



# LAUDERDALE YACHT CLUB ILCA PROGRAM

The Lauderdale Yacht Club ILCA Team is once again excited about our Fall Program!

This program will continue to support sailors who are ready to race an ILCA Dinghy safely. **The LYC ILCA Program is not a learn-to-sail program.** Training sessions are held in open water in the Atlantic Ocean. LYC provides ILCA storage at the on-site sailing center for \$40/month. Members of the team are responsible for arranging housing for training sessions and supported events.

## ILCA RACE TEAMS ARE DESIGNED FOR

- sailors who have demonstrated proficiency in all basic boat handling and maneuvers in a ILCA4, 6 and/or 7.
- sailors who are ready for high-level race training.
- sailors who can effectively and safely train in open ocean conditions above 15knots.
- sailors who are willing to commit to a physical fitness program.
- sailors who can demonstrate an advanced level of commitment to training and regatta competition.

Erik Bowers and Sophia Reineke are the primary coaches. Erik is coming off a very successful year coaching- filling the podium at almost every major regatta. Sophia Reineke needs no introduction. She is the current Women's College Sailor of the Year and multi-time national champion ILCA sailor.

Erika Reineke and Bobby Noonan will also coach at times over the fall, and we will possibly have other top-notch coaches lend a hand at larger regattas, such as Orange Bowl or District 13s. The ILCA Team will continue to be steered by the experienced hand of our Sailing Director, John Casey. John will oversee coaching and curriculum planning, as well as regatta planning and preparation to ensure smooth execution. Depending on practice parameters, conditions, goals, number and classes of sailors, coaches may coach different groups at practices and regattas. All LYC coaches are excellent and able to coach any ILCA Class.





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## **LYC ILCA TRAILER AND TOWING POLICY**

**Space is very limited at LYC. No Trailers can be stored at LYC. If you are bringing your boat on a trailer, contact the Sailing Director a week prior to arrival.**

LYC ILCA trailers are reserved for LYC Member sailors attending regattas. Should there be an available spot for a YSG sailor it will be allocated on a first come, first served basis. Should you be willing to tow a coach boat, your sailor is allocated a spot on the trailer. LYC coaches cannot load personal boats or equipment onto trailers for liability reasons. Please load your own boat or ask a fellow sailing family.

All sailors are responsible for loading, transporting, and unloading their own boats and equipment/parts. All boats need to be unloaded at LYC within 24 hours after arrival back at LYC.

ILCA Dinghy insurance is strongly advised. LYC is not liable for any damage incurred during loading/ unloading or transport. Please see the program waiver for details.

## **LYC REGATTA SIGN UP SHEET POLICY**

Regatta sign-up sheets are for internal purposes so LYC can provide sailors and families the best possible experience with a safe and effective sailor to coach ratio at a low cost. For each event there is a Sign up/Drop Deadline date in the Sign Up Sheet. If a sailor is signed up after the deadline, there will be a fee. Personal conversations and/or emails with the ILCA Chair or LYC staff is not grounds for removal of the fee. It is the sailor and the sailor's family sole responsibility to sign up or delete the sailor's name from the list.

## **LYC SUPPORTIVE PARENT POLICY**

LYC ILCA coaches strongly encourage sailors to take full responsibility of their boat, gear and their sailing in general. We ask that you drop your sailor outside the boat park and respect the parameters that our coaches have set. Any concerns or questions should be directed to the ILCA Chair or Sailing Director.



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## **PROGRAM FEES FOR FALL SESSION**

**LYC Member \$1,386.00**

**Non-Member \$2,100.00**

**PayGo Program is \$200 per weekend.**

**PayGo Regatta Fees Vary**

## **ALL SAILORS MUST REGISTER THROUGH REGATTA NETWORK**

*All decisions regarding program admission and safety will be made by the coaching staff and Sailing Director. Certain weather conditions may require the Sailing Director and Fleet Captain to restrict certain practices for safety reasons. All session fees are nonrefundable. Please send any questions via email to John Casey LYC Sailing Director- [john.casey@lyc1938.org](mailto:john.casey@lyc1938.org).*

## **ALL YOUTH SAILING GUESTS MUST BE SPONSORED BY AN LYC FULL VOTING MEMBER.**

**Please contact the Sailing Director or ILCA Chair should you need  
assistance with this policy.**