



## Junior Women's Championship Welcome Packet

On behalf of the USJWSC Organizing Committee and San Diego Yacht Club, we are excited to welcome you to America's Finest City and our beautiful San Diego Bay. 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 21<sup>st</sup>. After June 21<sup>st</sup>, competitors must email any changes to the regatta organizers at [marnie.jenkins@northsails.com](mailto:marnie.jenkins@northsails.com)

Link to Competitor Survey: <https://form.jotform.com/90994584312162>

### HOST CLUB INFORMATION

San Diego Yacht Club is located at 1011 Anchorage Lane, San Diego, CA. 92106. The main telephone line is 619-221-8400, and our website is <https://sdyc.org>.

Tucked away in beautiful Point Loma, the San Diego Yacht Club is consistently ranked among the top 5 yacht clubs in the nation and is recognized by the Club Leadership Forum as one of the finest facilities of its kind in the world. In addition to our main clubhouse, we have a beautiful Junior Clubhouse which includes classrooms, multi-media capabilities for coaching, showers and fitness center. Other facilities include tennis courts, swimming pool, hot tub and sauna.

### 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 ClubSpot 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>Friday, July 19</i>	1400 – 1800	<i>Registration for competitors @ SDYC</i>
	1700 – 1900	<i>Casual Snacks/Light Dinner @ SDYC &amp; Host family assignment &amp; pick up from Club</i>
<i>Saturday, July 20</i>	0800 – 0900	<i>Breakfast, Assemble Lunches</i>
	0845	<i>Guided Yoga Stretch (Optional)</i>
	0900 – 1600	<i>Clinic</i>
	1700	<i>Icebreaker &amp; Taco Truck Night at Naval Base Point Loma (California Casual)</i>
<i>Sunday, July 21</i>	0800 – 0900	<i>Breakfast, Assemble Lunches</i>
	0845	<i>Guided Yoga Stretch (Optional)</i>
	0900 – 1600	<i>Clinic</i>
	1700	<i>Dinner – Beach Party &amp; Games @ Mission Bay Yacht Club (California Casual, bring suits/towel)</i>
<i>Monday, July 22</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>Italian night at Southwestern Yacht Club (California Casual)</i>
<i>Tuesday, July 23</i>	0800 – 0900	<i>Breakfast, Assemble Lunches</i>
	1100	<i>Warning signal for first race of the day; subsequent races to follow</i>
	1730	<i>Dinner – Family Night Barbeque @ San Diego Yacht Club (California Casual, bring suits/towel)</i>
<i>Wednesday, July 24</i>	0800 – 0900	<i>Breakfast, Assemble lunches</i>
	1100	<i>Warning signal for first race of the day; subsequent races to follow.</i>
	1400	<i>No Warning Signal after 1400</i>
	1600	<i>Awards and light dinner immediately following racing, derigging and packing up of boats (Summer Dress)</i>



### ARRIVAL AND DEPARTURE

Plan to arrive July 19<sup>th</sup> and depart on July 24<sup>th</sup> as indicated below. Any travel arrangements that deviate from the below guidelines must be requested and approved in advance by USJRW Chair, Yolanda Cortes Mares, ymares@earthlink.net, by June 19<sup>th</sup>. No exceptions.

*For competitors travelling by plane:* San Diego Airport (SAN) is located very close to San Diego Yacht Club and travel should be booked there. Transportation to and from SAN will be provided at no additional cost to the competitor.

Arrive July 19<sup>th</sup> – San Diego International Airport (SAN) 12:00pm - 6:00pm

Depart July 24<sup>th</sup> – San Diego International Airport (SAN) 7:00 p.m. - 10:00 p.m.

US Sailing has a negotiated discount code from United Airlines for travel to the 2019 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. Parents must make appropriate arrangements in advance directly with the airline, specifically contact/pick up information. The Transportation Chair will be in contact with you regarding pick up details once you have filled out the survey form. There may be an additional charge from the airline 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, Marnie Jenkins, 619-665-7404 immediately. We suggest competitors enter this contact into their cell phone. Marnie’s email is marnie.jenkins@northsails.com

### *For those driving in:*

SDYC has limited space for parking and trailer storage, and the club grounds are monitored by a gate guard. If you have additional storage requests advance coordination is required. During the event, boats will be stored on dollies and launched from the club's ramps. Trailers may be moved offsite. Please contact SDYC Junior Director John Fretwell if you have any specific requests. On arrival please reach out to the Dockmaster at 619-758-6308 and they will direct you where to part your boat.



*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 8:00 PM, Thursday, July 25<sup>th</sup> unless arrangements with SD Dockmaster have been made

ONSITE CHECK IN

*Friday, July 19                    1400 – 1800*

Early arrivals are not permitted. The onsite check in team will review to determine that all forms have been correctly submitted. Life jackets will be inspected and verified to be an approved USCG personal flotation device as outlined in the Notice of Race (NOR). 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 Friday evening, 7/19, with a departure on Wednesday, 7/24. Competitors will be informed of the name of the host family at registration. Do not call SDYC 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 any time during the event.

CURFEW

There will be a 9:00 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. This will ensure that host families and competitors get a good night sleep!



### CLINIC AND COACHING

There is a mandatory two-day clinic held on Saturday, 7/19, and Sunday, 7/20. 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

Charter agreements are between a competitor and the charterer.

A limited number of 420 charter boats will be available for the event by the official charter provider, Zim Sailing. Contact info for [Zim Sailing](#) - call or e-mail to arrange C420 charter. 401-237-6117 or [charters@zimsailing.com](mailto:charters@zimsailing.com). If Zim has booked all of their charters, please contact John Fretwell, who might be able to help you procure another charter locally. If assistance is needed for 29er Charters, please contact Giselle Nyenhuis at 619-865-5038.

### PERSONAL SAILBOATS

Competitors who are bringing their own sailboats should arrive at SDYC after 11:30pm and before 5:00 p.m. on Friday, July 19<sup>th</sup>. Trailers will be stored for the week. Competitors will be expected to attach the provided hull and/or top sail numbers following on-site check in. Personal sailboats shall be removed no later than 8:00 p.m. on Thursday unless previously scheduled with the SDYC Dockmaster.

### LAUNCHING

Competitors will be instructed at onsite check in how boat launching will be handled. There will also be information on towing to/from the race course if needed.

### 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, the U.S. Junior Women's Championship Committee Chair, [ymares@earthlink.net](mailto: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. 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, details on attire guidelines is below (see Dress). There will be opportunities for swimming at some of them (noted in the schedule above).

### WATER

This event will be certified as a Bronze Level event through [Sailors for the Sea](#). Competitors should bring their preferred water bottle from home. Water refill stations will be provided by the host on land and while sailing.

### EVENTS

The competitors will have several evening events:

- Food Truck Fun at Naval Base San Diego
- Beach party at Mission Bay Yacht Club
- Italian Night at Southwestern Yacht Club
- Family Night Barbeque hosted by the Junior Program at SDYC.
- Awards Dinner and casual dining at SDYC.

Dietary restrictions will be needed by June 19<sup>th</sup> (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.

### CELL PHONE 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!

### PARENTS AND GUESTS

Parents may come and watch the sailing on the last day of racing, 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 transportation, housing and meals during the event. SDYC will grant a temporary event membership card to participating parents and guests, which will allow use of the club facilities, from 7/24 to 7/29. For the parents coming to pick up their sailors, we have hotel recommendations and meal tickets for Family Night Barbeque and Awards Dinner on Wednesday. These details will be posted on the event webpage and emailed to all competitors.

#### SPECTATOR BOAT

There will be no spectator boat on clinic days or Monday, Tuesday race days. Spectator boats will be available for parents and guests on Wednesday's final races only, per the Clagett Trust rules. If you would like to go out on the spectator boat, there will be a signup provided on the SDYC Ida Lewis link that will be emailed to competitors (together with Tuesday night meal ticket signup). Again, refer to section 16 of the NOR titled Coaching for the rules regarding contact with competitors.

#### SAILING VENUE

The regatta will be sailed at a location launched from San Diego Yacht Club. The racing area will be approximately 1 NM southeast of Zuniga Jetty in the area known as the Coronado Roads. There will likely be a morning tow to the race area, details to be provided the day of sailing.

#### WEATHER/APPROPRIATE GEAR

Sailing will be in the ocean just outside of San Diego bay, used regularly for championship regattas. Moderate breezes prevail, and the weather can vary between cloudy/overcast to warm and sunny, rarely humid. Daytime temperatures are in the 70's, evening temperatures are in the 60's - a sweater or jacket is needed at night. The ocean is cold, water temperature averages in the 60's; spray gear and/or wetsuits are recommended. Sunglasses and sunblock is always needed, hats or visors are recommended.

#### DRESS

When inside the clubhouse, please remove hats, put coverups over bathing suits (no cheeky suits allowed in the pool/SDYC) and wear shoes. The dress code for the Evening events are "California Casual" interpreted at minimum as clean, neat shorts, slacks/jeans, skirts, and shirts. For the Awards Ceremony the dress code is "Summer Dress," interpreted as sundresses or skirts with tops, clean, neat shorts, slacks/jeans, and shirts.



### 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 floating towline (C420) or 29-foot towline (29ers) with a loop in the end of the line that is not to be secured to the boat (required for both private and chartered boats)
- o Notebook and pen
- o Personal entertainment (e.g. iPad, books, magazines)
- 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 or Flip flops
- o Pool towel

### LOST ITEMS:

Mark all belongings with a permanent marker in advance! All items with a name clearly on them usually get returned. There is a Lost & Found area outside the Head Coach Office in the Junior area. This also applies to personal spars and other personal boat equipment.

### SAILING INSTRUCTIONS

The final form of the Sailing Instructions will be distributed at on site check in. They will be available on the official online notice board (the event web page).

### EVENT CONTACTS:

Regatta Chair: Mary Brigden Snow, [mary.brigden@gmail.com](mailto:mary.brigden@gmail.com);  
Richelle Brown, [richelle@awlogy.com](mailto:richelle@awlogy.com)  
Housing Chair: Stacey Szabo, [szabodesigns@gmail.com](mailto:szabodesigns@gmail.com)  
Transportation Chair: Marnie Jenkins, [marnie.jenkins@northsails.com](mailto:marnie.jenkins@northsails.com)  
USJRW Chair: Yolanda Cortes Mares, [ymares@earthlink.net](mailto:ymares@earthlink.net)  
US Sailing: Meredith Carroll, [championships@ussailing.org](mailto:championships@ussailing.org)  
SDYC Junior Director: John Fretwell [john@sdyc.com](mailto:john@sdyc.com)