

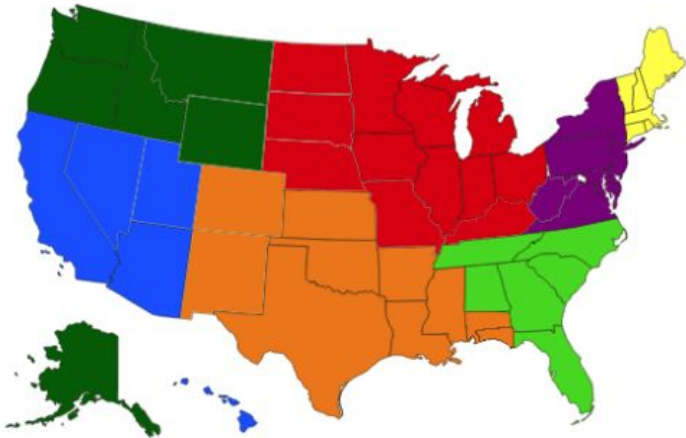
CYC 1853 High School Sailing Program

2023/2024 Season

High School Sailing



- **What:** High School sailing is a co-ed sport. Local high school sailing teams are sanctioned under both ISSA and SAISA and compete in regularly scheduled local, regional and sometimes national events.
- **Who:** 8th - 12th Grade Students
- **Where:** All around the Country



High School Sailing at CYC



- **What:** Sailing Team made up of all High School (and 8th grade) Students who are interested in sailing during the school year.
- **Who:** 8th - 12th Grade Students
- **Where:** Carolina Yacht Club, NC
- **Why:** To encourage and build lifelong sailors in the sport of sailing.
- **How:** By building a program where High School Students become lifelong sailors, learning Corinthian Spirit and teamwork. All while meeting new friends and creating lifelong memories.
- **When:** Starting now!!! Whether you have been sailing since you were little or starting this year, anytime is the perfect time to start!



Kick Off Practices

- August 30th and September 1st, will be our Season “Kick Off Practices”
- All Sailors are welcome!
- We will have either Pizza and Burgers/Hot Dogs after the practices!





Daily Practice Schedule

4:30pm - 6:30pm

1. Arrive and Rig
2. Quick Briefing under the Gazebo
3. On the water Sailing session
4. Derig
5. Debrief





Weekly Practice Schedule

1 Day a week or 2 Days a week

Day of the Week	School(s)/Team(s)	Max # of Kids
Monday	Classroom Day/Every Other Week	All Sailors
Tuesday	John T. Hoggard Only	36
Wednesday	All Other High Schools Only	36
Thursday	Advanced (Focused Group)	20
Friday	Developmental (Focused Group)	20
Saturday		
Sunday		

Practice Schedule 2023/2024



Fall:

- **Weekly Practice Options:**
 - “Kick Off” Practices August 30th and September 1st
 - 5 Class Room Days (Every Other Monday: 4:30pm-6:30pm)
 - Regular 1 Day a Week: September 4th - November 3rd (9 practices/18 hours)(4:30pm-6:30pm)
 - Regular 2 Days a Week: September 4th - November 3rd (18 practices/36 hours)(4:30pm-6:30pm)

Winter:

- November 5th - March 12th
- CYC Coach 1 time per month November - February as weather permits.
- 2022/2023: We had upwards of 12 total practices over the Winter.

Spring:

- **Weekly Practice Options:**
 - 5 Class Room Days (Every Other Monday: 4:30pm-6:30pm)
 - 1 Day a Week: March 12th - May 3rd (8 days/16 hours)(4:30pm-6:30pm)
 - 2 Days a Week: March 12th - May 3rd (16 days/32 hours)(4:30pm-6:30pm)

Extra Sailing Events/Practices



Fall:

- **1 Saturday Mock Regatta - Date: October 7th - All Sailors are Welcome**
- **1 coached Fall Sound Series (October 21st, November 4th or November 18th)**

Spring:

- **1 Saturday Mock Regatta - Date: TBD - All Sailors are Welcome**
- **1 coached Spring Sound Series (Dates are TBD)**



2023-2024 Regatta Schedule

- 2023/2024: 4 Total Coached Points Regattas
- North Points Events will take precedence over other HS Regattas
- 4 Highlighted Regattas will be coached.
 - This coaching cost is included in the program price, but the expenses (gas, food, housing for the coach) will be paid for evenly by each sailors who attends the regatta.
 - Jack Gower (Coach) is responsible/in charge of who goes to the regattas, roster and division assignments.

Season	2022-2023 (1 day a week)	2023-2024 (1 day a week)	Overall Differences from 22/23 - 23/24
Fall	12 Practices	2 "Kick Off" Days + 9 Practices + 5 Classroom Sessions	4 Additional Days
Fall Regattas (Coached)	4 Total for the Season	4 Total for the Season	Same
Fall Series (Coached)	1 Series	1 Series	Same
Winter	Nov, Dec, Jan, Feb ad hoc practices	Nov, Dec, Jan, Feb ad hoc practices	Same
Spring	8 Practices	8 Practices + 5 Classroom Sessions	5 Additional Days
Spring Regattas (Coached)	4 Total for the Season	4 Total for the Season	Same
Spring Series (Coached)	1 Series	1 Series	Same
Difference in Seasons	\$802 + \$200 (boat deposit) = \$1,002	\$802 + \$200 (boat deposit) = \$1,002	9 Additional Days

Price per Sailor (1 Practice Per week)



Total Price: \$1,002

Practice / Travel Regattas with Coach: \$1,002 (25% Discount for Multiple Children)

420 Ad Hoc / Charter use price \$200 per sailor which is refundable provided no damages to 420's.

CYC will offer the following payment plan for sailors:

- **\$601** Due by the first practice, August 30th, which includes \$401 for the instruction + \$200 Charter / Damage Deposit
- Remainder of **\$401** due by March 3rd, 2023

******All sailors between the ages of 7 and 18 must be JASM members. This is a \$50 membership that allows sailors to participate in sailing at CYC from the start of their membership through the end of the year in which the membership is approved. Memberships must be renewed yearly through application.

Season	2022-2023 (2 day a week)	2023-2024 (2 day a week)	Overall Differences from 22/23 - 23/24
Fall	24 Practices	2 "Kick Off" Days + 18 Practices + 5 Classroom Sessions	1 Additional Day
Fall Regattas (Coached)	4 Total for the Season	4 Total for the Season	Same
Fall Series (Coached)	1 Series	1 Series	Same
Winter	Nov, Dec, Jan, Feb ad hoc practices	Nov, Dec, Jan, Feb ad hoc practices	Same
Spring	16 Practices	16 Practices + 5 Classroom Sessions	5 Additional Days
Spring Regattas (Coached)	4 Total for the Season	4 Total for the Season	Same
Spring Series (Coached)	1 Series	1 Series	Same
Difference in Seasons	\$1,270 + \$200 (boat deposit) = \$1,470	\$1,270 + \$200 (boat deposit) = \$1,470	6 Additional Days

Price per Sailor (2 Practices Per week)



Total Price: \$1,470

Practice / Travel Regattas with Coach: \$1,470 (25% Discount for Multiple Children)

420 Ad Hoc / Charter use price \$200 per sailor which is refundable provided no damages to 420's.

CYC will offer the following payment plan for sailors:

- **\$835** Due by the first practice, August 30th, which includes \$635 for the instruction + \$200 Charter / Damage Deposit
- Remainder of **\$635** due by March 3rd, 2023

******All sailors between the ages of 7 and 18 must be JASM members. This is a \$50 membership that allows sailors to participate in sailing at CYC from the start of their membership through the end of the year in which the membership is approved. Memberships must be renewed yearly through application.