “Member Coupons” for more information: <https://www.ussailing.org/membership/>



If you are considered an “unaccompanied minor” by your airline, you must enter this in your travel details in the survey form. Appropriate arrangements must be made in advance with the airline, specifically contact/pick up information. The Transportation Chair will be in contact with you regarding these details once you have filled out the survey form. There may be an additional charge for the return flight as an unaccompanied minor. You must have enough cash or a credit card to pay this fee at check in for your return flight. Please schedule your flight, if possible, on or after 7:00 p.m.

We will be tracking the arrival of each competitor carefully. If there is a flight delay or problem with competitors’ itinerary on arrival day, please call the Transportation Chair, Delaney Imbler, at 440-749-4247 immediately. We suggest competitors enter this contact into their cell phone.

For those driving in:

MHYC has ample space for parking and trailer storage, and the club grounds are secured by a locked gate. The c420s will be stored next to the channel on dollies and launched from the club's ramps. Please contact MHYC Harbormaster Dan Miller if you have any specific requests. harbormaster@mhy.us

Notes on departure for all competitors:

Competitors are required to help pack up charter boats (if applicable) and all competitors are required attend the Awards Ceremony which will be completed in time for competitors to make 7pm flights. Competitors may leave after the Awards Presentation with a parent or guardian; however, if they plan on doing so, we must be notified prior to on-site registration. All boats and trailers must be gone by 12:00 PM, Monday, July 30th.

ONSITE REGISTRATION & CHECK IN

Tuesday, July 24 1400 – 1800

Early arrivals are not permitted. The onsite registration team will review to determine that all forms have been correctly submitted, including a copy of their health insurance card. Life jackets will be inspected at this time as well, and must be an approved USCG personal flotation device as outlined in the Notice of Race (NOR). Refer to the NOR for the requirements. Competitors’ sails and boat may be measured at any point.

HOUSING

All competitors will be assigned to a host family for the duration of the event starting Tuesday evening, 7/24, with a departure on Sunday, 7/29. Competitors will be informed of the name of the host family at registration. Do not call MHYC as housing assignments are not confirmed until the day before registration. If competitors have not been hosted by a family before, it is helpful to know that it is a nice gesture to bring a small gift to thank housing hosts. No alternative housing will be permitted and no local competitor may stay at their own home unless she is



hosting at least one other competitor. At least two sailors will be with every host family. Some host families may be able to host more than one team. Skippers and crews will be housed together, unless they are local sailors housing out of town teams. When competitors arrive at the home of their host family, it is recommended to call parents with the host family's phone number and exchange cell phone numbers with their host family to facilitate daily pick-up times. Hosts will provide bedding and towels for showering.

Transportation to the venue from the host family home during the event will be provided by the host. Be sure to exchange phone numbers with your host to coordinate pickups from the club each evening. Competitors are not permitted to drive themselves at anytime during the event.

CURFEW

There will be a 10:00 p.m. curfew during the event, meaning all competitors must have returned to their host family's home by this time each night. Most nights, you will return earlier. These regulations are in effect from registration day through the duration of the event, and may have an exception on our downtown Cleveland outing on Wednesday, 7/25. This will ensure that host families and competitors get a good night sleep!

CLINIC AND COACHING

There will be a mandatory two-day clinic held on Wednesday, 7/25, and Thursday, 7/26. The clinic is funded by a generous donation from the Clagett Trust. Top level US Sailing Certified coaches will be provided for all sailors for the clinic and the regatta. Be sure to bring a notebook and pen to take notes during the on land sessions of the clinic. No private coaches are permitted for this event.

CHARTER BOATS

A limited number of charter boats will be available for the event by Zim Sailing. Charter information will be posted on the Event Website. Charter agreements are between a competitor and the charterer. If Zim has booked all of their charters, please contact the Regatta Chair, Kathy Allyn, kathyallyn@gmail.com, who might be able to help you procure another charter locally.

PERSONAL SAILBOATS

Competitors who are bringing their own sailboats should arrive at MHYC after 1:30pm and before 5:00 p.m. on Tuesday, July 24. Trailers will be stored at MHYC for the week. Competitors will be expected to attach the provided hull and/or top sail numbers following on-site registration. Personal sailboats shall be removed no later than 8:00 p.m. on Sunday, July 29 unless previously scheduled with the MHYC Harbormaster Dan Miller (harbormaster@Mhyc.us).

LAUNCHING

Competitors will be instructed at onsite registration how boat launching will be handled.



CREW CHANGES

Occasionally, unanticipated situations may make it necessary for teams to change crew. There may not be any substitution for members of the team except as follows:

Substitution of a team member after acceptance in a championship can be requested for medical reasons or family emergency. Exceptions may be made for unexpected work/ school conflicts. Supporting documentation may be requested. All substitutions must be adequately explained by the qualified helmsman and accepted by the Organizing Authority.

Competitors who wish to change sailing partners must submit a request in writing, stating the reason, to Yolanda Cortes Mares, national chair, ymares@earthlink.net. Both parties must separately agree to the change. In the event that the substitution is not approved, the next team on the waitlist will be accepted. We encourage competitors to plan well in advance in an effort to retain their original team.

See section 6 of the NOR for additional information.

MEALS

Meals for competitors will be provided throughout the regatta, starting with a light dinner on arrival day and ending with the Awards Ceremony dinner. A breakfast will be served at the venue each morning. Lunch makings will be provided for sailors to make each morning to bring out on the water. Please see the above schedule for dinners and evening events, as well as suggested attire.

WATER

This event will be certified as a Bronze Level event through [Sailors for the Sea](#). It is recommended that you bring your own water bottle from home, however, competitors will be provided at least one water bottle from a national sponsor. Water refill stations will be provided by the host on land and while sailing.

EVENTS

The competitors will have several evening events:

- Downtown Cleveland Experience: Rock n Roll Hall of Fame and dinner at a Mexican restaurant on the pier.
- Italian Night with your host family at MHYC.
- Shrimpfest Night and sunset yoga at MHYC.
- Dietary restrictions will be needed by June 24th (submitted via Competitor Survey) in order to accommodate them.

AWARDS PRESENTATION

Because of the regatta's emphasis on camaraderie and sportsmanship, attendance by the competitors is mandatory. Competitors will not be allowed to leave before the Awards without prior approval of Yolanda Cortes Mares, national chair, and permission will only be granted for



extenuating circumstances. The awards ceremony will commence after charter boats have been packed up with the help of competitors. The presentation will conclude no later than 5:00 p.m.

BURGEE EXCHANGE

Exchanging burgees from your club with the host club has become a wonderful tradition at the US Junior Women's events. If you would like to participate in the burgee exchange, please bring a burgee from your home club (1 per club, please). There will be a brief ceremony with an officer from the host club to make the exchange.

PARENTS AND GUESTS

Parents may come and watch the sailing, but remember that this regatta provides top-notch level coaching across the fleet and is designed to give the competitors the opportunity for self-reliance and to support and help their peers.

Per the deed of gift, no outside contact is permitted from the moment competitors arrive at the venue each morning until the chief judge dismisses competitors at the end of the day. Parents will not be permitted to talk to competitors or their friends, help rig or de-rig, pull boats out of the water - no contact at all. This rule encourages the sailors' independence and promotes bonding among the sailors. These conditions were laid down by C. Thomas Clagett, whose trust funds the coaching at the championship. We must ask competitors and parents to respect his wishes.

Parents and guests attending are responsible for their own housing and meals during the event. MHYC will grant a temporary event membership card to participating parents and guests, which will allow use of the club facilities including the restaurant, bar, beach, pool and gas dock, from 7/24 to 7/29. For the parents coming to pick up their sailors, we have a hotel room block and special offer for the Saturday night Shrimpfest and Sunday awards dinner. These details will be posted on Regatta Toolbox, the official US Sailing event webpage and emailed to all competitors.

CELLPHONE POLICY

As per the tradition of the event, competitors' cellphones are collected each morning before the clinic, and returned after the head coach or head judge has released the competitors on clinic/race days. Parents, expect to hear from your girls in the mornings and evenings but not during the day while they're focusing on the clinic and racing!

SPECTATOR BOAT

There will be no spectator boat on clinic days. Spectator boats will be available for parents and guests on Sunday's final races only, per the Clagett Trust rules. If you would like to go out on the spectator boat, please send your request to mhycsailcamp@gmail.com by July 24th. Again, refer to section 16 of the NOR titled Coaching for the rules regarding contact with competitors.



SAILING VENUE

You will be sailing on Lake Erie, one of the Great Lakes. The sailing venue will be located just offshore from Mentor Harbor Yachting Club, to the West of the harbor channel:

<https://goo.gl/maps/PExnY9X7BbP2> Water depths in the sailing area will be between 25 and 60 feet. iWindfinder and SailFlow are two popular apps used by regional sailors for the fairly accurate wind and weather predictions.

WEATHER/APPROPRIATE GEAR

Be ready for all weather including heat and occasional showers or squalls. The freshwater lake is known for widely varied conditions from day to day. In late July, the water temperature averages 74F and our air temperatures average 83F with lows of 66F. A detailed weather and local conditions seminar will be given to the competitors during the clinic by the PRO, who is also a professional meteorologist, and daily weather briefings will be presented and posted on each of the racing days. Be prepared for heat and humidity outside and air conditioning inside.

DRESS

When inside the clubhouse, please remove hats, put coverups over bathing suits and wear shoes. Modest dress is requested on club grounds at all times. Please see the timeline for suggested evening attire. The dress code for the Awards Ceremony on the club patio is "casual attire," interpreted at minimum as clean, neat shorts, slacks/jeans, skirts, and sport shirts. If competitors are taken to the Main Dining Room by their hosts, attire is "informal," interpreted at minimum clean, neat shorts, slacks/jeans, skirts, and collared shirts or dresses.

PACKING LIST

- o Personal Flotation Device- US Coast Guard (USCG) approved only, no exceptions
- o Sunscreen, sunglasses, hat, towel
- o Tools and parts for personally owned boats
- o A 26-foot, 3/8 inch diameter, floating towline with a loop in the end of the line that is not to be secured to the boat (required for private and chartered boats)
- o Notebook, pen, current rule book
- o Personal entertainment (e.g. iPad, books, magazines)
- o One small burgee from home yacht club or sailing association to trade (1 per club) if partaking in burgee exchange
- o clothing: please see the notes on dress above
- o Appropriate sailing gear and clothing: please see weather/appropriate gear section above
- o Trapeze harness
- o Re-usable water bottle clearly labeled with name
- o A small gift for host family
- o Sneakers
- o Pool towel



LOST ITEMS:

Mark all belongings with an indelible marker in advance! All items with a name clearly on them usually get returned. This also applies to personal spars and other personal boat equipment.

SAILING INSTRUCTIONS

The final form of the Sailing Instructions will be distributed at registration. They will be available in preliminary form on the Event Page.

EVENT CONTACTS:

Regatta Chair: Kathy Allyn kathyallyn@gmail.com

Transportation Chair: Delaney Imbler dimbler@ameritech.net

USJRW Chair: Yolanda Cortes Mares, ymares@earthlink.net

US Sailing: John Pearce & Meredith Carroll, championships@ussailing.org

Harbormaster Dan Miller harbormaster@mhyc.us