

## **JOIN the SM Sailing E-Mail List**



### **For your Consideration:**

**Sometimes the best advice comes from others.**

**By John Pearce, Director of Sport Development at US Sailing**

After pausing for most of 2020, youth racing is roaring back to life in 2021. As the fog clears and sailors get back out on the racecourse this season, there are many great events to choose from.

Sailors should look at a range of options when planning their racing schedule, including club and local racing, youth sailing circuits organized by regional associations, and national events organized by US Sailing and One Design Class Associations. Talk to local sailors about the “don’t miss” regattas in your region, and go to [US Sailing’s One Design Central website](#) to get connected to all of the action in various One Design Classes.

### **Development Principles:**

Before diving into the 2021 event highlights, I also want to make sure to remind youth sailors, coaches, and parents of a few overarching development principles:

- Add variety to your sailing – You’ll learn faster if you try different types of boats, different crew positions, and sail with and against adults. Check out this article for more details on why it is important to [Get Out of Your Comfort Zone This Summer!](#)
- Balance practice and regatta time – Don’t get me wrong, regattas are great! You get to compete, see your friends, and visit new sailing locations. BUT, practice

makes perfect. Athlete development experts recommend spending roughly 70 percent of your time practicing, and 30 percent competing. Before you pack your summer calendar with back-to-back regattas, make sure you are giving yourself a chance to practice (and relax) between regattas. Check out the [USOPC's American Development Model](#) for more training best practices.

- Always be learning – Anytime you are sailing, it is an opportunity to learn and improve. It doesn't have to be a structured practice or regatta; messing around with a few friends or cruising on your own is big part of learning. Make sure to keep this same attitude at regattas. Winning a race is great, but learning, improving, and having fun are even more important in the long run. Check out this video from Luther Carpenter, Head Coach of the US Sailing Team, about how to [Own Your Training](#) and always be learning.

### [Five events you don't want to miss](#)

#### 4) SM Sailing Board meetings - [More details on the website](#)

- Thursday June 24th ..... 2021 Season overview. (ZOOM)
- Tuesday Aug 24th .....SM Sailing Annual Meeting and Awards (Location: TBD)

## [2021 Calendar of Events](#)

## [Meeting Minutes & Information](#)

## [Grand Prix](#)

# TRAINING

## Job Postings

### SMSA Regional Clusters List

Junior  
Team  
Racing



Adult  
Team  
Racing

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