



# BAYCO JUNIOR SAILING COMPASS



Hello AYC sailors!  
Many of you have met me, know that I come from successful

college programs, and have coached a ton of great sailors. That is the past and this is the present and future, let's work together to achieve higher goals than you have achieved already.

This fall promises to be a busy one with lots of programs and clinics. We have in place an excellent coaching staff with Mattie Farrar and Juan Carlos, you all know Juan so he needs no introduction. Mattie is awesome and has some very solid results. My Stanford team feared no one but held the St. Mary's women's team in very high respect; Mattie was a big reason for it.



My name is Mattie Farrar, and I am the new high school and 420 coach. This May, I

graduated from St. Mary's College of Maryland with a degree in physics and a minor in mathematics. I sailed on the varsity dinghy team throughout my time at St. Mary's under the coaching of Adam Werblow and Bill Ward. The majority of the regattas I competed in were

My position here is pretty demanding and I promise to get out on the water as much as possible, but if I am not out there please feel free to come in and talk. My door is always open!

The Advanced practices are going to be the highlight of the fall, we will cover some 29er sailing, match racing and refining your Club 420 sailing. My goal here is to have the teams ready to sail in the Youth World Team qualifier in January in California. My personal goal is to have someone on the team by 2010 and that is a big goal.

With this fall beginning already, please feel free to contact me and let me know how we can make the program better.

Smooth Sailing!

Jay

women's events, with a few team racing regattas on the side.

Last year, we won Women's Nationals in Norfolk, VA. As I finished my senior year, I received Crew All-American. My coaching experience includes two years coaching Optis at Severn Sailing Association, and two years teaching sailing at a summer camp in Washington State. I have grown up sailing and spending my time outdoors, most notably I spent the whole summer exploring Alaska by boat. There we were able to experience the wilderness and wildlife Alaska has to offer.

### **Optimist Program Manager Juan Carlos**



Romero  
Juan Carlos  
joined AYC in  
October 2005  
after several  
years of  
coaching at

different yacht clubs along the east coast. He coached Optimist sailors since 1995 and as the Ecuadorian National Coach took the team to the highest level of competition regattas, such as Worlds, Pan Americans and South Americans. Juan Carlos is a US National Optimist Team Coach and coached US teams all over the world.

### **Junior Fleet Chair Dave Gendell**

At the invitation of Commodore Gordon, I assumed the role as chairman of the Annapolis Yacht Club's Junior Fleet Committee in late August. At Commodore Gordon's suggestion, I am re-staffing the committee. I would like to thank John Booth and his committee for their dedication and hard work over the past few years.

I have spent my life on and along the water in and around Annapolis and have been active in junior programs as a participant, as a coach, and as a parent. I joined AYC in 1992 as a junior member. I served on the AYC Junior Fleet Committee in the mid-1990s as we made the move to a year-round program with a full-time director and a dedicated facility. I served on the AYC Membership Committee in 2006 and was the Membership Committee's chairman in

2007. My wife and I are parents of three kids, all under seven-year old.

We are set up for success here at AYC—we have a talented and experienced program director, we have first-class facilities and equipment, and we have strong support from the club's leadership and membership. That said, one of our first and most important goals of the new Junior Fleet Committee will be to determine what constitutes "success".

I look forward to meeting with all stakeholders in the program and to learning from your experience. Please keep the suggestions and input flowing!

Sincerely,

Dave Gendell

### **Sailing and Fitness**

Fitness is an important aspect to sailing, and it will help improve results. Being fit makes sailing easier; it will allow you to have better control of your boat, and will help you stay at the top of your fleet. Because of this, we have set up a deal with Annapolis Sailing Fitness and Harry

Legum. We need the sailors who are interested to sign up for the times in which they are able to work out. We will be able to have a price per person once we know how many sessions they are planning on attending. The price will be no more than \$188 per sailor for the season.

**Opti Fall Schedule**

Race Team	Sept. 16 - Nov. 16	
Green Fleet	Sat. and Sun. starting Sept. 13th	1000-1300

<b><u>Date</u></b>	<b><u>Event</u></b>	<b><u>Location</u></b>
8/23-8/24	End of Summer Regatta	SSA, Annapolis, MD
8/30-8/31	Annual Labor Day Regatta	WRSC, West River, MD
8/30	64th Annual Regatta	NYCC, Norfolk, VA
9/7	Pumpkin Patch Regatta	CRYC, Corsica River, MD
9/13	Apple Cart Regatta	RHYC, Rock Hall, MD
9/21	Fall Jr. Regatta	HYC, Hampton, VA
10/4-10/5	Practice w/ LISOT	TBD
	USODA Atlantic Coast	
10/11-10/12	Championship	Brant Beach, NJ
10/25	AYC Halloween Bowl	AYC, Annapolis, MD

Opti Green Fleet: \$150 with a 20% discount to all AYC members

Opti Race Team:

Saturday and Sunday Clinics: \$415

Tuesday and Thursday Clinics (after school): \$290

Full Program: \$640 (Members will receive a 20% discount on all prices)

**29er Fall Schedule**

Advanced Youth Practice	Starts Sun. 9/24 ends 11/29	Every other Sunday 1330-1730
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<b><u>Date</u></b>	<b><u>Event</u></b>	<b><u>Location</u></b>
8/19-8/22	29er Mid-Atlantic Practice Week	AYC
8/23-8/24	29er Mid-Atlantics	AYC
12/27-12/31	Orange Bowl Regatta	Coral Reef Yacht Club, Miami, FL

Cost: \$325 (a 20% Discount will be provided for AYC members)

**420 Fall Schedule****Race Team**

Advanced Youth Practice	Starts Sun. 9/24 ends 11/29	Every other Sunday 1330-1730
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<b><u>Date</u></b>	<b><u>Event</u></b>	<b><u>Location</u></b>
8/23-8/24	End of Summer Regatta	SSA, Annapolis, MD
8/30-8/31	Annual Labor Day Regatta	WRSC, West River, MD
8/30	64th Annual Regatta	NYCC, Norfolk, VA
9/13	Apple Cart Regatta	RHYC, Rock Hall, MD
9/21	Fall Jr. Regatta	HYC, Hampton, VA
10/4-10/5	Indian Summer Regatta	FBYC, Fishing Bay, VA
10/11-10/12	Club 420 Mid-Atlantic Champs	WRSC, West River, MD
10/25	AYC Halloween Bowl	AYC, Annapolis, MD
12/27-12/31	Orange Bowl Regatta	Coral Reef Yacht Club, Miami, FL

Cost: \$100 per boat per regatta

Advanced Youth Practice: \$325 (a 20% Discount will be provided for AYC members)

<b><u>High School</u></b>		
Leveling Practice	9/8-9/12	
Varsity Practice	Starts 9/16 Ends 11/20	Tues and Thurs
JV Practice	Starts 9/15 Ends 11/21	Mon and Fri
Wednesday:	Team Race and Laser (Fall) Practice	JV Scrimmage
<b><u>Date</u></b>	<b><u>Event</u></b>	<b><u>Location</u></b>
9/14	High School JV Regatta	SSA
9/27	High School Fleet Race	Severn
10/5	High School Fleet Race	Washington College
10/12	High School JV Regatta	NMHF
10/13	High School Fleet Race	SMSA
10/18	High School Fleet Race	Severn
10/18	USCG Open High School Regatta	USCGA
10/19	High School JV Regatta	SMSA
10/25	High School JV Regatta	Severn
10/26	Team Race League Finals	AYC
11/1-11/2	Fall Fleet Race Champs.	AYC
11/8	Fall Team Race Champs	St. Mary's College
11/9	High School Fleet Race	SMSA

Cost: \$425 for the fall (a 20% discount will be given to AYC members.)

<b><u>Laser/Radial Fall Schedule</u></b>		
Advanced Youth Practice	Starts Sun. 9/24 ends 11/29	Every other Sunday 1330-1730
<b><u>Date</u></b>	<b><u>Event</u></b>	<b><u>Location</u></b>
8/23-8/24	End of Summer Regatta	SSA, Annapolis, MD
8/30-8/31	Annual Labor Day Regatta	WRSC, West River, MD
8/30	64th Annual Regatta	NYCC, Norfolk, VA
9/13	Apple Cart Regatta	RHYC, Rock Hall, MD
9/21	Fall Jr. Regatta	HYC, Hampton, VA
9/27-9/28	District Qualifier for Cressy	SSA, Annapolis, MD
10/4-10/5	Indian Summer Regatta	FBYC, Fishing Bay, VA
11/17-11/19	Cressy Championships	Cornell and Hobart William Smith
10/25	AYC Halloween Howl	AYC, Annapolis, MD
12/27-12/31	Orange Bowl Regatta	Coral Reef Yacht Club, Miami, FL

\$50 per boat per regatta

Advanced Youth Practice: \$325 (a 20% Discount will be provided for AYC members)