



DC SAIL[®] High School Racing

www.dcsail.org ~ 202-547-1250

The High School Racing Program has been offered at DC Sail for several years, and in the last few years has grown to more than 70 participants in both spring and fall. Representing 36+ area public, private schools, and home-schooled students, the middle and high school aged children attend practice two to three times weekly and compete in area/regional regattas. DC Sail is the sole outlet for competitive High School Racing in Washington, DC.

In 2014, DC Sail introduced a new program to include 8th grade students in a, “Green Fleet.” The Green Fleet program concentrates in a learn to sail curriculum combined with racing basics. The Green Fleet helps young sailors with little experience to prepare for High School Racing. With the addition of this wonderful program, we now have upwards to 80 kids on the water each week participating in Green Fleet, Junior Varsity and Varsity teams.

HIGH SCHOOL RACING	2023	2024
# of Kids	16	16
Value	\$8,800	\$9,600

Our goal is to further our outreach into the community and increase the number of scholarships for DC area high school sailors. Plans also include providing assistance to scholarship recipients with gear necessary for cold-weather sailing in early spring and late fall.

High School Racing Program curriculum includes:

- ▮ Water Safety
- ▮ Racing Tactics
- ▮ Leadership Skills
- ▮ Corinthian Spirit
- ▮ Team Building
- ▮ Strategic Planning
- ▮ Physical Fitness/Training
- ▮ Learn to Sail/Learn to Race (Green Fleet) which prepares less experienced sailors for the more demanding JV/Varsity programs.
- ▮ Home and Away Regattas: Competing with top-level sailors from across the mid-Atlantic Region. Our teams have participated in invitational regattas as far away as New York, Connecticut, South Carolina, and Louisiana!
- ▮ Development of exceptional cross-socioeconomic and long lasting friendships among team members.
- ▮ Numerous DC Sail High School Racing Program Alumni have advanced to collegiate level sailing programs across the country post graduation.

