



LYC 2018 Spring Laser Program

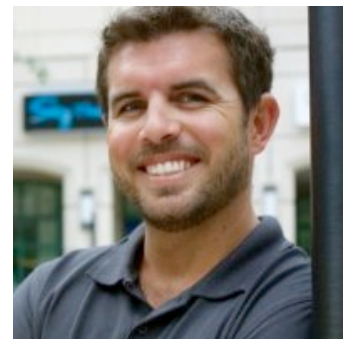
After a very successful Fall Laser season The Lauderdale Yacht Club Laser Program is excited to announce our Spring Program which will begin January 6th.

As in the past this program will continue to support sailors with proficient boat handling skills who are ready to race. **The LYC Laser Program is not a learn-to-sail program.** Training sessions are held in open water in the Atlantic Ocean. LYC provides Laser storage at the on-site sailing center. Members of the team are responsible for arranging housing for training sessions and supported events.

4.7/RADIAL TYRO TEAM

This team is designed for:

- sailors transitioning into the Laser 4.7 or Laser Radial
- sailors who are working on boat handling and basic maneuvers in the Laser.
- sailors who require experience to train effectively and safely in open ocean conditions above 15 knots.



This team, coached by Bobby Noonan, will focus on skills needed to advance to the Race Team. Training for the Tyro Team will start January 6th and end May 6th. Practice will be held on the weekends from 10am to 5pm. The Tyro Team supports four regattas, LOCR/Atlantic Coast Championship, Boomerang Regatta, Laser Midwinters East and Gulf Coast Championship.

All sailors are required to provide their own boats unless prior arrangements are made to charter a club laser.

LASER RACE TEAM

The Race Team is designed for:

- sailors who have demonstrated and mastered proficiency in all basic boat handling and maneuvers in a Laser Radial / Full Rig.
- sailors who are ready for rig tuning, race tactics and starting techniques.
- 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.



Training for the Race Team begins January 6th and ends May 6th. John Casey and other top level instructors will coach the Race Team for practice weekends and regattas. Select Race Team sailors will train with the High Performance Team. The Race Team supports four regattas for the spring session, LOCR/Atlantic Coast Championship, Boomerang Regatta, Laser Midwinters East and Gulf Coast Championship. Practice will be held on the weekends from 10am to 5pm.

HIGH PERFORMANCE TEAM

The High Performance Team is designed for:

- sailors looking to take their racing skill set to a world class level.
- sailors preparing for top level national and international competition.
- sailors ready to learn high level race strategy and race tactics.
- sailors who are willing to commit to a physical fitness program and frequent fitness tests.
- sailors who can demonstrate an advanced level of commitment to training and regatta competition.



The High Performance Team sailors will train under the direction of Erika Reineke. This is an invitation only team based on performance, results, fitness and application. To participate, accepted sailors must attend weekend training sessions, complete program and pass fitness tests, and participate in the supported regattas. The High Performance Team supports 4 regattas for the spring session, LOCR/ACC's, Boomerang, Youth World Qualifier in Texas and GCC's. The HPT trains on the weekends with the Race Team. The supported regattas will be coached by Erika solely for the HPT.

**Team allocation is at the sole discretion of the Sailing Director and Coaches.
New sailors to the program should apply to Tyro Team.
Placement is strictly performance based.**

PROGRAM FEES FOR SPRING SESSION

LYC Member \$825

Non-Member \$1250

Registration and calendar can be found on Regatta Network

<http://www.regattanetwork.com/event/15684>

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. 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.