



## LYC 2018 Fall Laser Program

The Lauderdale Yacht Club Laser Program is excited to announce our Fall Program which will begin September 1 and end with the International Orange Bowl Regatta in December.

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. Practice will be held on the weekends from 10am to 5pm on Saturdays and 9am to 4pm on Sundays. The Tyro Team will support four regattas in the fall: River Romp, Naples Cup, District 13's and Orange Bowl. All sailors are required to provide their own boats. New sailors to our program should apply to this team.

### 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.

**Erika Reineke** and **Erik Bowers** will coach the Race Team for practice weekends and regattas. The Race Team supports four regattas for the fall session: Cressy Qualifier, Naples Cup, District 13's and Orange Bowl. Practice will be held on the Saturdays from 10am to 5pm and on Sundays from 9am to 4pm.

We are excited that Erik is joining our coaching team in the fall. He is coming with an impressive level of racing and coaching experience and is looking forward to sharing his love of sailing with our team. He has trained with some of the top coaches in the sport and, like Erika has competed against the best international sailors.



### **REGATTA HIGH PERFORMANCE TEAM**

Prior to each LYC supported regatta the Race Team coaches will choose 6 sailors from the Race Team to form the **Regatta High Performance Team**. This team will be coached exclusively by **Erika Reineke** at regattas only. Selection for this team will be based on:

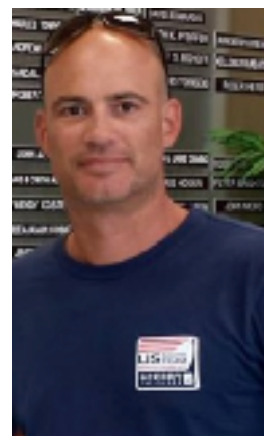
- attendance at recent practice sessions
- effort and commitment demonstrated
- level of physical fitness
- respect for coaches and fellow teammates

This team is designed for:

- sailors ready to learn high level race strategy and race tactics.
- 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.



The Laser Team will continue to be steered by the experienced hand of our Sailing Directory, **John Casey**. John will oversee all coaching and curriculum planning and ensure smooth execution and follow up of all training sessions as well as all regatta planning and preparation.



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.**

**EFFECTIVE SEPTEMBER 1 ,2018 - ALL YOUTH SAILING GUESTS MUST BE  
SPONSORED BY AN LYC FULL VOTING MEMBER.**

**Please contact the Laser Chair should you need assistance with this policy.**

### **LYC LASER TRAILER AND TOWING POLICY**

The LYC trailer will be reserved for LYC member sailors attending regattas. Should there be an available spot for a YSG sailor it will be allocated on a first come, first served basis. Should you be willing to tow your sailor is automatically allocated a spot on the trailer. Tow drivers are reimbursed .25 per mile and credited to the LYC member or YSG account.

All sailors are responsible for loading, transporting and unloading their own boats. All boats need to be unloaded at the club within 24 hours after arrival back at LYC. If you need offsite storage for your trailer please contact the Laser Chair.

Laser insurance is strongly advised. LYC is not liable for any damage incurred during loading/ unloading or transport. Please see the program waiver for details.

### **LYC SUPPORTIVE PARENT POLICY**

LYC Laser coaches strongly encourage sailors to take full responsibility of their boat, gear and their sailing in general. We ask that you drop your sailor outside the boat park and respect the parameters that our coaches have set. Any concerns or questions should be directed to the Laser Chair or Sailing Director.

**Parents are not permitted to call or email coaches directly.**

There will be a fall parent meeting with the LYC Sailing Director, Fleet Captain and Laser Chair on **Saturday September 8th at 11am.** Attendance is strongly encouraged as key information will be communicated about the program. (Also a great opportunity to meet other Laser parents!)

## **PROGRAM FEES FOR FALL SESSION**

**LYC Member \$825**

**Non-Member YSG \$1325**

*Registration and calendar can be found on Regatta Network*

<http://www.regattanetwork.com/event/16709>

*All decisions regarding program admission and safety will be made by the coaching staff and Sailing Director. 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 Louise Cole-Reeser [louisecolereeser@gmail.com](mailto:louisecolereeser@gmail.com) or John Casey LYC Sailing Director [john.casey@lyc.org](mailto:john.casey@lyc.org).*