



FOCUS



A publication of THE SAILING FOUNDATION
The Premier 501c(3) organization serving Pacific Northwest Sailors since 1971

2006, Issue #2

April, 2006

High School Sailing—Spring Report!

In this issue:

- High School Sailing off to big start.
- February Safety at Sea Seminar draws 130
- WIND Clinic in the Gorge, July 19-21

Coming in future issues:

- A WIND pictorial
- Grants for coach training produce new sailors

Our northwest district started the season with a bang this year. With 16 teams registered covering 146 individual participants (eight teams have over 10 sailors), the Western Washington University sailing team hosted our annual kick-off regatta on March 11th at their Lakewood facility. The day started out sunny with no wind so the Western sailors improvised with chalk talks on fleet racing and team racing, along with a superb demonstration on roll tacking an FJ. As the breeze filled in, we split into two groups to practice team racing and fleet racing. After a lunch of sub sandwiches provided by the Western team, it was back out on the water to put the skills learned in the morning to use in a series of races in two fleets. Special thanks go to high school sailing alumni Lisa Marsaudon, Molly Jackson and Randy Holt. All are members of the Western team and all participated in high school sailing prior to college.

The next weekend saw high school teams gathering at Sail Sandpoint for a clinic and races put on by the University of Washington sailing team. Five teams with a total of sixty sailors converged on Sail Sandpoint. Breeze ranged from 3 to 8 knots throughout the day with high overcast. Again, drills on fleet racing and team racing dominated the morning and skills learned were applied during racing in the afternoon. A big “thank you” to Morgan Collins, director of Sail Sandpoint for arranging the clinic and to Brendan Fahey, an alumnus of North Kitsap high school sailing team and currently team captain at UW for his on-the-water help.



Kick off at Lake Whatcom

Dual matches between individual schools dominate all of March and April. Individual matches are too numerous to mention, but the northern schools seem to be traveling to southern schools early in the season looking for more sheltered waters and good competition.

At the annual Dogfish Bay Team Racing Tune-up regatta in Poulsbo on April 8-9, brisk winds with gusts to 20 knots and squally damp weather on Saturday proved unable to dampen the enthusiasm of the racers. The UW team showed that experience counts, winning four straight events. A three-way tie for second place—Bainbridge, North Kitsap and Orcas—left Sunday to decide the outcome among the high schoolers. Sunday was calmer with light winds and fairer weather. Bainbridge won the series with three straight wins followed by Orcas and North Kitsap.



High School Sailing, continued from page 1:

Thanks go to North Kitsap Coach Matt Mikkelborg for providing the boats and venue and to his former student, Brendan Fahey, who brought the UW team over to help with the coaching and race guidance.

Doublehanded District championships will be held April 29th & 30th in Friday Harbor. Schools from throughout the district will travel to the San Juans to compete in the waters off Jackson's Beach. The following weekend will see Team Racing districts held at Port Townsend and co-hosted by Bainbridge and Port Angeles. The challenges of hosting a regatta at a "remote" site are daunting but the thrill of sailing in a new location will be great. The competition will be held off the Port Townsend city front and teams will be housed at Fort Warden in the old Army barracks.

Team Racing Explained

This format uses three double-handed boats on each of two teams. The six boats compete on a race course with the usual rules for right of way and mark rounding. Each team receives a combined score based in the finish position of their boats—first place 1 point, second place 2 points, etc. Lowest total wins. Those of you who are mathematically inclined (and this includes all High School Coaches and Contestants!), will note that a combined score of 10 or less will win. Hence, the following finish combinations will produce a winning score for a team:

1-2-3; 1-2-4; 1-2-5; 1-2-6; 1-3-6; 2-3-4

Good team racers are always aware of these winning combinations and will strive to lead members of the opposing team in unusual directions if it will mean letting other teammates come forward. Sometimes this looks strange, particularly when a leading boat dawdles at the finish line to "take out" a finishing competitor, but watch how it can affect the team score. Clearly, good teamwork is necessary to make this effective. It's exciting to watch!

For information on upcoming regattas, please call Burke Thomas, the Northwest Interscholastic Sailing Association class director at (360) 376-2926 (or see www.nwisa.org).



Gathering at WWU



Congestion afloat and ashore at Dogfish Bay

Largest crowd ever at February 2006 Safety at Sea Seminar

For many years, The Sailing Foundation has hosted these seminars to promote safety offshore. At our February event, 130 attended the Saturday session, moderated by Chuck Hawley of West Marine. An unscientific poll of those completing the seminar proclaimed "The best ever". Most attended to brush up on their survival skills before participating in some of the offshore races such as Pacific Cup, Vic Maui, or the Bermuda Race. Others were there to build knowledge before heading offshore in their own craft, bound for destinations only they can know. In at least once case, a young sailor, with his first offshore boat, sought training before his initial cruise from San Francisco.

In future years we'll consider adding sections that expand the training to practical on-board experience and more detailed medical issues. Thanks to all of you who attended, and to Chuck Hawley, Jim Corenman, Michael Jacobs MD, and Paul Russell for their presentations, and to Matt Pedersen and Jan Visser who organized the event.

A publication of THE SAILING
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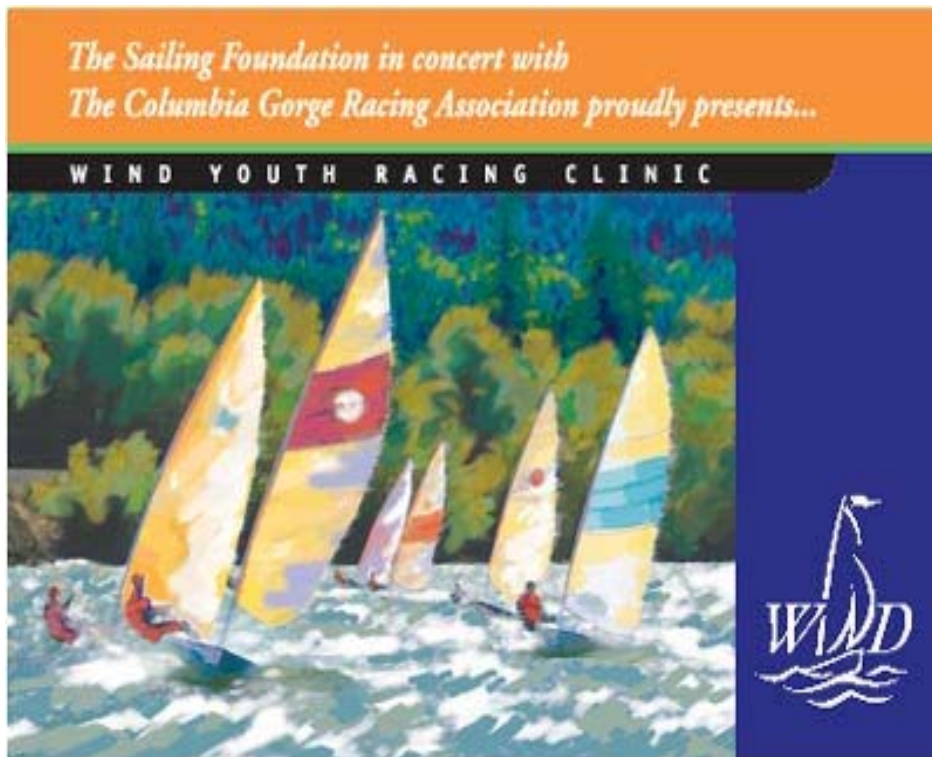
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The Sailing Foundation, is a non-profit 501(c)(3) organization that provides organizational and financial assistance to youth sailing programs and regattas and which develops and tests products and services which promote safety at sea. Since 1971 when local sailors campaigned an America's Cup boat and donated the sale proceeds to The Sailing Foundation, we have developed several fleets of youth sailors and many local and national champions. On the Safety at Sea side, The Sailing Foundation designed, developed and patented the now-familiar Lifesling, approved by the US Coast Guard for rescue at sea and seen on sailing craft worldwide.

WIND YOUTH RACING CLINIC IN THE GORGE, CASCADE LOCKS, JULY 19-21, 2006:

The program will consist of lectures and on-the-water drills, including tactics, sail trim, etc., together with information on what is required for an Olympic or national campaign, in terms of time, money, travel and personal commitment.



BOATS:

This clinic will be held in Lasers, Radials, 4.7s and 29ers. (Boats may be available for charter to out-of-area applicants. Charter fees additional; for charter information, contact George Yioulos at West Coast Sailing (503 285 5536 <http://www.westcoastsailing.net>)

COACHES:

Morgan Larson, Brett Davis, Dick Rose

ELIGIBILITY :

Applicants, between 13 and 18 years of age and current member of US Sailing Association or Canadian Yachting Association, will be selected based upon their resume. This is a very intense, high level program.

Participation is by application and acceptance only. This year's clinic will be limited to a select number.

ENTRY FEE:

\$350 per person. Cost includes 3 dinners, 4 lunches and snacks, as well as all coaching and other services.

APPLICATION:

To be considered, a check for the entry fee, made payable to WIND, must be received, along with a Resume/Application form, a Liability Release form and a Medical Release form. (See www.TheSailingFoundation.org/WIND for downloadable forms).

Send completed forms and check, by June 1, 2006, to: WIND – Registrar, P O Box 4213, Tumwater, WA 98501. Early application is encouraged. For info, e-mail: jan@ussailing.net