



LYC 2017 Fall Laser Program

The Lauderdale Yacht Club is proud to announce the 2017 Fall Session of its Junior Laser Program. The LYC Laser Program has been a huge success offering ocean sailing with three supported teams.

The LYC Laser Program is not a learn-to-sail program. All sailors must have sufficient dinghy sailing experience. Most practice sessions are held in open water in the Atlantic Ocean. All decisions regarding program admission and safety will be made by the coaching staff and Sailing Director and are final. Certain weather conditions may require the coaching staff to restrict certain practices for safety reasons.

LYC provides laser storage at the on-site sailing center for \$25 per month. Members of the team will be responsible for arranging their housing for training sessions and supported events.

HIGH PERFORMANCE TEAM

The High Performance Team sailors will train and practice under the direction of Erika Reineke. To participate, accepted sailors must attend the weekend training sessions, complete a vigorous conditioning program, and participate in the supported regattas. The Team's central focus will be advanced preparation for top Laser National, Olympic Class and International events. Sailors will develop the skills and the confidence to rank among the best in the world. The HPT trains on most weekends with the Race Team. Three practice weekends and four supported regattas will be coached by Erika solely for the HPT.

Team selection includes an application, fitness test and ocean racing. Selection for this team will be held on September 2nd and 3rd. The team is limited to 6 sailors. All sailors trying out for the HPT need to be registered and paid in full for the Race Team before September 2nd. The High Performance Team will be announced on September 5th.

Surcharge for the HPT

6 sailors \$400

5 sailors \$480

<http://www.erikareineke.com>



LASER RACE TEAM

The Race Team for Radial and Full Rigs begins Labor Day Weekend, September 2-3, and ends with the Orange Bowl Regatta in December. Practices will be combined with Erika Reineke and the HPT for most weekends. John Casey and other top level coaches will supplement the practices and coach the Race Team at regattas.

The Race Team supports five regattas included in the fall session, the Cressy Qualifier in September, Cressy Cup in October, Naples Cup in November, District 13 and Orange Bowl in December. Practice will be held on Saturday and Sundays from 10am to 5pm.

Registration and calendar can be found on Regatta Network

<http://www.regattanetwork.com/event/14979>

LYC Member \$825

Non-Member \$1250

Pay-In Sailors \$75 per day (practice only)



4.7/RADIAL TYRO TEAM

The LYC Tyro Team supports beginner radial and 4.7 sailors. This team coached by Bobby Noonan will focus on skills needed to advance to the next level. The Tyro Team begins on Labor Day Weekend and ends with Orange Bowl in December. Practice will be held on Saturday and Sundays from 10am to 5pm. The Tyro Team supports five regattas included in the fall session, the Cressy Qualifier in September, River Romp in October, Naples Cup in November, District 13 and Orange Bowl in December. All sailors are required to provide their own boats unless prior arrangements are made to charter a club laser. Contact JC for charter information john.casey@lyc.org



Registration and calendar on Regatta Network <http://www.regattanetwork.com/event/14980>

LYC Member \$825

Non-Member \$1250

Pay-In Sailors \$75 per day (practice only)

All session fees are nonrefundable. Please send any questions via email to Anne Streater annestreater@cs.com or John Casey LYC Sailing Director john.casey@lyc.org.

Please forward this email to anyone you think might be interested in joining the program. You are on this list for previous participation or enquiry of our program and if you would like to be removed from the 'Laser e-mail list' let me know.