

# Lake Washington Sailing Club

West Sacramento, California



## LWSC High School Racing Team

The Lake Washington High School Racing Team is for high school and middle-high students who want to improve their sailing skills and compete against other schools. Previous teams have been formed at Davis High School, Jesuit High School, Rio Americano High School, Christian Brothers High School, and Sacramento/Yolo area homeschooling organizations.



All the students train together and rotate boats to develop teamwork and friendships, but then group up by high school to compete in regattas. In the past, the HSRT has competed in Bay Area regattas sponsored by the Pacific Interscholastic Sailing Association at sailing clubs around San Francisco Bay. LWSC even held a regatta at the lake. Recently, HSRT began a local High School Championship Series – the Sac Cup.

The High School Racing Team begins practice in September and follows the scholastic year with a break for the holidays. Practices are held on Monday and Wednesday afternoon and Saturday until the end of daylight savings time at which point practices are just held on the weekends.

Besides developing sailing and racing skills, students also grow their leadership skills. Students are encouraged to go through the process to start a sailing club at their school, recruit and train members, and hold meetings and special events in addition to the group practice at the lake. The club provides boats and materials to use as a backdrop for club days and sponsors individual school team open houses at the lake to introduce new and prospective team members to the program.



To find out more about the LWSC High School Racing Team, please contact the Sailing Officer at [lwsail.sailingofficer@gmail.com](mailto:lwsail.sailingofficer@gmail.com).