

# HS SPRING 2023

Welcome! A detailed outline of LYC's High School Sailing Spring Program is provided for your convenience below. In addition, we have included a list of a few possible Q/As you may have regarding this upcoming Spring Season.

Head Coach Sophia Reineke will be returning this Spring with the goal of getting our kids to the top of podium at Nationals!

## SPRING SCHEDULE

**JANUARY:** Regattas the LYC HS Sailing Team will attend include **SP4**.

- January 10: First Day of Spring Practice
- January 12: LYC Practice
- January 17, 19: LYC Practice
- January 20: *Travel Day* to USF
- January 21: **SP4** at USF
- January 24, 26: LYC Practice
- January 30: LYC Practice

**FEBRUARY:** Regattas the LYC HS Sailing Team will attend include **SP5**.

- February 2: LYC Practice
- February 7,9: LYC Practice
- February 14, 16: LYC Practice
- February 21, 23: *No Practice* - Nacra 15 World's at LYC
- February 25: **SP5** at Ransom Everglades
- February 28: LYC Practice



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**MARCH:** Major events the LYC HS Sailing Team will attend include **SP6 & SPI**.

- March 2: LYC Practice
- March 3: *Travel Day* to DIYC
- March 4: **SP6** at DIYC
- March 7, 9: LYC Practice
- March 14, 16: LYC Practice
- March 21, 23: LYC Practice
- March 25: **SPI** hosted by LYC
- March 28, 30: LYC Practice

**APRIL:** Major events the LYC HS Sailing Team will attend include a **Potential Spring Break Team Race Clinic**.

- April 4: LYC Practice
- April 5-16: **\*Potential Spring Break Team Race Clinic\***
- April 18, 20: LYC Practice
- April 25, 27: LYC Practice - *last practice of Spring Season*

Pending Nationals qualification, additional post-season practices will be held following the schedule below:

**MAY:** Major events the LYC HS Sailing Team will attend include **Baker HS Nationals** (*pending qualification*).

- May 2, 4: LYC Practice
- May 9, 11: LYC Practice
- May 16, 18: LYC Practice
- May 20, 21: **Baker HS Nationals in MN**

**JUNE:** Major events the LYC HS Sailing Team will attend include **Mallory HS Nationals** (*pending qualification*).

- June 3, 4: **Mallory HS Nationals in NJ**



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## Q/As:

- What time is practice during the Spring?
  - Practice will run **3:30pm - 6:30pm** on Tuesdays & Thursdays.
- How do you qualify for the Baker Nationals & Mallory Nationals?
  - Typically there are two SAISA District Championships, one for fleet race and one for team race, where SAISA teams compete for a Nationals berth. Dates for SAISA Districts events have not yet been released.

