



**LAUDERDALE YACHT CLUB
1725 SE 12TH STREET
FORT LAUDERDALE, FL 33316**

2017 FALL HIGH PERFORMANCE TEAM APPLICATION

*EMAIL YOUR APPLICATION TO JOHN.CASEY@LYC.ORG AND ERIKAREINEKEE@GMAIL.COM.
RACE TEAM REGISTRATION AND APPLICATION REQUIRED BEFORE TRYOUTS BEGIN
SEPTEMBER 2ND. HPT LIMITED TO 6 SAILORS.
HPT SURCHARGE \$400-\$480 BASED ON THE NUMBER OF PARTICIPANTS.
<http://www.regattanetwork.com/event/14979>*

NAME:

AGE:

GRADE:

1. LIST YOUR MAJOR REGATTA RESULTS AND FLEET FROM THE PAST THREE YEARS.

2. DESCRIBE YOUR GOALS IN SAILING. WHAT DO YOU HOPE TO REALISTICALLY ACHIEVE IN THE NEXT THREE YEARS. WHAT STEPS DO YOU PLAN TO TAKE?

3. LIST THE CLUBS/TEAM YOU HAVE SAILED WITH IN THE PAST.

ALL ATHLETES SELECTED TO THE HIGH PERFORMANCE TEAM MUST TAKE A PROFESSIONAL APPROACH TO THEIR SAILING WITH THEIR PHYSICAL FITNESS, DIET, NUTRITION, EQUIPMENT AND ORGANIZATION.