



# A Youth Racing Program for Rhode Island

Sail Newport  
Brad Read

# Agenda

- ◆ Overview
- ◆ To Determine the Next Step for Youth Racing Programs in Rhode Island
- ◆ Consider Various Methods of Implementation Available to Us
- ◆ Create a Committee to Pursue the Project
- ◆ Next steps

# Overview

- ◆ Quick overview of what this meeting is all about
  - Core Group of Parents and Youth Sailors Driven to Excel in Competitive Sailing
  - How Organizationally Can We Make a Lasting Program in Narragansett Bay to Offer Those Families Dedicated to Excellence in Sailboat Racing



# Brainstorming Objectives

- ◆ Create Lasting Program for High Level Sailors
  - Coaching the Coaches: Bay Wide Initiative
    - ◆ Train Beginner and Intermediate Opti Coaches on the best techniques to use when introducing children to Sailing
  - Promote Green Fleet Events Bay Wide
    - ◆ Create the desire for Parents and Kids to want to start to race and allow them the opportunity to do so through fun Green Fleet Events
  - Create F.A.S.T.
    - ◆ FAST is a Program dedicated to high quality race training of Youth Racing Sailors 18 and under in Rhode Island
    - ◆ FAST is a Sail Newport Practice and Regatta Hosting Program
    - ◆ FAST meets year round
    - ◆ FAST will have a Committee of Kids and Parents that meet regularly to add guidance to the Program
    - ◆ FAST MAY have a Travel Component
      - Travel Component may be run independently of Sail Newport

# F.A.S.T

Fort Adams Sailing Team



## ◆ Structure

- 420, Laser Full Rig, Laser Radial, Laser 4.7 and Optimist Red, White and Blue Classes
- Spring, Summer, Fall and Winter Programs
- Focus on Time in the Boats and Fun
- Year Round Racing Coach employed to run FAST Program
- Kids Committee
- Parents Committee

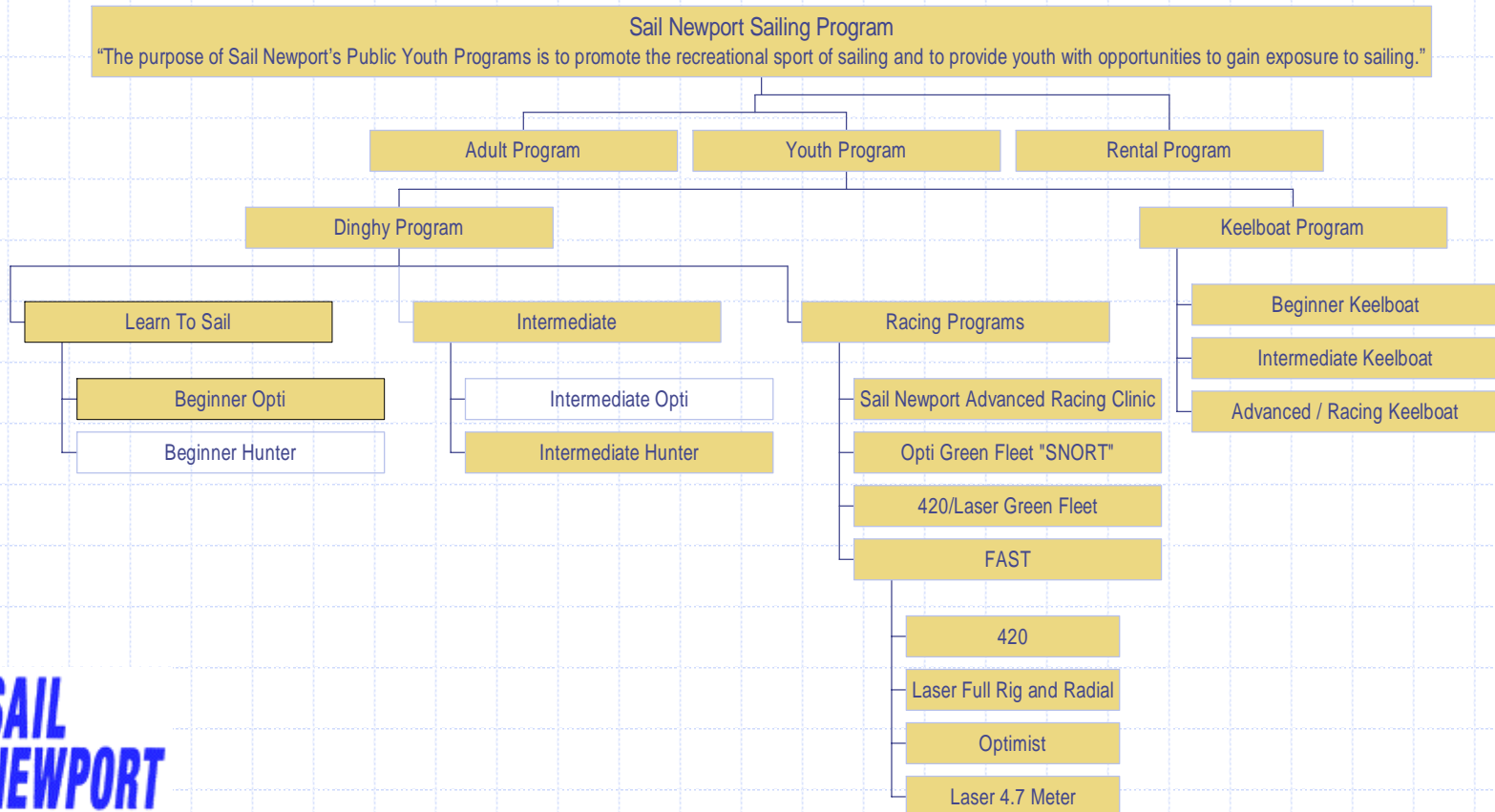
# What Do We Think?

## ◆ Open Discussion of Concept

- Does creation of program let the other Sailing Associations in the Bay “Off the Hook” in regard to creating lasting Youth Initiatives?
- Does creation of this program meet the demands of the racing community?
- Does it raise the bar for sailors wanting to compete at higher level?
- How does this program last the test of time?

# Sail Newport Youth Programs

Flow Chart For FAST





# Program Overview

## ◆ Spring

- Saturdays Full Day (Optimist)
- Sundays Full Day (All Laser and 420 Classes)
- One Day Spring Regatta for Each Sub Group.

## ◆ Summer

- Program meets 3 days a week at Sail Newport
  - ◆ Optimist: Tuesday, Wednesday, Thursday 0900 – 1530
    - Opti Madness: Tuesdays 1400 – 1730
      - (Open to all Optimist RWB s in Narragansett Bay)
  - ◆ 420, Full Rig and Radials: Monday, Wednesday, Friday 1030 – 1630
    - Dinghy Madness: Wednesdays 1530 - 1830
      - (Open to all 420, Full Rig, Radial and 4.7 Sailors in Narragansett Bay)
  - ◆ 4.7m Laser: Monday and Friday 0900 – 1530, Wednesday 1530 - 1830

# Program Overview

continued

## ◆ Fall

- Saturdays (Optimist)
- Sundays (All Laser and 420 Classes)
- Fall Regatta for Both.
  - ◆ Opti Halloween Howl
  - ◆ Dinghy Howl
- After School Program for both included in Fall Fee.
  - ◆ Two Days for Optis
  - ◆ Two Days for Laser
  - ◆ Two Days for 420

## ◆ Winter

- All Laser Classes to have coaching presence at Laser Fleet 413  
Laser Frostbiting on Sundays. 4.7m Laser Class may not fit with this formula....tbd

# FAST FACTS

## ◆ Class Size and Training Days

◆ FAST Classes	Kids	Total Practice Days
■ <u>420</u>	12	59
■ <u>Laser Full</u>	8	75
■ <u>Laser Radial</u>	8	75
■ <u>Opti</u>	24	59
■ <u>Laser 4.7</u>	10	69

# More FAST Facts

## ◆ Ratios

- Optimist
  - ◆ 6 Athletes to 1 Coach
  - ◆ 4 Coaches Needed for 24 Athletes
- Full Rig / Radial Class
  - ◆ 8 Athletes to 1 Coach
  - ◆ 2 Coaches Needed for 12 Athletes. Classes Practice Together
- 420
  - ◆ 8 Boats to 1 Coach Ratio
  - ◆ 1 Coach Needed for 8 Boats
- Laser 4.7
  - ◆ 5 Athletes to 1 Coach
  - ◆ 2 Coaches Needed for 10 Athletes



# FAST Days of Training

Class	Winter	Spring	Summer	Fall	Fall Afternoons	Total Days
■ 420	0	8	27	8	16	51
■ Laser Full	16	8	27	8	16	59
■ Radial	16	8	27	8	16	59
■ Opti	0	8	27	8	16	51
■ Laser 4.7	10	8	27	8	16	56

## Schedule

Spring

4/16 – 6/11

Summer

6/20 – 8/26

Fall

9/10 – 10/29  
Afternoons and  
Weekend Days

Winter

16 Sundays for Radials  
and Full Rigs,  
10 Sundays or Sat. for  
4.7's



# More Fast Facts

◆ Costs for PROGRAM. No travel coaching included.

FAST PROGRAM					Per Sailor
FAST Classes	TOTAL FAST per sailor	Total Full Days	Total 1/2 Days	Total Practice Day	Cost per day
420	\$ 1,698.30	43.00	16.00	51.00	\$ 33.30
Laser Full	\$ 2,385.96	43.00	32.00	59.00	\$ 40.44
Laser Radial	\$ 2,385.96	43.00	32.00	59.00	\$ 40.44
Opti	\$ 2,154.24	43.00	16.00	51.00	\$ 42.24
Laser 4.7	\$ 2,143.32	43.00	26.00	56.00	\$ 38.27

RIOT Totals	**Total Fees	**Days	Cost per Day
2004 RIOT	\$1965	36	\$54.58

\*\*2004 RIOT Costs:

\$360 Spring Series: 7 Days (6 ½ Days, 2 Full Days, 2 Full Days Opti Challenge Coaching)

\$1245 Summer / Fall: 25 Days (8 Mondays, 6 days nationals, 2 days Team Racing, 4 Days N.E., 6 ½ days Fall Series, 2 Days ACC)

\$360 Fall Surcharge: 4 Days (6 additional ½ Days not included in original RIOT and 1 Day for Howl)

# Next Steps

## ◆ Build Consensus

- Research the ideas generated
- Follow up with larger group

## ◆ Determine Demand:

- Let us get out to our constituents to determine whether or not we have enough of a critical mass of kids to run a program as discussed