




LYC ILCA PROGRAM

SPRING 2025

The Lauderdale Yacht Club ILCA Team is once again ready to dominate the circuit this Spring! 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 \$45/month if the sailor is enrolled in the full Program. PayGo sailors pay \$500 per season for storage. Members of the team are responsible for arranging housing for training sessions & supported events.

Who is the LYC ILCA Team is designed for?


- sailors who have demonstrated proficiency in all boat handling maneuvers required in an ILCA 4, 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 15 knots
 - sailors who are willing to commit to a fitness program
 - sailors who demonstrate an advanced level of commitment to training and regatta competition
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Who are the LYC ILCA Team coaches?:

- Erik Bowers and Sophia Reineke are the Team's primary coaches. The pair had a very successful summer and fall including a qualification for Youth Worlds, a three-peat National Championship title winner (1st time in history), a podium finish at ISAF Youth Worlds, a North American Championship win, and a top ten finish at the Olympic Games!
- The ILCA Team will continue to be lead by the experienced hand of our Sailing Director, John Casey. John will oversee all curriculum as well as regatta preparation.
- Depending on conditions, goals, and the number of sailors, coaches may coach different groups at practices and regattas. For larger events we will have other top-notch coaches step in to lend a hand.

What is the Practice Plan for this Spring?

- The LYC Spring Program kicks off on January 11th and ends on May 12th. Training weekends include a 9:45 AM report time & a 10:30 AM rigged and ready time. Practice ends promptly at 4:30 PM. Practices can include a workout, debrief, video review, and most importantly, plenty of sailing. If you are bringing your boat(s) on a trailer, please remove them from LYC at the end of the weekend. There is no onsite storage for trailers.
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PROGRAM FEES FOR SPRING 2025:

Program Fees pay for all training weekends, Lauderdale OCR, Midwinters East, Gulf Coast Championships, and the Boomerang Regatta. Please note that they do NOT include Midwinters West.

- **Spring Program Fee:**
 - **LYC Member:** \$1,610.00
 - **Non-Member:** \$2,440.00
- **PayGo:**
 - **PayGo Program Registration Fee:** \$200
 - **PayGo Program Storage:** \$500 for the Spring Season Starting January 1st, 2025
 - **PayGo LOCR:** \$900
 - **PayGo Midwinters East:** \$900
 - **PayGo Boomerang Regatta:** \$300
 - **PayGo Gulf Coast Championships:** \$800
 - **PayGo Per Day Practice/Minimum Per Day Clinic Sailing Fee:** \$150

NOTE: ALL SAILORS MUST COMPLETE REGISTRATION PRIOR TO SAILING