

REGATTAS 101 For Parents

We highly encourage participation in regattas for all sailors. These races are a great opportunity to test sailing skills developed over the season against a much larger fleet of boats, sailed by kids from all over Massachusetts and further. Kids can meet people from many different clubs, and often establish great friendships with them.

When and Where are Regattas?

- Check with instructors before signing up for a regatta.
- Additional info is in the Notice of Race (NOR), usually on the host's web page.
- Usually you need to submit a registration form, medical form, and entry fee.
 - You need to pick a fleet. Usually, if your kid is a beginner or if it is his/her first summer racing that boat, pick the green fleet.
- There is often a registration deadline, after which there is an additional late fee.

Getting Boats There

- It's YOUR responsibility to transport boats unless we do a club tow over.
 - This includes tying it down safely, including bailers, floatation, etc.
 - This also includes all necessary gear to sail with! (sails, blades, bailer)
- It's usually a good idea to bring the boat down the day/evening before.
- Optis
 - Fit inside a large motorboat, in the back of an SUV/minivan, or on roof racks
 - SBYC owns a 6 boat trailer (which needs a driver)
- 420
 - Can be towed over water.
 - 420s can be 'sandwiched' on a Whaler sized trailer
 - SBYC owns a 3 boat trailer (which needs a driver)
- Boat loan policy: Just fill out a waiver and give a security deposit to borrow one.

Arriving that Morning

- Get at the regatta site early. This time will be predetermined by the coach. Often, day one of a regatta requires an extra early meeting time. Check in with the registration desks. They should have a packet for you. Make sure all of your registration information is correct, and your sail number is also correct.
- Go to your boat and rig everything you can. Put sail bags and gear somewhere safe.
- Keep all gear organized and tidy.
- Attend the skipper's meeting-it's important info. These are always the morning of the first regatta, and often the second day as well. Stay together as a team for this meeting.
- Head out on the water right on time. Try to be one of the first ones out.
- Go right to your race committee and stay close to the starting line. Check in with race committee, and say thank you

Important things to bring!

- Sail, daggerboard, rudder, bailer, wind indicator
- WATER! WATER! WATER! Food, warm clothing and rain jacket if available, dry clothing for later

- Sunblock, sunglasses, hat
- Lifejacket
- Proper sailing footwear

Beyond dressing appropriately to sail, sailors must also act appropriately at away regattas.

- Be respectful of the host rules and members
- Don't "borrow" anything that doesn't belong to you
- Be polite to regatta organizers: always thank the race committee at the end of the day
- Stay for awards ceremony
- Keep track of your belongings. Keep the team's gear (dollies, covers, back-packs etc.) together while you are on the water
- Check in with your coach before and after sailing: Know where and when to meet
- Attend the skipper's meeting
- Help one another with dollies-we are a team!
- Drink plenty of water
- Be prepared for long days on the water

Watching the Racing (Parents)

- You are welcome to do whatever you like during the day.
- It's usually best to watch from a boat on the water. Bring your own or, if there is no spectator boat provided, another parent may have extra space in their boat.
 - If you're joining someone, expect to be out the whole time they are.
 - Sorry, but you will NOT be allowed to ride in the coach boat.
- Driving a powerboat- BE COURTEOUS. Do not interfere with racing.
 - You can't talk to sailors during races, only between.
 - Be careful not to drive through the race course, and keep your wake small.
- Please be SUPPORTIVE. Maybe bring candy and extra snacks.
- Leave the coaching to the coaches please.

At the End of the Day

- Be sure your child and all their gear/clothing makes it home safely.
 - There is usually a time schedule in the NOR that can help with planning.
- There's usually an awards ceremony and dinner. Show good sportsmanship!
- If gear/boats are borrowed, it needs to be back and ready to go at SBYC for lessons the next morning.
- These days are often long and tiring, so preparing the sailors with adequate food afterwards
- Parents, be aware that "regatta burnout" exists- let them take a day off sailing if they need a break. Days on the water can be long and we want everyone to love sailing!
- Congratulate your sailor for a great job at the end of the day!