



Lauderdale Yacht Club

ILCA Program Fall 2026

Schedule & Information

Program Overview

The LYC Fall 2026 ILCA season builds on a very successful past year of racing, with sailors producing top-tier national and international results, including a Gold Medal at Youth Worlds and another US Championship. This season focuses on refining race skills, improving consistency in larger fleets, and preparing sailors for the major summer championships.

First, congratulations to our graduates, Cole Fanchi and Danielle Smith, who are both attending the US Naval Academy! Huge congrats also to Jackson Wilcox, 2026 ILCA 6 US Champion!

The program is led by Head Coach Erik Bowers, supported by Coach Erika Reineke and Sailing Director John Casey. Erika represented the United States at the 2024 Olympic Games in the ILCA 6, finishing 9th overall, with Erik serving as her Olympic coach. Their combined Olympic-level experience makes this the most knowledgeable and solid ILCA coaching staff in the country.

The LYC Fall Program begins Saturday, September 5, 2026, and concludes on Wednesday, December 30, 2026. Training weekends include a 9:45 AM report time and a 10:30 AM rigged-and-ready time, with practice ending at 4:30 PM. Sessions may include workouts, debriefs, video review, and most importantly plenty of sailing.

Sailors bringing boats on trailers must remove them from LYC at the end of each weekend, as onsite trailer storage is not available.

Regatta Travel & Chartering

Program fees cover coach regatta entry and coach travel for designated events. Fees do not include sailor housing, regatta entry fees, or boat charters.

Program Expectations & Logistics

Consistent attendance at practices is essential for sailors aiming to compete at a high level.

Training will focus on:

- Starting proficiency and acceleration
- Upwind mechanics and speed in ocean chop
- Downwind tactical awareness and mode changes
- Fitness, mobility, and competitive readiness

Program Eligibility & Commitment Standards

The Spring ILCA Program 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.

Gear Requirements

Sailors maintain:

- A well-rigged ILCA with reliable equipment and spares
- Required safety gear, including PFD and whistle
- Adequate hydration, nutrition, and layers for variable weather
- Class-approved floating tow line

Program Fees

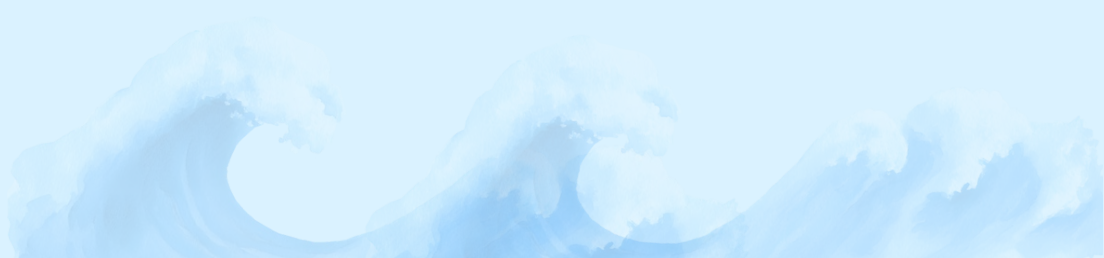
Program fees cover all Fall 2026 ILCA training weekends as well as coaching and support at SAISA Cressy Qualifier, Halloween Howler, US Sailing Thanksgiving Training Camp, District 13 Championships, and the International Orange Bowl Regatta. LYC will also attend Youth Championships in California and Cressy Nationals, but those regattas include an additional program fee.

Fall Program Fee:

LYC Member: \$1,683.00

Non-Member: \$2,550.00

All fees are due prior to sailors attending the Fall Session.



Fall 2026 Regatta Schedule

[High School SAISA Cressy Qualifier](#)

Sarasota Youth Sailing- Sarasota, FL, USA

September 26-27, 2026

[US Sailing Youth Championships](#) ([List of Qualified Sailors](#))

Alamitos Bay Yacht Club- Long Beach, CA

October 9-12, 2026

Halloween Howler Regatta

Coconut Grove Sailing Club- Miami, FL, USA

October 24-25, 2026

[High School Cressy Singlehanded Championship](#)

American Yacht Club- Rye, NY, USA

October 31-November 1, 2026

[ILCA District 13 Championships](#)

St. Petersburg YC, St. Petersburg, FL, USA

December 6-7, 2026

Pre-Orange Bowl Clinic (Additional Program Fee)

US Sailing Center, Miami, FL, USA

December 19-20, 22-23

International Orange Bowl Regatta

Coral Reef Yacht Club, Miami, FL, USA

December 26-30, 2026

LYC ILCA Trailer and Towing Policy

Space is limited at LYC. If you plan to bring your boat on a trailer, please contact the Sailing Director at least one week prior to arrival so we can help coordinate space and logistics.

LYC ILCA trailers are reserved for LYC Member sailors attending regattas, and we are always happy to accommodate YSG sailors as space allows. Trailer spots are assigned on a first-come, first-served basis.

To ensure safety and efficiency, sailors and families are responsible for loading and securing their own boats and equipment on trailers. LYC coaches cannot load or strap personal boats.

ILCA dinghy insurance is strongly recommended. LYC is not responsible for damage during loading, unloading, or transport.

LYC Regatta Sign-Up Sheet Policy

Our regatta sign-up sheets help us plan the best coaching support, safe sailor-to-coach ratios, and efficient event logistics. Each event includes a Sign-Up/Drop Deadline.

If a sailor is added or removed after the posted deadline, a fee will apply. Families must update the sheet themselves—emails or conversations with LYC staff do not replace official signup changes.

LYC Dry Storage Policy

We offer organized ILCA dry storage at \$45 per month for sailors enrolled in the Program.

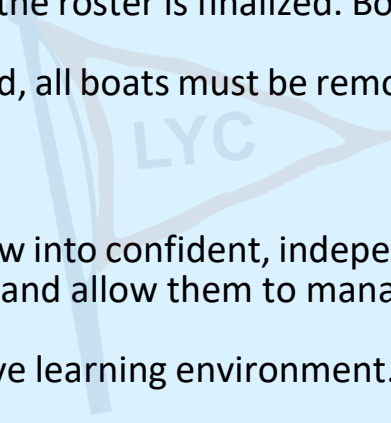
Rack assignments are made when the roster is finalized. Boat owners must keep their area tidy.

If the LYC Hurricane Plan is enacted, all boats must be removed. In a tropical storm plan, boats must be secured on-site.

LYC Supportive Parent Policy

Our ILCA program helps sailors grow into confident, independent athletes. Parents should drop sailors outside the boat park and allow them to manage their own gear and rigging.

Coaches focus on creating a positive learning environment. The ILCA Chair or Sailing Director can address questions.



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