



The Sailing Foundation

For the advancement of sailing in the Pacific Northwest

Fifth Annual Youth Sailing Coaches Clinic

For all coaches, instructors and leaders of high school, college or other youth sailing programs

**Saturday, February 11, 2012
10:30 AM to 6 PM**

Presented by The Sailing Foundation

Featured Guest: Andrew Nugnes, Coach, Barnstable High School Sailing Team, and President, New England Schools Sailing Association

Where: Seattle Yacht Club Elliott Bay Outstation
Elliott Bay Marina
2601 W. Marina Place
Seattle, WA 98119

Cost: Free. Lunch and beverages provided at no cost.

Please RSVP to dickrose123@gmail.com so we can plan for food and drink.

Tentative Schedule:

- 10:30 AM Andrew Nugnes – Coaching a high school team – What works and what doesn't – *The key ingredient – N U G E = "Never underestimate great enthusiasm!"*
- 12:30 PM Lunch Break *Who ever said there was no free lunch?*
- 1:00 PM Andrew Nugnes – How to fund and support a team – three approaches
- 2:00 PM Dave Cannard on Safety, particularly concussions and helmets
- 2:30 PM Brainstorming Session – Growing Youth Racing in the NW, Led by Burke Thomas and Kyle Eaton
- 3:30 PM Refreshment Break
- 4:00 PM Andrew Nugnes – How to promote your team and how to build a high school sailing district
- 4:30 PM Q & A Session on any coaching problems, led by Andrew

NWISA High School Coaches – District meeting from 9:45 AM – 10:30 AM.

NWICSA College Coaches – District meeting at 5:30 PM after the Clinic.

Parking Alert: Do not park in spaces marked 'Permit required' – you will be towed. Use a 'visitor' space, where you may park free for the entire day.

Questions: Contact Dick Rose at dickrose123@gmail.com or 206 525 2588

Andrew Nugnes sent us this Bio:

I was born and raised on Cape Cod, MA. Cape Cod is locally known as the Town of Barnstable. I spent most of my young sailing days on Lake Wequaquet (a small lake right in the middle of the Cape Cod peninsula), participating in the local yacht club sailing class in Sunfish. I was a member and captain of my high school sailing team, the same team I have been coaching for the last eight years. Our team became a varsity sport, recognized by the school, back in 1996. We have had a strong program ever since. About 30 or so sailors turn out for the team every year, and we actually saw 45 eager participants come out last spring.

I am currently an 8th grade math teacher at Barnstable High School. I coach football in the fall and sailing in the spring. I attended Stonehill College in Easton, MA for my undergraduate program and graduated with a business management degree. Fell into teaching and have been doing it ever since.

I have been elected as the President of our district, the New England Schools Sailing Association. I have been in this position for 3 years and served as the VP for 3 years before that. Our district seems to grow in size each year with many new teams popping up all over the region. Our return rate for teams in the district is tremendous as well. NESSA is currently looking at 95+ members for the 2011-2012 Season.