



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

2018 SPRING HIGH PERFORMANCE TEAM APPLICATION

EMAIL YOUR APPLICATION TO JOHN.CASEY@LYC.ORG AND ERIKAREINEKEE@GMAIL.COM.

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.