



*The Annapolis Yacht Club Junior Sailing Newsletter – February 2009s  
Volume 2-Issue 2*

### **ISAF Youth Worlds Qualifier – Fletcher Sims**

The ISAF Youth World Qualifier held in Long Beach, California was a great experience that I will never forget. To be selected for this event was an honor as that my crew, Brady Stagg and I, managed to win a position as one of the top nine teams in the US selected from our finish at the Orange Bowl in Florida. The US ISAF World qualifier was a three-day event, with some of the best U-18 sailors in the country, competing in the I420 (Boys), C420 (Girls), Laser Radial, and the Hobie 16. The venue was San Pedro Bay, off the coast of Long Beach, inside the breakwater. The winds for the first two days were very light and frustrating, causing numerous abandoned races and course changes. It wasn't until the last day of racing, when the breeze filled in at 6-8 knots that the race committee managed to run 3 races, the most of any day during the regatta, for a total of 7 races completed for the event out of a planned 10.



The qualifier taught us a lot about racing in light shifty conditions, especially from the standpoint of boat speed and tactics. Since we did not get our boats until the day of racing, the I420 teams got a crash course in boat setup as there were so many more ways to adjust and tune an I420 than the C420's we were used to. Despite the fact the event did not go the way we expected, we managed some decent finishes in individual races, and feel that the overall experience was invaluable. Competing in the event was fantastic and I learned a great deal. From this experience, I am better prepared to compete in my next event, and to get more out of myself and my boat in the next championship. We all had a great time out in Long Beach, and had an experience that will not be forgotten.



Thank you to AYC, Commodore Peter Gordon, and the AYC Foundation for their support.

### **Summer Staff Bios Cont.**

#### **Adrienne Patterson—420 Race Team**



Adrienne Patterson is from Newport Beach, California and has sailed since she was five years old. Sailing has always been a passion of hers and she enjoys sharing her passion with young sailors. She graduated with an undergraduate degree from St. Mary's College of Maryland and will be receiving her Master of Arts in Teaching in June. During the four years at St. Mary's College, she competed in the Women's College circuit and participated in all four women's national championships. In 2007, the women's team won the Women's National Championship at Old Dominion University and Adrienne had the honor to accept the

Quantum Female Sailor of the Year. She has sailed many different boats as a skipper and a crew: sabot, CFJ, club 420, I-420, and a Snipe. She has taught summer sailing in Newport Beach, California as well as in Larchmont, New York and she is looking forward to coaching the AYC sailors!

### **Jennifer Chamberlin—Green Fleet**



Jennifer Chamberlin was born in Annapolis and grew up on the Eastern Shore of Maryland. She has sailed since she was very young on her family's log canoe and then in Tred Avon's junior program.

More recently, she is a member of the St. Mary's College Varsity team. This spring '09, she will graduate from St. Mary's College of Maryland, majoring in Economics. She has spent most of her summers teaching around the country, but looks forward to a summer on the

Chesapeake.

### **Tonie Domino—Sea Squirts**



Tonie grew up sailing at Indian Landing Boat Club in Millersville, MD. She joined the sailing team at Washington College. She earned her first varsity letter and the most improved player award her freshman year. She graduated from Washington College *summa cum laude* with a B.S. in Biology and minors in Chemistry and Psychology, winning the Doris T. Bell '50 award for the senior female with the highest cumulative average who had won a varsity letter during the year. Her plans include attending veterinary school. She brings to AYC her lifelong love of sailing and a decade of experience working with children

of all ages in many different settings, including time as a lifeguard, camp counselor, substitute sailing instructor, and nanny.

### **Kaylee Schwitzer – Creek Critters**



Kaylee began sailing when she was seven, and sailed for five years on the SSA Opti Racing Team. Last year, she began sailing at Annapolis Yacht Club, where she won the 2008 CBYRA High Point Top Girl award; Kaylee was the female skipper with the best 420 record on the Chesapeake Bay. She has raced Optis, 420s, FJs, J22s, and J105s. Kaylee is a current member of the Severn Sailing Team and is a rising junior. This summer will be her first summer coaching, and when she is not coaching, she will be sailing with the 420 Race Team.

## **Upcoming Events**

**Gear Swap:** Come Sunday March 1 from 10:00 am – 12:00 pm. To get rid your old gear you no longer use, and acquire the gear you need for this coming year. This is open to anyone who is looking to exchange gear.

**Dave Perry Rules Talk:** March 6<sup>th</sup> 5:00 – 6:30pm at the junior building.

**Junior Fleet Dance:** March 6<sup>th</sup> 7:00 – 9:00pm in the Skipjack. \$10 per person.

## **High School Spring Schedule**

The high school practice is starting March 10, and there are many regattas for our teams to show their worth. The spring season is a short and very intense 8 weeks of sailing. The first regatta starts March 21, with Fleet Racing Nationals in St. Petersburg, Florida May 8-10, and Team Race Nationals in Redwood, California May 22-24.

## Spring Regatta Schedule

<b>Date:</b>	<b>Event:</b>	<b>Location:</b>
Sat Mar 21	Varsity Fleet Race Lake Norman Invitational	Solomon's Island, MD North Carolina
Sun Mar 22	Varsity Fleet Race JV Fleet Race Lake Norman Invitational	SSA AYC North Carolina
Sat Mar 28	Varsity Fleet Race JV Fleet Race	AYC SSA
Sun Mar 29	Varsity Fleet Race	WAC ?
Sat Apr 4	League FR Champs CISA Clinic	AYC Long Beach, CA
Sun Apr 5	League FR Champs CISA Clinic	AYC Long Beach, CA
Sat Apr 11	League TR Champs	SSA
Sun Apr 12	League TR Champs (Easter)	SSA
Sat Apr 18	Mallory Elims. JV Fleet Race	King's Point, NY NMHF, DC
Sun Apr 19	Mallory Elims. Varsity Fleet Race	King's Point, NY Solomon's Island, MD
Sat Apr 25	Baker Qualifier	ODU
Sun Apr 26	Baker Qualifier	ODU
Sat May 2	JV Fleet Race	NMHF, DC
Sun May 3	JV Fleet Race	St. Mary's Ryken, MD
Fri May 8	Mallory Regatta	St. Pete Florida
Sat May 9	Mallory Regatta	St. Pete Florida
Sun May 10	Mallory Regatta (Mother's Day)	St. Pete Florida
Sat May 16	Annapolis Dinghy Team Race JV Fleet Race	AYC/SSA BCSC
Sun May 17	Annapolis Dinghy Team Race Varsity Fleet Race	AYC/SSA SMSA
Fri May 22	Baker Atlantic Coast Challenge	Redwood, CA Portland, ME
Sat May 23	Baker Atlantic Coast Challenge	Redwood, CA Portland, ME
Sun May 24	Baker Atlantic Coast Challenge	Redwood, CA Portland, ME

## 420 Summer Race Team Schedule

<b>Date:</b>	<b>Regatta:</b>	<b>Location:</b>
June 13	Annapolis Leukemia Cup	Eastport YC
June 19 – 21	Brooke Gonzales Clinic	Newport, RI
June 21	TAYC Summer Invitational	Oxford, MD
June 25-30	Youth Championship	Greenwich, CT
June 27	FBYC Annual Junior Regatta	Fishing Bay, VA

July 3-5	Hampton Bay Annual	Hampton, VA
July 6-11	Ida Lewis Regatta	Hampton, VA
July 7	West River Annual Regatta	Galesville, MD
July 8	AYC Annual Jr. Regatta	AYC
July 9	Sandy McVicker	SSA
July 11-12	Junior Olympics/Bay Open	Baltimore County Sailing Center
July 14	Gibson Island / MD Champs.	Gibson Island, MD
July 16	Corsica River/ Midget Elims.	Corsica River, MD
July 17	Cambridge YC Regatta	Cambridge, MD
July 20-21	Junior Olympics	Island Heights, NJ
July 21	Indian Landing Jr. Regatta	Millersville, MD
July 25-26	Corsica River Annual	Corsica River, MD
July 27-29	C420 Nationals	Jamestown, RI
July 31	Norfolk Jr. Regatta	Norfolk, VA
July 31-Aug. 2	Hyannis YC Regatta	Hyannis, MA
Aug. 3-5	C420 Team Race Nationals	E. Greenwich, RI
Aug. 4	Tred Avon Jr. Regatta	Oxford, MD
Aug 7-9	Buzzards Bay Regatta	N. Dartmouth, MA
August 8-9	Tred Avon Annual Regatta	Oxford, MD
August 8-12	Bemis Regatta	Marblehead, MA
August 13-16	C420 North Americans	Macatawa, MI
August 22-23	End of Summer Regatta	SSA

## Sail Stronger, Farther, and Faster – Harry Legum

Perhaps no sport provides the combination of challenge, relaxation, and satisfaction that sailing provides. Its unique mix of skill, physical and mental exercise, and rich history has made it a special sport, a sport for a lifetime. That lifetime of enjoyment can be enhanced by the application of techniques that help you sail more comfortably, better and safer. The better conditioned you are, the more you can do and enjoy.



Competitive sailing is a test of know-how, equipment, and physical ability. The know-how can be acquired through experience and training. The right equipment is a question of expertise and resources. Any number of sources can help you become a smarter sailor with the right gear. However, when it comes to physical fitness for sailing, getting expert guidance has been largely a matter of luck, a matter of finding a good training regimen administered by a sailing enthusiast. For the competitive sailor, luck is not a method.

Safety is frequently a matter of being capable of handling the unexpected. Experienced sailors know that, in extreme situations, the difference between safety and tragedy can be a matter of physical strength and endurance. Problems can occur in an instant, and the outcome can be decided just as quickly. There is no substitute for fitness in such situations. Even in more gentle circumstances, the fit sailor is more likely to avoid emergencies. For the sake of safety, all sailors should be fit.

Training should be tailored to the specific requirements of each sailor, as a synthesis of personal goals, physical characteristics, special considerations and prudent practice. Primary emphasis is given to safe progress: enhancing fitness without causing injury. Within that common-sense limitation, training can be as aggressive as the sailor desires, but is always carefully paced and monitored to ensure the best results without setbacks.

Final note:

Many training regimens are available and can offer a wide variety of routines. I encourage all sailors to try everything from Yoga to Plyometrics, HIT to CrossFit style weightlifting and all in between. Always train with safety in mind and proper form and finally, read anything available from Ellington Darden and Chris Carmichael.