

NATIONAL CAPITAL HIGH SCHOOL SAILING PROGRAM

High School Sailing

Sailing is one of the fastest growing sports in the United States. National competition among high schools has increased dramatically, and, the Mid-Atlantic region alone has experienced a 120% growth in the past three years. In an effort to support this trend, the National Maritime Heritage Foundation (NMHF) provides facilities, equipment, and coaching staff to interested high school students living in the Washington, DC region. This program offers your High School a ready-made framework for starting or maintaining a competitive sailing team or sailing club at an affordable cost.



National Capital HS Sailing is an alternative educational and physical fitness program for high school students interested in sailing and racing. The program provides a positive environment in which all students will learn the importance of teamwork, respect, responsibility, leadership, commitment and sportsmanship. Because sailing is a rapidly growing collegiate sport, participation at a high school level is a valuable addition to a student's extracurricular record. There are currently one hundred and fifty-four colleges and universities in the U.S. that offer sailing programs.



National Capital High School Sailing Program

The National Capital High School Sailing Program acts as a facilitator for high school sailing teams. Last season, six schools participated in our program including TC Williams High School, Thurgood Marshall Academy and Washington Math Science Technology Public Charter School. The program is all-inclusive. Those who have never set foot on a sailboat are just as welcome to join the program as racers who have competed in high school regattas. Our goal is to prepare high school sailing teams of all sailing abilities for competition in interscholastic high school sailing regattas.

NMHF offers the only small boat sailing facility in the District of Columbia. High school sailing activities take place at the Gangplank Marina, located along the Washington, DC Waterfront. NMHF maintains a fleet of eight Club/Collegiate FJ's, which are double-handed racing sailboats, and six Flying Scots, which we use to introduce first-time sailors to the sport. Two motorized craft operate as safety boats and on-the-water teaching platforms.



NATIONAL CAPITAL HIGH SCHOOL SAILING PROGRAM

Coaching

NMHF maintains a staff of three paid instructors and four volunteers. Each instructor employed by the club is trained in techniques for teaching basic sailing including safety boat operation, instructional sailing drills and lecture topics. Boat handling, boat speed and winning tactics are all necessary to be successful in sailboat racing. We teach students how to learn as a team and to improve in these areas. Our instructors are also certified by the American Red Cross in first Aid and CPR. Our coaches are not only out on the water during daily practice – they also coach the teams at every Interscholastic Sailing Association regatta throughout the season. NMHF administers background checks on all of their employees and volunteers.

Courses

We offer two courses of instruction for high school sailors. A first-time sailor or someone with a small amount of sailing experience should take the Learn-to-Sail course. This level is designed as a fast track to a crew position on your team. It is also a great class for a crew to get more helm time. Sailors will follow the United States Sailing Level 1 curriculum. The Learn-to-Sail class meets Wednesdays and Fridays.

Sailors with previous dingy racing experience should enter the racing program, which will prepare sailors for competition against other schools. Sailors will practice drills, tactical discussions and rules situations to prepare them for interscholastic competition. Athletes will meet every Tuesday and Thursday. The NMHF Coaching staff will make the final decision regarding a sailor's placement in classes.



**The National Capital High School Sailing Program
will commence on Wednesday September 3, 2008!**

How to sign up: Call us at the number below!



Daily Practice Schedule

3:45 – 4:00	Students arrive at Gangplank Marina Boats are rigged and launched
4:00 – 4:15	Pre-practice briefing and instruction
4:15 – 6:00	On the water activities; drills, races, etc.
6:00 – 6:15	Boats are de-rigged and put away
6:15 – 6:30	Post-practice briefing
6:30	Prompt student pick-up and departure



Directions to the Gangplank Marina (600 Water Street, SW Washington, DC 20024)

From I-395 (Virginia):

Take 1-395 North toward Washington, D.C., cross the 14th Street bridge. Exit at Maine Avenue and keep to the right which puts you on 9th Street, SW. At the traffic light, go straight through the intersection to Water Street, SW. Turn left and proceed past 7th Street to the Gangplank Parking Lot on the right.

From the Metro:

Exit the Waterfront/SEU Station. Turn Right on M ST. which turns into Maine Ave. Turn Left onto 6th. Odyssey is located at Gangplank Marina, 6th and Water Street.

From New York Avenue:

Follow New York Avenue into Washington, D.C. Follow signs toward Massachusetts Avenue. Before reaching Massachusetts Ave., turn left onto 7th Street, NW and take 7th Street south across the Mall. 7th Street ends at Water Street, SW. Turn left on Water Street and proceed to the Gangplank Parking Lot on the right.

If you need more help with directions, please call the NMHF office (202-547-1250)

