

**Event:** US Sailing Fall 2014 NY/NJ Regional Symposium

**Date:** 11-8-2014

**Location:** Oakcliff Sailing Center, Oyster Bay, NY

**Host:** Dawn Riley

**Moderator:** Caitlin Niemic

**Organizations/Clubs represented:** Approx. 25

**Attendance:** 32

### **Topic #1: Keeping Youth and Young Professionals Involved**

Many programs find they are “losing kids” which brings up the question of whether or not youth are leaving the sport, moving on, or coming back to the sport later in life?

- NYACK found that changing the age restrictions on their program helped to keep youth involved longer.
- Introducing youth to big boats provides a pathway to continue their sailing career beyond dingy sailing
  - US Sailing has a Junior Big Boat program that clubs that use to keep their youth involved (could also be used for new adult sailors) <http://www.ussailing.org/education/jbbs/>
- Sailing can be expensive, create a regatta fund: Have sailors who would like to attend a regatta write an essay to receive funds for their regatta travel/registration
- They know how to sail, now what? Introduced match racing, team racing, REACH/STEM
- “Do what you do best”- If your program has is a learn-to-sail program, be the best learn to sail program. Encourage youth to continue onto bigger and better things. Oakcliff recognizes that they are not a learn-to-sail program and therefore encourages beginners to enroll in other local programs.

Parental Involvement is a key component to keeping youth involved.

- Parent mentor/parent of the day
- Parent socials/spectator boats
- Members v. non-members
  - Temporary memberships for non-members during the time in which their child (children) are enrolled in the program.
  - “Special Activities Membership” for those who are not full time members, but want to participate in a particular program such as frostbiting, weeknight racing, or team racing
  - Set time limit on introductory memberships (i.e. 2 years)

20+ year olds: Just starting careers, college loans, no boat...

- Offer “Junior/Young Adult Membership”
- Buy a fleet of 6 boats for them to use
- Offer weeknight sailing and limit it to 2 hrs followed by a post event party/social
- Three things that attract young members:
  - Boats
  - Friends
  - Social activities
- If you want them to come back, follow-up!
- KEEP IT FUN!

- “If everyone we taught how to sail stuck with it and bought boats, we wouldn’t have any room on the water” – The skills and friendships built last a lifetime.

## Topic #2: Curriculum Planning

Curriculums serve as a basis for linear progression in a learn-to-sail program. Due to the nature of the sport, and the impact of unpredictable weather, curriculums must be flexible and adaptable. Setting goals and objectives is important to ensure progress and achieve certain skills.

- US Sailing’s *Little Red Book* is a useful tool for beginners of all ages (and goes along with the Level 1 Instructor Certification and Training)
  - <http://store.ussailing.org/browse.cfm/little-red-book/4,82.html>
- Some programs have matched their curriculums to state education standards “common core”
- Invite school teachers to help with lesson plans
- Gather all instructors/ program directors from surrounding area before the season starts to discuss lesson plans, programming, regattas, etc.
- Once you reach a certain level, how to do track progress?
  - Journals: Electronic journals/logs/app?/debriefs
  - Mentors
  - At a higher level of sailing, students come from different backgrounds with varying levels of experience. How do you ensure that they have acquired specific skills?
- No wind/rainy day ideas:
  - STEM/REACH
  - Boat/ sail maintenance
    - Gel coat, fiberglass repairs, cleaning, wet sanding, splicing
  - “Build the whole sailor”
    - Rules
    - Respect
    - Race Committee
    - Navigation
      - (geocaching)
    - Mock protests
    - Code flags
    - How sails work

## Topic #3: Fleet Management

Fleet management is a key component to the success of every program.

- If you are renting boats or allowing them to be borrowed for events, be sure you’re collecting a damage deposit
- You don’t need to have the newest, fastest boats, but be sure if you are using them for competition that they are equally maintained
- Teach your youth boat maintenance
  - This will help them to develop a level of respect for the equipment (realizing the time and expense that goes into making repairs)
  - Have kids pick a boat and name it at the beginning of the season and take “ownership” of it throughout the season
  - Have a “maintenance boat” for kids to repair and rebuild

- The nicer the equipment the nicer it will be treated
- Ribs vs. Whalers
  - Soft surface to hard surface
  - Rib maintenance – keep inflated
  - Sunbrella flaps for protection
- Daily checklists
- “fix it or pay for it” - if someone is borrowing equipment and it gets damaged, they can either fix it themselves, or pay for it (be sure they have the skills required to “fix it”)
- Best ROI for boats is 3-5 years
- “Every boat is for sale, every year”- Longshore Sailing (for profit)
- Boats for sale:
  - [www.Sail1design.com](http://www.Sail1design.com)
  - Class websites

If you are interested in running a US Sailing Training Course please complete the hosting form:

<http://www.ussailing.org/education/training-courses/host-a-course/>

The Regional Symposium Hosting form can be found at:

<http://www.ussailing.org/regional-symposium-host-requirements/>

RC101: Intro to Race Committee (FREE to all members):

<http://www1.ussailing.org/User/Login.aspx?cmsReturn=http://www.ussailing.org/race-officials/race-official-publications/race-committee-101/>