



# Regional High School Sailing Program

## Bow to Stern Boating Center

### Oriental, NC



### Purpose

Provide a Sailing Program for High School and Middle School sailors of all skill levels.

### Goals

Provide a SAFE, fun, educational program for all involved in the sailing program.

Use the activity of sailing to teach life skills and reinforce the natural leadership of the students. On and off the water, students will be encouraged to display respect, humility, stewardship, and cooperation for the greater good.

Improve each individual's sailing skills so that they can enjoy the sport of sailing for a lifetime.

Provide a two pronged program to insure sailors can take a racing track (Team Program), or a recreational/cruising track (Club Program).

**Team Program** sailors will be taught boat handling skills and racing rules and tactics that will prepare them to participate in HS regattas and potentially sail with a Varsity/Club College team.

**Club Program** sailors will be taught sailing skills to be a competent and safe sailor.

Expose sailors to high performance high school and collegiate racing boats and regattas. The hope is that sailors will begin to feel comfortable enough on boats that they can participate in regattas against other sailing clubs and schools. Schools that join SAISA, our area's HS district, will be participating in regattas in the district (Raleigh, Charlotte, Charleston, and Oriental).



## **Bio - Captain Jim Edwards**

Owner/Operator of Bow to Stern Boating Center, Jim holds a USCG 100 ton Master of Inland Waters license with Sailing and Towing Endorsements. He is also a certified American Sailing Association instructor through Advanced Coastal Cruising, Navigation and Cruising Multihull. Currently, he owns and operates Bow to Stern Boating Center where he teaches sailing, captains charters, coaches, and is also a Yacht Broker. His experience with youth programs goes back to a previous YMCA career where he was a Program Director and Executive Director for YMCAs in NC and FL.

## **History of Bow to Stern Boating Center**

Bow to Stern Sailing School was started in 1998 in Marco Island FL as a certified ASA (American Sailing Association) Instructional facility. The school operated in SW FL for 3 years until the Edwards family took a break and went cruising for three years. After traveling from FL to ME and to the Bahamas numerous times the family and business settled in Oriental, NC. In 2008 a Youth Sailing program (Summer Day Camp) was added followed by a Pamlico County HS sailing team and many other programs. The Day Camp has had over 1000 participants and has placed sailors on many College Sailing Teams/Clubs including NCSU, Duke, Columbia, and Harvard. Relationships have been developed with many college sailing teams by having coaches host clinics, training days, and regattas. Bow to Stern hosted the NCSU Invitational regatta in the spring of 2014 where 64 sailors from 9 colleges/universities from 5 states participated. Plans are being made to host Multiple Collegiate regattas and training sessions for the 2015-2016 season where our HS sailors will be able to participate/assist.

## **Location**

Bow to Stern Boating Center  
290 Blackwell Point Loop Rd.  
Oriental, NC 28571

## **Equipment and Facilities**

Bow to Stern's fleet to be used for High School Sailing includes:

18 Flying Juniors (FJs)	6 Rigid Inflatable Boats (RIBS) used as safety boats
2 Catalina 22 Keelboats	Other: Sunfish, Optimist, Keelboats, Kayaks, Power Boats

Bow to Stern's facilities to be used for High School Sailing includes:

Beach water frontage	Classroom area
Bathroom and shower facilities	Docks for boat storage
Lawn space for games and instruction	

## Sailing Program Participants

The program is open to all High/Middle School (6 grade and up) sailors in Eastern NC.

## Sailing Organizations

The National Governing Body of High School Sailing is ISSA (InterScholastic Sailing Association). Their website: <http://www.hssailing.org>. It was founded in 1930 and provides rules, organization, stewardship and national structure for high school sailing. All school teams will register with ISSA in the SAISA district.

Additionally, Bow to Stern Boating Center will be affiliated with US Sailing, the national governing body of the sport of sailing [www.ussailing.org](http://www.ussailing.org). The team coaches also have many years of experience racing sail boats at multiple levels and coaching high school sailing.



## Safety

Safety is our number one goal for all programs at Bow to Stern Boating Center. Our staff is well trained and appropriately certified to lead our programs. We maintain a maximum of 1:6 safety boat to student boat ratio, while our normal ratio is 1:4 depending on the level of the sailors. Each safety boat is appropriately equipped and has a Vhf radio for communication between all staff working the program. With 17 years of experience and 1000s of sailors participating in our programs, we understand that sailing can be a dangerous sport and minimizing the risks and providing a safe program must be a priority.

## Why is this program beneficial?

It will provide students with the valuable life-long skills of leadership development and physical awareness. It will further develop a STEM educational understanding as they learn the math science behind boat movement and how to work with the surrounding marine environment. Students will have the opportunity to connect with other peers and mentors; many of these connections may result in collegiate athletic opportunities or employment opportunities with sailing organizations all over the world.

## Playing multiple sports

This program is designed so that students can get as much out of it as they choose. If your student plays other sports during the sailing season they can still be on the team! We stress the importance of attending at least one practice a week.

## Practice Days/Times

September – October 31

Tuesday and Thursday - 4:00pm – 7:00pm

Saturday - 9:00am – 1:00pm

November – May Schedule TBD because of the time changes. SAISA high school \ regattas are scheduled September through April.

## Fees

“Once/wk ” Sailors	1 day/wk practice	\$135/month
“Multi-day/wk ” Sailors	2-3 day/wk practice	\$235/month
Regatta fees	Each regatta will have entry and travel costs that are TBD	

**Financial assistance is available for all sailors in need. Please contact Bow to Stern. No sailor will be turned away due to financial reasons.**

## What to bring...

Water bottle	Hat
Sunscreen	Sunglasses
Proper attire	Lifejacket (Bow to Stern can provide)
Proper foot ware	Towel

## Gear

While we live in a fairly temperate climate, the early Spring and late Fall weeks of practice can be cold. We will follow the 120 degree rule, which is used in most sailing programs. It states that if the combined water and air temperature is less than 120 degrees, sailors MUST wear appropriate clothing. This includes hats, gloves, foot wear, spray tops, pants, wet suits, or dry

suits. Bow to Stern Boating Center is a ZHIK and dealer and can provide “team discounts” for sailors to secure the correct gear if needed. Bow to Stern Boating Center also has a selection of wet suits that sailors can borrow.

**DO NOT WEAR COTTON.** Cotton, unlike synthetic fibers or wool, does not wick moisture (including sweat) away from the body and does increase heat transfer out of the body. Even if you don’t get wet, your sweat in cotton will carry body heat away and increase your risk for hypothermia. The adage among sailors is, “Cotton kills.” So make sure that your base layers, mid-layers and outers are all synthetic or wool.

### **Parent Involvement**

As with many sports programs, parent involvement is crucial to the success of our high school teams. We will need parent help in the areas of transportation, trip planning, and always appreciate parent volunteers on the water (if you have the appropriate boat handling skills). Bow to Stern Boating will provide needed staff/coaches for all practices.

### **Carpooling**

Bow to Stern Boating Center is located in Oriental, NC which is a 30 - 40 minute drive from New Bern, NC. Many high school students can drive themselves to practice; other students choose to carpool with parents. Lots of parents are happy to carpool!

### **Potential Upcoming Events**

September 5 – Green’s Creek Regatta

September 12 – Oriental Cup Regatta

September 19 – Regatta in Charleston, SC

Other regattas October 2015 – May of 2016