



# High School Sailing Guide

7<sup>th</sup> - 12<sup>th</sup> Grade Students

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On Site Location: 1321 Farwell Dr. Madison WI 53704

Website: [www.madisonyouthsailing.com](http://www.madisonyouthsailing.com)

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## **MYSF Mission Statement & Key Contacts**

The Madison Youth Sailing Foundation (MYSF) Sailing Program's mission is to:

- Provide a fun and educational program for youth interested in sailing and racing.
- Maintain a safe program and teach our students safe sailing practices.
- Impart a love of sailing as a lifetime sport while providing the fundamental skills necessary for participants to advance in the sports as far as their desire, skill, and hard work may take them.
- Provide a curriculum with current and effective techniques. Our instructors will help foster skilled and confident youths who will respect others, will care for their equipment and marine environment, and are willing to help fellow sailors on and off the water.
- Teach our sailors to conduct themselves in the Corinthian Spirit during practice and in competition.
- Work to ensure all youth sailors will emerge with an enhanced sense of self-reliance, knowledge of seamanship, appreciation of teamwork, and a solid foundation in sailing.

### **Key Contacts**

- MYSF Main Office: 1321 Farwell Dr. Madison, WI 53704
- MYSF Main email: [MYSFboard@gmail.com](mailto:MYSFboard@gmail.com)
- On-site phone number(s) will be provided 1 week before practice start date.
  
- Executive Director: Brooke Blalock
- HS Sailing Coach: Doug Wake
- Board of Directors:
  - President: Aaron Mann
  - Secretary: Tim Sugar
  - Treasurer: Susie Younkle
  - John Rather
  - Liz Vitse

### **Communication**

We will communicate primarily through email on practices and regattas. In the event of weather or timely information, we may use text messaging along with email. You are always welcome to reach out with any questions through email, [mysfboard@gmail.com](mailto:mysfboard@gmail.com).

## High School Sailing National/Regional Structure

High school sailing is governed nationally by the Interscholastic Sailing Association (ISSA) and is split into seven district associations. Our district is the Midwest Interscholastic Sailing Association (MISSA, [missa.hssailing.org](http://missa.hssailing.org)), which is responsible for scheduling events for the region. MISSA breaks down further into three areas – West, Central, East – and we are part of the West area (Wisconsin, Minnesota, Iowa), though we often compete with teams from the Central area.

Students are eligible to sail in MISSA if they are full-time students in 9th grade or higher. Home schooled students will be considered eligible to sail with the school they would be assigned to in the district in which they live. 7th and 8th grade students may participate fully in practice and 8th grade students are eligible for 'Mixed' team events in both the Spring and Fall.

Check out the Interscholastic Sailing Association: <https://hssailing.org/>

### **Regatta Tiers are described as followed in the MISSA rule book:**

- **Tier 1:** The District Championship (Great Lakes Championship) and District qualifiers for the three ISSA National championships (Cressy, Mallory, and Baker). Requires at least four students from the same school.
- **Tier 2:** Qualifiers for Tier 1 regattas; qualifiers for national invitational and other out of district regattas; and regattas designated as State Championships if open only to competitors in 9th grade and above. Requires at least four students from the same school.
- **Tier 3:** Any other MISSA regattas.

We compete in all Tier events, although Tier 3 events allow for as much participation as possible from all members of our team.

### **There are three types of competition in high school sailing, see below. Madison Youth Sailing Foundation will only support Fleet Racing at this time.**

- **Fleet Racing (most common):** All schools participating in fleet race regattas have "A" division and "B" division that alternate racing throughout the day at each event. All the boats in one division race against each other and the total team score at the end of the event is the combination of the A and B division score. Fleet Races are common in both the Spring and Fall and are usually in two-person FJs or 420s.
- **Team Racing:** These events have two schools competing against each other with three boats per team. The winning team has the lowest total combination of points between their three boats. Typically, these events are round robins where

you race each team once and happen in the Spring.

- **Single-Handed Racing:** These events take place in Laser Radials or Standards and are run like fleet races but with only one division. Single-handed racing takes place in the fall only.

## **Sailor Responsibilities**

Madison Youth Sailing provides the facilities, coaching, equipment and knowledge to support a sailing team. We expect all the sailors on our team to:

- Display enthusiasm, sportsmanship, teamwork and leadership during all team events, including practices and regattas.
- Help recruit new sailors to join the team and grow the sport in our community.
- Have a positive attitude and desire to improve at each practice
- Show respect toward fellow sailors, parents and coaches at all times.
- Communicate any issues with boats, teammates, scheduling with the coach as soon as possible.
- Take care of the boats, building and other equipment provided by MYSF and other clubs we visit for regattas to the best of their ability.
- Develop time management skills in order to balance attending all practices and regattas and maintain quality work at school
- Create and maintain a positive environment for all sailors on the team.
  - Be timely in arriving at practice, changing into sailing gear and rigging boats.
  - Be team players and, most importantly, have fun on the water!

## **Parent Responsibilities**

Parental involvement is essential to the success of this program. Parents are expected to participate in their school group/mixed team from varying high schools. Prior to each season, an information meeting will be held to help answer any questions, hand out the season schedule, meet sailors from their own schools/surrounding schools, and keep sailors/parents informed of coaches and improvements.

We ask for parental support in the following ways:

- Serve as needed when requested by the coach/director.
- Assist in carpooling to and from events.
- Driver/chaperone duty for away regattas.
- Assist with loading and unloading boats that travel to regattas.
- Tow trailers to away regattas, if applicable.
- Assist with supervision at away regattas as needed for your high school/mixed team sailors.

### **TEAM PARENT(s) Chaperone Regatta Responsibilities**

- Team Parent (1-2/school or mixed team) shall be responsible to organize and coordinate the carpooling and other logistics with regards to travel.
- Loading and unloading trailers with boats shall be the responsibility of the sailors with help from their parents. This should not become a burden to the Team Parent(s) as sailors must support and participate with the task of loading and unloading trailers.
- Team Parent(s) need to coordinate food for the sailors each day.

### **Team Goals**

Our goals as a team are as follows:

- To create an inclusive environment for competitive sailors across the Greater Madison area, regardless of background.
- To work to become competitive regionally and nationally and to qualify as many schools as possible for Regional and National Championships.
- Have fun on the water and make the most of every practice time.

## **Program Fees**

Program fees are due per season (Fall & Spring). Fees cover the use of the boats and MYSF facilities for practices, coaching and coach boat fuel fees for practices and at regattas, 420 boat and sail maintenance, and MISSA dues. It is our goal to make the high school program affordable for sailors and parents and through generous donations that remains possible. We do ask that parents and sailors participate in any fundraising efforts we may have as a team.

Many regattas have fees associated with them that generally range from \$15-\$65/sailor and often include breakfast and lunch for the sailors. When we send the schedule for each event, we will make sure to communicate any fees associated with the events and what they cover. Generally, the higher the regatta fee, the more the venue will provide for sailors (meals, t-shirts, etc). We will do our best to keep costs low wherever possible.

## **Practices**

All practices will be held at Madison Youth Sailing Center, 1321 Farwell Dr. Madison WI, 53704. Practices will be held after school on Tuesdays and Wednesdays from 4:00-7:00pm. Sailors are expected to arrive between 4:00-4:30pm to change and begin rigging their boats. Practice briefings will start at 4:30pm. Sailors will return to shore at 6:30pm, derig and debrief before practice ends at 7:00pm.

Sailors will be expected to show up on time for each practice they are scheduled to attend. If they cannot attend a practice, it is their responsibility to let the coach know as early as possible to help with planning pairings for the day.

Practices may be cancelled beforehand due to weather or lack of wind at the discretion of the coach. At times, the coach will still hold practice to review tactics even if there is unfavorable weather.

## Gear

**Required: Lifejacket** – No one is permitted on the water without wearing a proper lifejacket (PFD). Lifejackets must be Type III USCG approved. There are several PFDs specifically designed for dinghy sailing. MYSF has limited lifejackets available for use.

**For safety reasons, students must be properly attired.** Regardless of the season, hypothermia can occur in a matter of minutes if a sailor capsizes and is improperly dressed. A sailor with the right clothing will be able to continue sailing in comfort even after multiple capsizes while minimizing their risk of hypothermia. **We reserve the right to refuse sailing to students who are not prepared for the conditions.** This is in the interest of their safety,

Insulation and wind protection are the key elements to sailing clothing. Dinghy sailing is an active sport and students will work hard and generate a lot of body heat. For this reason, it is important to dress in a way as to not overheat. It is also equally important to dress in a manner to be comfortable after getting wet from spray and/or capsizes. Avoid cotton at all costs. T-shirts, sweatshirts, etc. are the worst kind of clothing for sailing as they retain water, restrict mobility, and make you colder. If you are just getting into sailing you don't need to go buy the best gear, but we do need to ensure each sailor is properly equipped to sail in varying conditions. Check out the varying options we recommend for each category.

1. **Required: Lifejacket** – No one is permitted on the water without wearing a proper lifejacket (PFD). Lifejackets must be Type III USCG approved. There are several PFDs specifically designed for dinghy sailing. MYSF has limited lifejackets available for use.
  - a. [Lifejacket Example 1](#)
  - b. [Lifejacket Example 2](#)
  - c. [Lifejacket Example 3](#)
  - d. [Lifejacket Example 4](#)
2. **MANDATORY - Dry Suit:** Dry suits are mandatory when water temperatures and air temperatures added together do not reach 100. Sailors do not need a spray top or spray pants when using a dry suit.
  - a. [Standard Option](#)
  - b. [Premium Option](#)
  - c. [Premium Option 2](#)
3. **Shoes/Boots:** Close-toed shoes are required. Dinghy boots are preferred but sneakers are ok. No flip-flops or bare feet! If you are using sneakers, we recommend neoprene socks.
  - a. [Dinghy Boots Example 1](#)

- b. [Dinghy Boots Example 2](#)
  - c. [Neoprene Socks Example 1](#)
  - d. [Neoprene Socks Example 2](#)
4. **Spray Top:** Waterproof top to go over all your warm base layers. **Any waterproof jacket will work.** The "sailing" spray tops are designed with sailing in mind, so they don't have unnecessary pockets or hoods.
  - a. [Spray Top](#)
  - b. [Thermal Option](#)
5. **Spray Pants:** Any waterproof pants work well, even ski pants. But it is worth the money to invest in a pair of salopettes (bibs). The salopettes keep your whole body warm because they go up all the way to your chest like overalls.
  - a. [Bibs Example 1](#)
  - b. [Bibs Example 2](#)
  - c. [Bibs Example 3](#)
6. **Warm Base Layers:** Either a wetsuit or an insulation layer beneath. The insulation layer should be something that will not lose its insulation properties when wet. Consider capilene, spandex, and technical fleece.
7. **Hat:** In colder weather, students should wear a hat that insulates and stays on in the breeze. Keeping the head covered greatly improves comfort and minimizes chances of hypothermia on a cold day.
8. **Sailing Gloves:** Protect against chafing and cold. Gardening gloves also work well in cold weather, but lack warmth and are recommended for Fall.
  - a. [Sailing Gloves](#)
  - b. [Thermal Sailing Gloves](#)
  - c. [Gardening Gloves Example](#)
9. **Pinnies:** The purpose of pinnies is to identify each school on the water during regattas. They are required at high school sailing events. MYSF will provide pinnies.

There are several online vendors that provide a scholastic discount for some of the top sailing gear available.

- West Coast Sailing [www.westcoastsailing.net](http://www.westcoastsailing.net)
- Team1Newport <https://www.team1newport.com/>

**Madison Youth Sailing Foundation is actively working to build a collection of gear available for High School Sailors to use each season.**

## **Travel**

Throughout the season, we will travel to events throughout the Midwest. For each event, it will be the responsibility of the sailors/parents to indicate their interest in attending to the head parent of their school and/or the coach. The coach will be responsible for making the roster/pairings necessary for each event and will coordinate loading trailers of boats, if necessary. It is the responsibility of the sailors and parents to coordinate travel to each event, including at least one parent chaperone per school per event. The coach/director will help facilitate the communication and provide necessary information for each event to the sailors and parents.

Many of our events are Saturday/Sunday events, so sailors and parents will be responsible for finding housing and dividing any fees that may go along with the housing between sailors.

Once a sailor commits to attending a regatta, it is extremely important that they maintain this commitment for travel plans and pairings.

## **How to Follow Racing**

Parents can follow race results at <https://scores.hssailing.org> on TechScore. The director/coach will be responsible for filling in the names of participating sailors at the regatta. We will do our best to post pictures on our Instagram page and website as often as possible!

## **Regatta Schedule - Spring 2026**

### **All Madison Area High Schools**

- April 25-26 - May Madness @ Nagawicka
- May 16 - WI State Championships @ Sheboygan

### **Madison West High School**

- Apr 11 - Mallory Qualifier @ Sheboygan
- April 25-26 - May Madness @ Nagawicka
- May 2-3 - MISSA Mallory @ LMSS\*
- May 30-31 - Mallory @ New Orleans\*

\*Pending Qualification