



*The Annapolis Yacht Club Junior Sailing Newsletter – March 2009
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420 Midwinter's

The AYC 420 sailors flocked to Florida one more time this winter to get rid of the Maryland chill. They went to Florida to compete in the 420 Midwinter's at the US Sailing Center in Martin County Florida. The event started on Saturday, and finished on Monday. There were three days of racing all with very different conditions.



The first day of racing, the breeze came out of the east, and moved to the south before the race committee was able to start a race. The sailors completed two races before the breeze went back to the east and died for the evening. Sunday the breeze started from the east, moved to the south, and as a storm passed the breeze shifted to the west. The sailors were able to complete three races on Sunday in breeze ranging from 2-12 knots. Monday, the breeze finally came averaging 20 knots. The sailors completed four races throughout the day, and one fleet had to re-sail the first race of the day.

The conditions were tough sailing conditions, and our team had a great showing. Congratulations to Scott Houck and Jack Ortel for qualifying for Europeans in Hungary in the beginning of August.

Results:

- 7) Scott Houck/Jack Ortel (Qualified for I-420 Europeans)
- 21) Michael Grove/Lindsay Grove
- 37) Will Cyr/Megan Yeigh
- 43) John Andril/Amanda Salvesen
- 44) Alex Ramos/Reed Baldrige
- 51) Jono Dill/Kaylee Schwitzer



Valentine's Day Regatta – Charlie Lomax

AYC sent seven kids to the Valentine's Day regatta in St. Petersburg, Florida. The sailors that went were Kyle Comerford, Nick Floyd, Harrison Hawk, Charlie Lomax, Kyle Schwitzer, Sammy Stagg, and Emma White. Sammy Stagg was the top AYC sailor with 29 out of 161.

Conditions were tough with light breeze both days and strong current. Saturday the race committee got two races in before the wind totally died. Sunday morning saw us rigging under streetlights and launching as soon as the sun was up to try to beat the light breeze. Unfortunately, that didn't work and we only got in one race.

When on land, we got to know our new waterfront director Jay Kehoe and his style of coaching. We got lots of good feedback from Coach Jay. We had a team dinner on Friday night and Saturday night there was

dinner and a raffle at St. Petersburg Yacht Club. Emma White's sister Maeve won the grand prize of a brand new Opti.

At the end of the weekend, we all came home ready to work on what we need to improve on for National Team Trials in May. We would like to thank Jay for coaching us, and the AYC members for their support.

29) Sammy Stagg
44) Charlie Lomax
62) Kyle Schwitzer
66) Emma White
86) Nick Floyd
91) Maeve White
94) Harrison Hawk
97) Kyle Comerford



2009 ISAF Team Racing Worlds Recap – Liz Hall

The 2009 ISAF Team Racing World Championship was held in Perth, Australia during the first week of February. For those who have never been, Perth is a fantastic and beautiful place and worthy of a visit for any sailor.

The world championship was a 9-day event that began with a practice day on Sunday February 1st. The two American teams who earned the right to compete here were the Adirondack Tannery Loungers (USA2) and our team representing the New York Yacht Club. As you might imagine, all of us were happy to trade the 30-degree Fahrenheit temperatures of the northeastern U.S. for the 30-degree Celsius temperatures of Perth's summer months.



In our race with USA2, both Colin Merrick/Amanda Callahan and Pete Levesque/Liz Hall were over early. This helped USA2 reach the windward mark in a 1-2 combination. However, at the top of the first beat, Clay Bischoff/Lisa Keith were able to chase the 2nd place USA2 boat of Charlie Enright/Meris Tombari high to allow the NYYC team to begin a "high/low" on the run. With Clay/Lisa threatening Charlie/Meris's air, Colin/Amanda were able to sneak through to leeward. Clay/Lisa were so effective that Colin/Amanda had time to pass Clay/Lisa up into 3rd place improving NYYC's standing to a less than solid 2-3-5 approaching the leeward mark.

USA2, now in a 1, 4, 6 were not going to give up easily and used their 4th place position to trap NYYC's Pete/Liz at the leeward mark and to improve USA2 to a 1, 4, 5. However, Charlie/Meris fouled and had to spin a 360, allowing NYYC to move back into a 2, 3, 5. On the reach to mark 4, the 4th place John Storck/Kaity Storck thought they had luffing rights on Clay/Lisa and attempted to luff them to try to break free of the cover. After contact between these two boats, the decision went to the umpires... red flag... they decided John/Kaity did not have luffing rights and assigned them a 720 penalty turn. This allowed Pete/Liz to sail over Clay/Lisa and John/Kaity into 3rd and to put NYYC in a much more stable 2, 3, 4 combination. The combination of the stable 2, 3, 4 and the very short final beat did not give USA2's Erick Storck/Lindsay Gibbons-Neff many options for passbacks. NYYC finished 2, 3, 4 in one of the most competitive races of the day.

The highlight of Round Robin 4 was the sailing of Japan 1. This is a team who has attended the last four world championships. They have finished last in most of those and were probably going to finish second-to-

last in this one. But at the end of Round Robin 4, they took some races off of some good teams and gave NYYC quite a test. NYYC teammate Amanda Callahan had been coaching JPN1 between races. Using flip-flops and dinghy boots, Amanda taught them the geographic start, several mark traps and pass-backs. JPN1 clearly took heed of the lessons and showed much improvement throughout the week. JPN1 beat USA2, IRL1, and NZL3 in RR4.



The 2009 Team Racing World Championship is our second world Championship victory. Having placed 6th at the 2003 worlds and 2nd at the 2005 worlds we were very pleased to be able to defend our 2007 title this past February. We would like to thank the people and organizations who supported us and helped us achieve our goals.

If you want the whole Team Race Worlds write-up, please contact Mattie. mfarrar@annapolisyc.org

Upcoming Clinics – Brooke Gonzales Clinic

Sail Newport's Brooke Gonzalez Advanced Racing Clinic will be held for the 8th year, June 18 (report day) 19, 20 and 21, 2009. This is the weekend prior to the start of the Youth Championships, this year in Greenwich, CT. The Location for the Clinic is the Sail Newport Sailing Center, 60 Fort Adams Dr. Newport, RI USA

- The 3 ½ day program will consist of lectures and on-the-water drills with an emphasis on boatspeed. This will be combined with information on what it takes to reach your goals in sailing.
- This clinic is held in Laser Full Rig, Laser Radial, International 420's, and Club 420's. It is a BRING YOUR OWN BOAT Clinic. For Laser or C420 charter boat information, contact: Bob Adam at the Vanguard Sailing Center of RI, bob.adam@laserperformance.com or call (401) 683-0400
- Applicants 14 years or older will be selected based upon their resume. This is a very intense, high-level program. Participants will be limited. Selection is by application and acceptance only. Resumes to be submitted through Sail Newport online Resume Builder. Email John Mollicone with any questions regarding the resume. John_Mollicone@brown.edu Resume Deadline: April 1, 2009. [Please Click to fill out Resume.](#)

On Saturday Night of the clinic, the sailors are treated to a speaker from the highest levels of the sport. Prior speakers have included: Gary Jobson, 470 Gold Medalist Kevin Burnham, Olympic Team Members, Isabelle Kinsolving, Katie McDowell, America's Cup veteran and current Volvo Race Competitor Ken Read and US Olympic Team Coach Skip Whyte.

"These sailors ages 14-18 receive the highest level coaching from some of the best trapeze dinghy coaches and Laser coaches in the country" says Brad Read, Executive Director of Sail Newport. "Emphasis is on speed producing factors and techniques that work on long courses where speed is at a premium."

- Participants accepted into the BEG Clinic will be contacted by April 15th. Participants will receive an online link to Sail Newport's payment gateway.
- Entry Fees *(due May 15, 2009) \$478 per Laser Full Rig or Radial. \$956 per Club 420 or I420 Team. (\$478 per sailor). Cost includes: Housing, Breakfast, Lunch and Dinner Friday Saturday and Sunday, Clinic Gear, highest quality coaching and Educational Materials. Payments are due NO LATER than May 15th, 2009 or your slot may be forfeited.



Opti Team Trials

April 30 – May 3 USODA Team Trials

Noroton Yacht Club, Darien, CT

This event is restricted to sailors who are TTQ qualified. This is an invitation-only event for selection of the USODA teams to compete at the IODA World, European and North American Championships, in addition to other international events. NOR available at the USODA website.

TT Gear ordered prior to April 12, 2009 will be available for pickup on-site at Noroton YC during registration.

Registration Deadline: **5:00 PM, Wednesday, April 15, 2009**

\$50.00 Late Fee after 04/15/2009

Registration Fee 175.00

How to Get the Most out of Clinics

What do I bring?

- Notebook and pencil – There is a lot of very good information presented to you. If you bring a notebook, you will be able to remember it and be able to apply it to your sailing for years to come.
- Appropriate Gear – First, you need your gear to sail, and you need to bring appropriate gear for the forecasted weather. If you bring the wrong gear, you will be uncomfortable through the event.
- Appropriate Clothing – Read the Notice of Clinic before you pack, you may have a nice dinner, or an “awards ceremony,” and you want to dress appropriately.

What can I be doing?

- Work as hard as possible – You only get out of a practice what you put into it. You are sailing against some of the top sailors in the country, and there is a lot you can learn from the other sailors. Do not worry people are also learning from you.
- Arrive early and stay late – You want to have time in the morning to ensure that everything is setup correctly on your boat, and so you do not miss any announcements from the coaches. At the end of the day, you can talk to the coaches one-on-one to get more information.
- Take notes on the site – You never know when you are going to be sailing here again. Take notes on all the conditions, and how they changed throughout the clinic. What worked and what did not work?

How do I find the best clinics?

- Go to your class website – These websites list all national and regional regattas and clinics. If you have been doing Club 420 sailing, also go look at the I-420 site to see what they have to offer. Opti sailors can also look for evens on the IODA website.
- Ask your coaches – Your coaches have been around the sailing world for a while, and know which clinics are stronger than others are.
- **Look for the high-profile events at your club and YRA**– Look for clinics and seminars that your club may be putting on. Your coaches are trying to make your team as strong as possible, so show up to benefit you and your team.

