

# CHESSIE 420 RACE TEAM

JUNIOR PROGRAM DIRECTOR: TRAVIS CARLISLE

OPERATIONS MANAGER: MADDE VACHON

# THE COACH

## LILY FLACK

- GREW UP IN STONINGTON, CT
- COACHED AT HAY HARBOR CLUB ( FISHER ' S ISLAND, NY ) , NIAN TIC BAY SAILING ACADEMY ( CT ) , RAM ISLAND YC
- SAILED AT ST. MARY ' S COLLEGE
- COACHED C420 TEAM AT NEW ENGLAND SCIENCE & SAILING CENTER

# THE SCHEDULE

Chessie 420 Race Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 10th	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
June 17th	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
June 24th	Practice at NYCC?	NYCC Junior Regatta	Practice at HYC?	HYC Junior Regatta	HYC Junior Regatta	Off	Off
July 1st	SSA Sandy MacVickar	AYC Junior Regatta	Off	Off	Off	Off	Off
July 8th	Practice at NBYC	Practice at NBYC	Practice at NBYC	Practice at NBYC	Practice at NBYC	NBYC Junior Regatta	NBYC Junior Regatta
July 15th	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
July 22nd	Practice at SSA	Practice at SSA	Practice at SSA	Lewes Junior Regatta	Practice at SSA	Off	Off
July 29th	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
August 5th	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA (Half Day)	Practice at TAYC (Half Day)	Oxford Junior Regatta	Oxford Junior Regatta

# COMMUNICATION

PRIMARY MEANS OF COMMUNICATION: INSTATEAM

CODE TO JOIN IS: VACHKW



CAN MAKE A WHATSAPP GROUP FOR THE TEAM AS WELL FOR DURING REGATTA COMMUNICATIONS.



TRAVIS AND MADDE EMAILS:

[SAILING@SEVERNSAILING.ORG](mailto:SAILING@SEVERNSAILING.ORG)

[MADDE@SEVERNSAILING.ORG](mailto:MADDE@SEVERNSAILING.ORG)

# SUMMER TRAVEL FEES

- TRAVEL FEES INCLUDE THE FOLLOWING:
  - COACH PER DIEM, COACH TRAVEL, COACH HOUSING, CHARTER COACH BOAT ( IF NEEDED) .
- WE ADD IN A BUFFER TO COVER OVERHEAD COSTS AND EMERGENCY SITUATIONS ( I.E. INSURANCE, WEAR & TEAR, BROKEN TRAILERS, BROKEN BOATS)
- TRAVEL FEE PER PERSON ESTIMATE IS ABOUT \$500.00

# SAILOR EXPECTATIONS

**RESPECT**

**ATTITUDE**

**COMMITMENT**

**PREPARED**

# PARENT EXPECTATIONS

- COMMUNICATION
- RESPECT
- VOLUNTEER
  - INCLUDES TOWING, PROVIDING SNACKS, LUNCH FOR COACH ( AT AWAY EVENTS ), ICE FOR COOLER, HELP AT REGATTAS

# COACH EXPECTATIONS

**RESPECT**

**COMMUNICATION**

**LEAD WITH  
CORINTHIAN SPIRIT**

**QUALITY COACHING**