



LAUDERDALE YACHT CLUB FALL 2023 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 if the sailor is enrolled in the full Program. PayGo sailors pay \$100/month for storage. 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 and Sophia had a very successful spring and summer program with many championship wins, including qualification for Youth Worlds!

Erika Reineke will also coach at times over the Fall, and we will have other top-notch coaches lend a hand at larger regattas. 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.





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Lauderdale Yacht Club Fall 2023 Schedule Explained

OVERVIEW:

The LYC Laser Fall schedule is focused on training to set the Team up for success at fall, spring and summer championship regattas including. Included in up front Program Fees are all practice weekends at LYC, Cressy Qualifier, Halloween Howler, District 13s and Orange Bowl.

We will continue the PayGo Program with a \$200 registration fee, \$150 per day practice rate, with added fees for regattas including District 13s (\$600), Orange Bowl (\$900), Halloween Howler (\$400), ODP Thanksgiving Clinic (\$600).

FALL PLAN:

The LYC season kicks off on September 2nd! Training weekends include a 9:45 AM report time, 10:30 AM rigged and ready time. Practice ends promptly at 4:30 PM. Practices can include a workout, debrief, filming, tracking and most importantly, plenty of sailing. **If you are bringing your boat(s) on a trailer, please remove them from LYC grounds at the end of the weekend. There is no onsite storage for trailers.**

Saturday, September 16th @ 5 PM is Parent Orientation and a cookout at the Sailing House! At this time, our leadership will explain team expectations, logistics, House Rules, safety and how to efficiently manage your racing season as a parent. We will also have a College Sailing Breakout Session to help you learn the ropes to successfully navigate the high school/college transition.

September 23-24 Cressy Qualifier – St. Pete YC. The first regatta of the season is **Cressy Qualifier**. Remember to bring your trailers to LYC the weekend before the regatta to load your boats! For every event, please notify JC a week in advance if you are bringing a trailer on property.

SEPTEMBER 12th at 12:00 EDT ORANGE BOWL ILCA REGISTRATION

October 28-29 – Cressy Nationals @ SYC. LYC normally sends one coach to support sailors who qualify. Sophia Reineke will coach this event. This is an unsupported regatta and is an added fee for those who attend and are coached by LYC.

October 28-29 - Halloween Howler at Coconut Grove Sailing Center. This is a supported event and a good opportunity for sailors not attending Cressy Nationals to get a training opportunity on Biscayne Bay before District 13s at KBYC.

November 24-26 is the ODP Clinic/Regatta in Miami. This is a semi-supported event. It is one extra coaching day at a fee of \$100 if the sailor is accepted to sail. LYC wants to send many ILCA 6 sailors to this! This year the event is supporting the Youth Worlds sailors representing the USA. Our own Audrey Foley is going to Youth Worlds, so it's important to attend.

December 2-3 is District 13s at Key Biscayne Yacht Club. This is a supported regatta and is the District Championship. Good luck!



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There will be an **Orange Bowl Clinic December 21-23**. We usually hold this clinic at the US Sailing Center. Sailors can sign up for this event on the Fall 2023 Sign Up Sheet.

Our fall pinnacle regatta, **Orange Bowl, will be December 26-30**. There will be a half day practice on December 26 to get warmed up for the event.

LYC ILCA TRAILER AND TOWING POLICY

Space is very limited at LYC. Trailers cannot be stored at LYC. If you plan to bring 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 or strap down personal boats or equipment onto trailers. 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 from events.

ILCA Dinghy insurance is strongly advised. LYC is not liable for any damage incurred during loading/ unloading or transport.

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 THE FALL SESSION

Program Fees pay for all training weekends, Lauderdale Sailing Series, Clearwater Sailing Series, Midwinters East and Miami Sailing Week.

LYC Member \$1,535.00

Non-Member \$2,325.00

PayGo:

PayGo Program Registration Fee \$200

PayGo Program Storage \$100/Month Starting September 1, 2023

PayGo ODP Thanksgiving Clinic: \$600

PayGo District 13 Championship: \$900

PayGo Orange Bowl: \$900

PayGo Halloween Howler: \$400

PayGo Per Day Practice Sailing Fee: \$150

ALL SAILORS MUST COMPLETE REGISTRATION PRIOR TO SAILING

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 Chris Hamilton chamilton@fmptedic.com or John Casey LYC Sailing Director- 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**



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