




LYC ILCA PROGRAM

SPRING 2024

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 \$100/month 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. Erik and Sophia had a very successful summer and fall including a qualification for Youth Worlds, a National Championship win, and a top 10 finish at the U21 Worlds!
- Erika Reineke will also be attending practices. She will simultaneously coach and compete against the squad as she continues her quest for gold at the 2024 Olympics!
- 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 6th. 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 2024:

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

- **Spring Program Fee:**
 - **LYC Member:** \$1,535.00
 - **Non-Member:** \$2,325.00
- **PayGo:**
 - **PayGo Program Registration Fee:** \$200
 - **PayGo Program Storage:** \$100/month Starting January 1st, 2024
 - **PayGo LOCR:** \$900
 - **PayGo Midwinters East:** \$900
 - **PayGo Boomerang Regatta:** \$300
 - **PayGo Gulf Coast Championships:** \$800
 - **PayGo Mids West:** TBD
 - **PayGo Per Day Practice/Minimum Per Day Clinic Sailing Fee:** \$150

NOTE: ALL SAILORS MUST COMPLETE REGISTRATION PRIOR TO SAILING