

WENTWORTH SAILING ACADEMY



HANDBOOK



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Sailors, Parents and Supporters

The Wentworth College Sailing Club would like to take this opportunity to invite you to the sport of Sailing for 2016/2017.

A successful sailing programme relies upon a close partnership between sailors, the school and coaching staff. The support of parents has been integral to the success of the Club to date.

The purpose of this Handbook is to introduce you to the Wentworth College Sailing Academy and to provide you with some information that you may find useful as you and your son/daughter get more involved in what is a fantastic sport.

Sailing is known for its enjoyment, fun and camaraderie, but it also requires huge dedication by the athlete and his/her family.

Sailors are expected to attend all training sessions and be available for all school regattas (referred to later). Unlike other sports, a single person missing from a sailing training session might mean all the remaining crew have to sit out.

<http://www.wentworth.school.nz/college/sports/sailing-academy/>

<http://www.yachtingnz.org.nz/>

Benefits of Sailing

- Sailing is fun
- It is the ultimate team sport
- Excellent in developing coordination and balance
- Great fitness workout
- Travel opportunities to regattas
- Sailing is a low impact sport with very few injuries
- Sailing can push the athletes over and above their known physical boundaries
- Lifelong friendships can be developed through sailing



The Wentworth Sailing Club Story

Kindly supplied by Helen Hughes, Treasurer 2007 to 2015, Team Manager 2010 to 2015

The Hughes Family first became involved with Wentworth Sailing Club in 2006 when Matthew started at Wentworth in Year 7. He decided he wanted to learn to sail and signed up for the Learn to Sail Optimist Lessons run by the school in conjunction with Manly Sailing Club. At that time, Wentworth Sailing Club had been operating for a couple of years under the direction of Mike Pasco and Rick Keesing. The Club owned one 420 (currently known as WW2), bought with funds provided by the Wentworth Board of Trustees and a fleet of decaying Mistrals. These Mistrals were soon restored to working condition by Rick Keesing and sold off on Trade Me. That was the year that I became a 'Sailing Mum' (and Treasurer of the Wentworth Sailing Club) and Matthew discovered his love of sailing.

The following year, Wentworth sailors attended the Auckland Secondary Schools' Regatta, held annually at Wakatere Boating Club; maybe the first time the school had been represented at a school sailing event. Our sailors competed individually in their own boats (rather than the boat owned by the school) in the various different classes of yacht (Optimist, Laser Radial, 420). 2007 was also the first year that Wentworth began its association with Keri Keri High School. A group of Wentworth sailors, under the guidance of Mike Pasco, attended a sailing camp run by Derry Godbert. Derry introduced the sailors (and parent helpers) to team sailing in Keri Keri's Learn to Sail fleet of Mistrals at their training facility at Lake Manuwai.

2009 saw the arrival of the Geddes Family to Wentworth. Also from Keri Keri, with two children (Rawiri and Olivia) having team sailing experience, they soon organized a group of keen sailors to attend Wentworth's very first team sailing regatta, held at Algies Bay. This led to a resurgence in the Wentworth Sailing Club. With a newly formed committee, we were soon actively fundraising to purchase the necessary equipment to participate in the sport of 'team sailing'. We applied to Lion Foundation and were successful in receiving a grant to purchase the Club's 4 Topaz yachts. Then, with other fund raising activities, mainly a Quiz Night, and smaller grants, we went on to purchase 2 second hand 420's, 3 sets of orange team sailing sails and the double road trailer. Our alliance with Gulf Harbour Yacht Club was also established around this time, providing us with a base to store our yachts and access to their RIB for training purposes.

We formed a team sailing squad and were training for our first Nationals. We engaged our first coach, ex-Keri Keri sailor, Ash Hammond and in April 2011 Wentworth College attended the NZ Secondary Schools' Team Sailing National Championships for the first time. Competing in the Bronze Fleet, we finished 5th in Bronze and 25th overall.

Over the next two years, the Club continued running the team sailing squad. At times we struggled with sailor recruitment, not having a teacher representative working with us from within the school and were sometimes having to enlist the help of non-Wentworth sailors to fill positions in the team. But under the direction of various coaches, all from Keri Keri (Dylan Wichman and others) and with the support of a dedicated parent helper or two (myself and Sandy McFarlane), the Wentworth College sailing team began to make its mark in the school sailing scene. In 2012 we finished 4th in Silver Fleet at Nationals (14th overall); an impressive improvement on the previous year. 2013 saw a change in the team as Matthew had left school the previous year. So, being possibly the youngest team at the Nationals (from Cameron Hughes in Year 11 right down to Sean Herbert in Year 7), we finished 18th in Silver Fleet.

Also during this time period, we received another grant from Lion Foundation which, with additional fund raising and contribution from Wentworth Board of Trustees, we used to purchase our very own coach boat. Late 2013 saw the arrival of Mrs Malone. At last, Wentworth Sailing Club had a teacher representative. And not just one, but two with Miss Fisher coming on-board to run a Learn To Sail group using the so far under-utilised Topaz boats. There were soon huge numbers of students lined up wanting to learn to sail and at last our sailor recruitment issues were over.

2014 saw us receiving more funding and, with additional fund raising activities - mainly one of our by now legendary Quiz Nights - we were able to purchase a brand new 420 to replace one of the, by-now, very worn out second hand boats. It also saw Matthew taking up a coaching role and under his and Dylan's guidance we attended regional regattas, including the Spring Regatta which we won, plus the Nationals, finishing 3rd in Silver Fleet.

2015 saw continued growth in our Learn to Sail Fleet, sailing camps at Keri Keri as well as attendance at various other regattas. With a change in coach, now Reuben Corbett and Matthew, after just 5 years of participation at the Nationals, our team made it into the Gold Fleet and finished a very respectable 5th. This was my final year as a sailing parent at Wentworth. I thoroughly enjoyed my time and involvement; particularly taking the students away to regattas and being out on the water watching them do the business!

Our Teachers and Coach

Amy Fisher – Teacher in Charge



Amy / Miss Fisher has been dinghy sailing from a young age, gaining her coaching qualifications at 18 in the UK. She then spent 4 summer seasons teaching in Southern England, predominantly for Rockley Water sports in Poole Harbour also gaining her RYA Senior Instructor. She then free-lanced overseas through Europe. When Amy commenced her teaching career in the UK she co-ordinated the School Sailing Club for her previous school before coming to Wentworth College in 2014. At Wentworth College she has been responsible for the Learn-to-Sail programme with the Topaz fleet. She is a YNZ Master Learn-to-Sail Coach, has RYA Safety Boat & YNZ First Aid certification.

Gavin Murdoch – Assistant Teacher in Charge



Gavin / Mr Murdoch has joined Wentworth College this year as the teacher primarily responsible for the sailing programme. With a background in Physical Education, Gavin has a keen interest in sailing, having had plenty of personal experience with the yachting fraternity.

Matthew Hughes – 420 Coach



Wentworth College Alumni, Matthew Hughes, began sailing through the school's Learn-to-Sail programme in 2007. During his time at Wentworth, he captained the Sailing Team for a number of years at various events. He has since gone on to compete in national and international championships.

Currently, Matthew is studying a Bachelor of Engineering at the University of Auckland and sails out of the Royal New Zealand Yacht Squadron as part of the Performance Programme. He has competed in the Youth Match Racing circuit and recently finished in 5th place representing New Zealand at the Youth World Match Racing Championships held in Noumea, New Caledonia.

Sailing Fleet Classes

Sailors can participate in two fleets. Start in the Topaz fleet, students can progress to the 420 Racing Fleet. Some students may wish to skipper a Topaz and crew in a 420.

Racing Team – 420 Fleet

Sailors in the Wentworth Team Racing Squad not only learn the intricacies of sailing but also how to perform in a competitive environment, operate as a team player, and develop practical skills.

We compete in a number of events throughout the year, culminating in the National Championships. The Wentworth Team Racing Squad is open to roughly twelve to eighteen students who are keen to learn, are committed, and who have a competitive spirit. Sailors need to have completed the Wentworth Topaz programme or have obtained equal experience and be ready to move into racing. Sailors will also be sailing their own single handed dinghy at club level to improve their overall performance.

12 to 18 persons – top 8 taken to the Nationals.

Topaz Fleet

The main objective for this fleet is to develop a passion for sailing.

Throughout the process of learning to sail in a Topaz dinghy, students are able to build confidence in being on the water initially through crewing, then building their skills in helming and skippering the dinghy. No previous experience is required, just a willingness to give it a go. By being on the water in a range of conditions, students are able to learn to effectively sail all points of sail, rig and de-rig, launch and recover their dinghy from the slipway and right their dinghy after capsizing.

When they have mastered these basic skills, we look at learning to make the boat sail more efficiently by focussing on the Five Essentials.

Depending on the weather conditions and sea-state, we will explore the local surroundings or have a go at some short course races.

Appropriately fitted life-jackets must be worn at all times on the water, as mist shoes which will not fall off (this is due to sharp oyster shells adjacent to the slipway.)

Students must be able to swim a minimum distance of 50 metres.

Health & Safety

Water Safety

Sailing is an outdoor sport that is subject to variations in the weather. It is also an aquatic activity with a number of potential hazards. All sailors must be able to swim 50 meters in their sailing gear. Everyone on the water must wear a PFD (Personal Flotation Device).

No sailors are allowed out on the water, however experienced, without on the water supervision.

Boats will not be on the water prior to sunrise or after sunset.

At the Gulf Harbour Yachting Club training venue we have a whiteboard and names of all the sailors on the water. Those sailors on the water **MUST** have their names clearly written in the 'On The Water' column, and they should be removed when they come off the water.

This is simple, but crucial information to have in case of an emergency.



Public Slipway -

The area is a public slipway and can, at times, get very busy. Care and attention must therefore be taken at all times.

Be aware of reversing vehicles at the slipway.

Time spent on and around the slipway and pontoons must be limited to launching and recovery of dinghies.

A copy of a medical form for every person involved in this activity needs to be available for each session.

Clothing and Equipment

Recommended Gear List

- Sailing Gear including Rash top or Titanium top (or similar)
- Wetsuit
- Buoyancy Aid/Life Jacket (collarless)
- Wetsuit boots/shoes that will not fall off or cause blisters when wet.
- Sailing Gloves
- Sunblock and / or cap
- Watch
- Wentworth Sailing Team Apparel is available for purchase on the Wentworth College Sailing Page <http://www.wentworth.school.nz/college/sports/sailing-academy/>



Weather conditions on the water are extremely variable the wind can still be a chill, so as usual layers are good – suggest everyone should bring 3 layers.

A warm change of clothes is recommended to change into when coming off the water.

A local sponsor and supplier if you do require gear is www.nz sailing.net

Additional gear list requirements when travelling to regattas

- Wetsuit
- Board shorts, spray jacket, wind breaker
- Sunglasses
- Sailing Club T-shirt
- Sports tracksuit (if you have one)
- Sleeping bag & pillow
- Casual wear (for travelling, Sunday and evenings)
- Sweatshirt
- PJs, undies, socks etc.
- Footwear
- Toiletries
- Personal first aid kit basics e.g. insect repellent, plasters, Panadol
- Medication (if any) – please let us know about this
- Towels
- Torch
- Drink bottles (2 large)
- Snack food (for while you are sailing – muesli bars etc. that fit in your buoyancy aid)
- Money (we may stop to buy dinner on way home depending on the time)

Nutrition

Sailing in the ocean is a very serious physical and mental undertaking. Sailors need to put some time into their physical fitness and nutritional needs. There are a number of factors to consider:

- Sun
- Heat exhaustion
- Hypothermia
- Physical strength
- Injury prevention.

Nutrition

As a rule, sailors need a lot of energy at different times during a race, so if you are heading out racing, your pre-event meal should be low in fat, high in carbohydrates and include plenty of water.

Nutritious Carbs + Protein Recovery Snacks/Meals

- + 2 cups low-sugar breakfast cereal with milk
- + 1 large cereal bar + 200 g fruit flavoured yoghurt
- + 1 bread roll with cheese/meat filling + banana
- + Bowl of fruit salad with 200g fruit yoghurt
- + 2 slices toast or crumpets with peanut butter and 1 cup milk
- + 1 regular milkshake or fruit smoothie



Carbohydrates

Carbohydrates are a critical fuel source for the muscle and central nervous system. Carbohydrate intake before, during and after exercise can be required to meet the fuel requirements of the activity. Most of sailors' energy comes from the carbohydrates they eat.

Nutrition continued ...

Protein

Sailors in heavy training require extra protein to cover a small proportion of their energy costs of their training and to assist in the repair and recovery process after exercise. Adolescent sailors, who are still growing, have additional protein requirements. Aim for about 2 grams of protein per kg of body weight per day.

Eating Before Early Morning Sessions

After a night's sleep, energy stores are substantially depleted. Therefore, pre-training carbohydrate intake is important for maintaining blood glucose levels during training sessions. For example, some fruit and a cereal bar on the way to training along with some water would be a good choice. If tolerating solid food before training is difficult, a liquid meal alternative such as an Up & Go, smoothie or even a glass of juice can be useful in providing essential carbohydrates.

Making up for the smaller carbohydrate intake before exercise by consuming carbohydrates during the training session (e.g.: sports drink) is an important strategy. The sailor should experiment to find a routine that works and is comfortable for them.

Recovery Nutrition Strategies – the 4 R's of Recovery.

1 - Refuelling

To optimise the muscle refuelling process, sailors should include carbohydrates in their next meal or snack – ideally, within 30 minutes after training or racing.

2 - Rehydrating

Most sailors finish a training or competition session with some level of fluid deficit. Water or a sports drink is an important part of recovery.

3 - Resisting

The immune system is suppressed by intensive training. This puts young sailors at risk of succumbing to an infectious illness during this time. Consuming carbohydrates during and/or within 30 minutes after training/racing has been shown to reduce the stress on the immune system.

4 - Repairing and rebuilding

Prolonged and high intensity exercise causes a substantial breakdown of muscle protein. Early intake of foods high in protein can promote muscle rebuilding. Protein consumed within 30 minutes after training (or in the case of resistance training sessions (weights), immediately before the session), is taken up more effectively by the muscle into rebuilding processes.

However the protein needs to be consumed with carbohydrate foods to maximise this effect.

General Information

Sailing Terminology

Backstay	A line or cable which supports the mast from the stern of the boat
Bear Away/Fall Off	To head away or off from the wind
Block	A device used to change a line's direction
Boom	The horizontal spar which extends aft (backwards) from the mast to which the foot of the mainsail abuts.
Boom Topping Lift	A line which extends from the boom to the mast. Supports boom when mainsail is taken down
Boom Vang	Line which places downward tension on the boom
Box	Front of the boat
Cleat	A metal or plastic device used to secure a line. There are many types of cleats
Clew	Bottom back corner of the sail
Coming-about	(Tacking) In this manoeuvre, the bow of the boat goes through the wind as one change from a close-hauled point-of-sail on one tack (direction) to a close hauled point-of-sail on the other direction. Only the jib needs to be adjusted, the working sheet of the jib is changed and the new working sheet is placed on a winch. The mainsail is left alone and will by itself often assume the correct position.
Deck	Top of the boat which covers the hull
Down Haul	Line keeps spinnaker pole from being pulled up by spinnaker sail
Halyard	A line used to raise a sail. (Main sail halyard, jib halyard, spinnaker halyard)
Head	Top of the sail
Head Down	Change the boat's course away from the wind
Headsail/Jib	The sail between the forestay and the mast. There are several types of jibs
Head Up	Change the boat's course toward the wind
Ease	To let out the sails
Foot	Bottom of the sail
Forestay	A line or cable which supports the mast from the bow of the boat

Gybe	In this manoeuvre, the stern of the boat goes through the wind as one changes from a broad reach on one tack (direction) to a broad reach in the other tack (direction). Both the jib and the mainsail will need adjusting. The mainsail is first centred, the turn made and the mainsail is then let out. The jib's working sheet is changed and the new working sheet is placed on a winch.
Leech	Back edge of the sail
Leeward	Away from the wind
Luff	Forward edge of the sail
Luffing	The flapping of the whole sail, flogging – when sails are over eased
Mainsail	The sail aft of the mast which is attached to the mast and the boom
Mast	The main and highest spar in the centre of the boat to which the jib and mainsail are attached.
Outhaul	Places backward tension of the clew of the mainsail. Flattens the lower one-third of the mainsail
Pole Lift	Line controls height of spinnaker pole
Port	Boat's left side
Port Tack	Wind is coming from the port (left) side of the boat
Sheet	Line used to adjust a sail against the force of the wind. The mainsail has 1 sheet. The jib has a working (windward) sheet and a lazy (leeward) sheet. (Main sail sheets, jib sheets, spinnaker sheets)
Shrouds	Cables which give lateral stability to the mast
Spinnaker	A large balloon sail attached to the mast at the front of the boat. Used when sailing downwind.
Spinnaker Guy	The spinnaker sheet on the port or windward side of the boat
Spreaders	Horizontal spars which spread the shrouds from the mast
Standard Rigging	Supports the mast and includes the Backstay, Forestay, Shrouds
Starboard	Boat's right side
Starboard Tack	Wind is coming from the starboard (right) side of the boat
Stern	Back of the boat
Tack	Front lower corner of the sail
Trim	To pull the sails in
Twins	Line used to pull the spinnaker guy down closer to the hull
Winch	A device used to tighten a line
Windward	Towards the wind

Yacht Club Etiquette

The Yacht Club is a space which is used by a diverse range of people. As members of the Yacht Club we must ensure that we are able to use the space without impacting the enjoyment of others also using the space.

- No wet shoes in the club house – take these off outside the club before going into the changing rooms. Do not leave your shoes by the front door which may impede access to the building.
- The changing room space is small. Ensure it looks the same on leaving as when you arrived.
- Do not sit on any seats in wet clothing. (Not even sitting on a towel!)
- Whilst you are out sailing the Yacht Club may be being used. Store all your belongings in your kit bag tidily. Place these on the floor around the edge of the building.
- After sailing, check you have all your uniform as the yacht club will be locked when you need your clothes the next day.

Remember at all times that we are ambassadors of Wentworth College and members of the community sharing the enjoyment of the sport of sailing.

Parental Involvement

Without significant parental involvement there would be no sailing at Wentworth Sailing Academy. In order to continue to offer sailing at the highest level, **we need your help.**

There are many ways to help:

- Fundraising
- Parent helping at training and regattas
- Assisting with upgrade and maintenance of equipment
- Transporting sailors to and from regattas
- Having a great time
- Parents should attend as many Committee meetings, fundraising activities and regattas as possible. In doing so you will be supporting your son or daughter, his/her crew, and other sailing parents.

Learn to Sail evenings

Each evening **on the water** we require a parent to help with the follow tasks:

- Help to launch the ribs.
- Help with the launching of the boats, ensure care is being taken on the slipway & keep an eye on members of the public launching their boats.
- Support the coach with rescue duties on the water.
- Be an extra set of eyes on the water.

The above helpers will need to be at the boats from 3:30pm until 6pm.

It is also important to have someone **on the land**.

- Help with launching of the boats, such as holding painters whilst students get into boats, overseeing care on the slipway & keeping an eye on members of public launching and recovering their vessels.
- Guide students where to place launching trollies so as to keep clear of the slipway.
- Sit on the land in case of emergencies – i.e. if a student is injured whilst on the water and has to be brought ashore whilst boats are still on the water. Ensure access to First Aid Kit and on-shore communications.

These helpers will need to be at the boats from 4pm until 6pm.

Tips for Parents

Enjoying the sailing and regattas from ocean edge will be much more comfortable if you bring fold-up camping chairs or something similar. As the weather can be unpredictable, an umbrella/coat and sunhats are all advisable. Prepare for any eventuality.

Binoculars are recommended.

When possible the school tent will be erected at the venue to provide both a central collection point, and basic shelter if needed.

Be prepared for a lot of fun, friendly inter-school rivalry and great action for the spectator.

**If you are able to support our sailors on or off the water,
please give your details to Amy Fisher.**

Sailing Fees for 2016/2017 Season

The fees for sailing in the Wentworth Sailing Academy are set by the Wentworth Sailing Committee at the beginning of each sailing season.

They are currently:

YC Affiliation (GHYC)		\$60.00p.a.
Term 4	420	\$300.00 per term
Term 4	Topaz (Learn to Sail)	\$150.00 per term
Term 1	420	\$300.00 per term
Term 1	Topaz	\$150.00 per term
(3-4) Regional Regattas		\$250 - \$300 each

Fees include the cost of the sailing programme and items such as boat care and parts, storage costs for the fleet and coaching staff and support.

Regattas include a coach, official, entry fees, accommodation and food costs where applicable.

All families will be invoiced at the beginning of the season for fees. Payments can be split into monthly installments.

Registrations are available online using the following link:

<http://www.wentworth.school.nz/college/sports/sailing-academy/>

As places are limited, please have your registration completed early to avoid disappointment.

Sponsorship and Supporters