



LAUDERDALE YACHT CLUB SPRING 2023 ILCA PROGRAM

The Lauderdale Yacht Club ILCA Team is once again excited about our Spring 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 fall program with many championship wins, including Cressy Nationals wins in both the ILCA6 and 7.

Erika Reineke will also coach at times over the spring, and we will have other top-notch coaches lend a hand at larger regattas, such as LOCR, COCR and Midwinters. 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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Lauderdale Yacht Club Spring 2022 Schedule Explained

OVERVIEW:

The LYC Laser Spring schedule is focused on training to set the Team up for success over the summer. Included in up front Program Fees are all practice weekends at LYC, Lauderdale Sailing Series, Clearwater Sailing Series, Midwinters East and Miami Sailing Week.

We will continue the PayGo Program with a \$200 registration fee, \$150 per day practice rate, with added fees for regattas including Lauderdale Sailing Series (\$600), Clearwater Sailing Series (\$900), Midwinters East (\$750) and Miami Sailing Week (\$300).

SPRING PLAN:

The first practice weekend is January 7-8 to begin training for the Lauderdale Sailing Series Jan 14-16. There will be two practice weekends between LSS and Clearwater Sailing Series and one weekend of practice between CSS and Mids East.

There is no practice February 25-26 due to Nacra 15 World Championships at LYC.

Miami Sailing week is March 18-19. The **Commodore's Cup at LYC** will be April 1st. This is an annual one-day regatta with the top three and the winner of the Commodore's Cup to be awarded the coveted perpetual trophy at the **Change of Command Fleet Review April 23rd**.

There is no practice April 16 as it is Easter Sunday. We will have regular practices from April 22-the final practice May 6th.

April 23 is the Change of Command/Fleet Review when the Commodore's Cup trophies will be presented.

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 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. Please see the program waiver for details.



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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.

PROGRAM FEES FOR SPRING SESSION

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

LYC Member \$1,485.00

Non-Member \$2,250.00

PayGo:

PayGo Program Registration Fee \$200

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

PayGo Lauderdale Sailing Series Regatta Fee: \$600

PayGo Clearwater Sailing Series Regatta Fee: \$900

PayGo Midwinters East Regatta Fee: \$750

PayGo Miami Sailing Week Regatta Fee: \$300

PayGo Per Day Practice Sailing Fee: \$150

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.

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.**

