

May, 2006

Volume I, Issue IV

Editor: Laura Stokley

Racer



North Coast Women's Sailing Association

2006

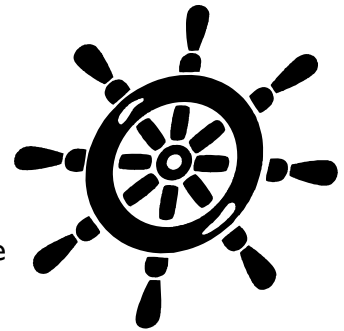
2006 NCWSA
Racing Series:

- June 6 - Practice race
- June 13 - First race
- June 20 - Cleveland Race Week Women's Event
- June 27
- July 11
- July 25
- August 8
- August 22
- August 29
- Sept 5 (make-up)
- Sept 9 - NCWSA Regatta

RACING SERIES

**A Message from the Commodore,
Dianne Kube**

Are you ready to go racing? We're getting very close to the sailing racing season that we have spent the last six months looking forward to. It's an exciting time now, with a lot of boat work and preparations underway for May launchings. We had a good showing at the 'Meet the Fleet' meeting in April – it was a cool social time, and we ate almost all the pizza and didn't quite finish off the beer. The race co-chairs and all our fleet captains were kept busy with boat and crew assignments, and our membership table was busy, too! We have added a new Dragon Fleet to NCWSA's line-up, and should also have an active Cruising Fleet this summer.



(Continued on page 3)

General Membership Meetings:

First Tuesday of the month 7:30-9:00

- **May 9** —Sally Barkow "TEAM BUILDING"
- **May 16, 23, 30 (6-8 pm)** "INTRO TO RACING SERIES"
- **Oct**—AWARDS NIGHT
- **Nov** —TBA
- **Dec**—HOLIDAY PARTY

Please turn in your crew resumes, and all your paperwork for the racing season! We want to get everyone on a boat. So, if you aren't already assigned to a team, this crew resume is the way to make sure we have your name and preferences. If you are on a boat already, this paperwork is just how we keep track of you all! We'd like everyone to have your NCWSA membership up to date, and liability, medical etc. in by **May 9th**! The forms can be downloaded from www.ncwsa.net. Bring them when you come to hear Sally Barkow!!

A Note from Vice Commodore ...

Merchandise Update: Well, we had a sampling of some of the GREAT new NCWSA Merchandise! We will be open for business on May 9th! Get ready to go shopping!

CSA Reminder: The Cleveland Sailing Association Women's Series is held on Friday evenings. Women's teams are invited to participate in the entire Championship Series or the City Series which consists of the races in the immediate Cleveland area. The CSA Women's Series is a LOT of Fun and a great way to get more involved, meet people and get more racing in! Fleets include PHRF, JAM and ONE Design with at least five boats registered to a fleet.

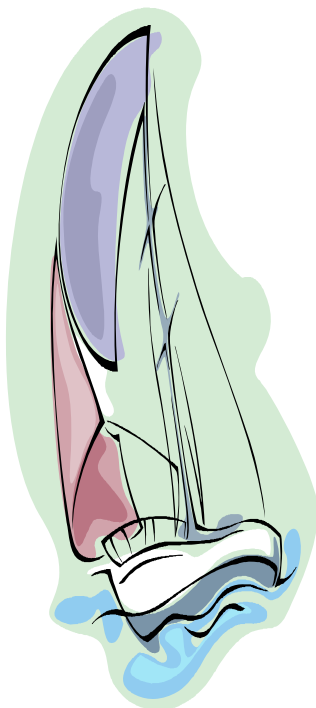
The Schedule is:

- June 9th - Mentor Harbor
- June 20 - Edgewater Yacht Club CRW Women's Race (City Series)
- July 7 - Forest City Princess Pat (City Series)
- July 14 - Lakeside Yacht Club (City Series)
- July 21 - Cleveland Yacht Club Leukemia Cup (City Series)
- Aug 4 - Lorain Sailing Club
- Aug 25 - Grand River Sailing Club

Visit www.clevsail.com for Notice of Race, schedule and registration forms. There is no registration fee for Women's Teams THANKS TO NCWSA'S GENEROUS SPONSORSHIP TO CSA!

~Connie Agnero

Race Committee Volunteers Needed To Fulfill Our Responsibility to EYC...



One of my responsibilities as Member-at-Large is to recruit volunteers for Race Committee for Edgewater Yacht Club. Every fleet of Edgewater is assigned certain dates that they are responsible for recruiting volunteers.

Race Committee is a great way to learn the starting sequence and how important it is to have a great start. It is also a great place to get a good perspective on how each boat maneuvers to get that good start.

This duty is very important and should not be taken lightly. NCWSA has been assigned the following dates and needs two people per date:

June 11th,	June 18th	September 4th
June 17th,	August 13th	September 24th

The NCWSA fleet captains will be in charge of recruiting two people from each fleet to make this commitment. Please look at your calendar and let either your fleet captain or myself know what you can commit to. Once you sign up, you will be committed to that date. If this date becomes impossible to make due to unforeseen events, please give me one week's notice so that I can replace you.

~Katrina Posedel

A Message from the Commodore

(from page 1)

More good news is that Jim Titgemeyer is the PRO for our 2006 season. Along with Joe Volter, they are going to set up and run two complete courses for us – one for the PHRF and JAM boats, and one for the One-Design fleets. Each course will be started on time (weather permitting, of course) with a 6:50 warning gun. A really positive aspect of the new configuration will be that we can shoot for more than one race per evening. My feeling is that things are falling so well into place that we are going to have one of the best racing evenings at EYC this summer!

Remember, one of the more difficult assignments we all have is to get our required paperwork filled out and turned in (sorry). All those forms can be found on our website – www.ncwsa.net (as well as the race dates, and a whole lot of other good information). In fact, the NCWSA Notice of Race is now posted there, too! Much more on this summer's racing is in this newsletter.

Our last official general membership meeting will be Tuesday, May 9th, (same time and place) with a very special visit from a very famous woman sailor - Sally Barkow. Sally will talk on the theme of 'Team Building' – a great way to kick-off the racing season.

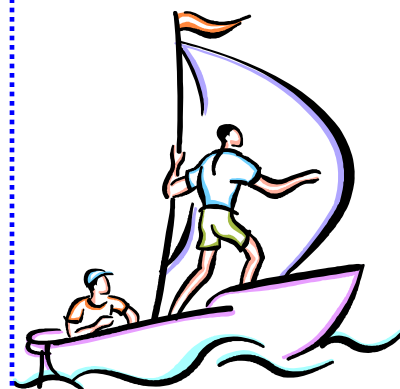
Laura Goldberg will be teaching the 'Beginner Racing Series' in May – three consecutive Tuesday evenings, May 16th, 23rd, and 30th. For those that haven't raced before, just don't miss this great opportunity, as she has a wonderful agenda prepared. This will also be a timely refresher course for those with only a few seasons under your belt. Sign up so she can prepare materials for everyone.

Ladies, start preparing to volunteer this season! Did you know that this summer is the Summer of Championships at Edgewater Yacht Club? We will have four national championship competitions here in 2006, which is pretty darn amazing. So, please plan to help all you can, in whatever capacity you can, for these major events. PLUS – Cleveland Race Week. Stay involved with your major passion!! All of these events need help - from pouring beer to race committee, and a lot in between. Did I mention Race Committee? NCWSA now knows the dates that we need to provide bodies for Edgewater Race Committee Duty. Edgewater is so generous in its help for our racing series, we need to willingly pay back -- it's the least we can do. I encourage our newest members of each fleet to jump on board for this opportunity to really learn and understand racing better – and, it tends to be a lot of fun, too!

~ **Dianne Kube**

NCWSA RACE COMMITTEE **IS ACTIVELY SEEKING VOLUNTEERS**

We need four or five dedicated and reliable people to help with our every-other-Tuesday evening racing series - on the committee boats, *Signal* and *Ark*, and the mark boat, *Racer Chaser*. This is an open appeal for any NCWSA member that won't be racing in a fleet this summer, or any interested EYC member, or any friends and family of NCWSA! [Experience not necessary](#), a spirit of adventure is a plus! Contact NCWSA Racing Chairs Mary Dodge or Beth Paganini at: mdodge@parker.com or paganib@comcast.net.



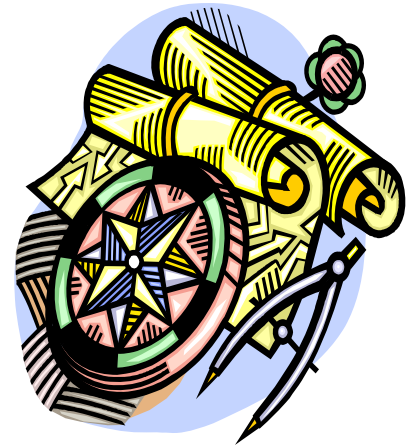
Beginner Racing Education Series

Outline of Objectives: Questions: email Lauraddunn@yahoo.com

Week 1: May 16th, 6 - 8 pm @ EYC Clubhouse

Speaker: Laura Goldberg

- Basics of Boat Parts and Sailing Terminology
- Understanding Wind Part I
 - Points of Sail
 - Upwind Sailing
 - Downwind sailing
 - Reaching
 - Changing Direction
 - Tacking (wind crosses bow)
 - Gybing (wind crosses stern)



Week 2: May 23rd, 6 - 8 pm @ EYC Clubhouse

Speaker: Rob Rowlands

- Review of Week 1 Basics by Laura Goldberg
- Introduction to Racing by Rob Rowlands
 - Starts
 - Right of Way Rules
 - Around the Buoys
- Understanding Wind Part II
 - The basics of wind shifts

Week 3: May 30th, 6 - 8 pm on EYC Clubhouse Patio

Teachers: Warren Duckworth, John Needles, Laura Goldberg

- Introduction to Boats
 - Review of Rigging
 - Knot tying with Warren Duckworth and John Needles
 - Bowline
 - Figure 8
 - Square knot
 - Cleat Hitch
- Safety Issues
 - Man-Overboard
- Demonstration (weather permitting)
 - Tack
 - Gybe
 - Man-Overboard (MOB)

Available Boats:

ENSIGN: Wes Kroeze "Onrust"
DRAGON ??
J-24 ??
PHRF ??

~Laura Goldberg

Education ...

Hey all you racers out there! Spring has definitely arrived, and we are so fortunate to have another special guest scheduled for our May meeting! Sally Barkow is coming **May 9th!**

Note the special date! Our May meeting will be on the **second Tuesday**, instead of the first Tuesday of the month, so we can welcome Sally Barkow! She is one of the up-and-coming sailing stars! Named Rolex Yachtswoman of the Year for 2006, we are very excited to have her come and talk to us about 'Building a Team to Success'! She is hoping to have a video of her Olympic team to show. It would be terrific if we could assist in her Olympic Campaign for 2008 with some free will donations while she is here! How great it will feel when we see her on TV in Beijing two years from now to know that we helped her get there!

~Pat Metzler

Summer Racing Update ...

Now we've started matching boats with crews, we've turned our attention to the race course(s). As we announced in April, Jim Titgemeyer will serve as our PRO. Plans are falling into place as we begin to find out how many fleets and boats are participating.

We have planned an aggressive and challenging racing program this year. Our goal is to be organized, efficient and as accommodating to the fleets' wishes as we can. Our starts will be on time (first warning 6:50) and we'll be dedicated to getting in as many races as we can.

Our plan is to run two race courses. One will be for the One-Design fleets, and Joe Volter has agreed to run the PHRF and JAM courses on the fixed race marks. As we're getting to know what each fleet wants from NCWSA racing, Jim and Joe will work with us. One-Design boats will have their favored windward-leeward course. More details on the course configurations will come from your fleet captains.

Please join us in welcoming the Dragon fleet to NCWSA this year. The Dragon is a technically challenging boat that requires a fairly high skill level, and only a couple women can crew with the boat owner/coach, but we're optimistic that this will be a good addition.

The 2006 Notice of Race is now posted on our web site -- www.ncwsa.net. Please check it out and let us know if you have any questions or comments. Members are encouraged to forward their comments on these changes to mdodge@parker.com or paganib@comcast.net.

Beth Paganini & Mary Dodge



Social Schedule and Food for Race Nites ...

We have a great season of racing scheduled!

***"Looking forward to meeting you
on and off the race course!"***

~Linda Schafer

[Sally Barkow is coming to our May 9th meeting!](#)

Important Note: The May meeting is scheduled for the second Tuesday for May only.

(Laura Goldberg will be leading the beginning sailing seminars on other Tuesdays in May.)

Sally is a native of Chenequa, WI, and a graduate of Old Dominion University ('02) in Norfolk, VA. Her list of sailing accomplishments is extensive including three-time Collegiate All-American, winning the 2003 Rolex Championships, the

2004 Women's Match Race Championships, and finishing 2005 by being named US Sailing's Rolex Yachtswoman of the year. Already this year, she has finished second in Miami in the Yngling NA Championships and first in the Yngling Rolex OCR.



Sally Barkow!



As skipper of Team7 Sailing, she is committed to sailing full time. When not traveling around the world, she is back in Wisconsin, practicing massage therapy and coaching sailing. She and her team are campaigning for the 2008 Olympics, and it will be great to have her here to talk about 'Team Building'.

In addition to the accomplishments listed above, Sally and her teammates Debbie Capozzi and Carrie Howe, were named US Sailing's Team of 2005.

We are so very fortunate to be able to have her here in Cleveland! We hope to be able to collect some free will donations at the May meeting to help her Olympic Campaign for Beijing in 2008. It will feel great to be a part of seeing her compete!

Visit www.ncwsa.net often to find out all your NCWSA information. Current events, racing news, meetings, schedules, forms and much more! Please send your NCWSA pictures to post to dmkube@adelphia.net, also!

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RACER

*Want to receive RACER by email?
Send an email to ncwsaracer@yahoo.com*

~ to encourage women to become more actively involved in sailboat racing through regattas and clinics, and to create a spirit of good fellowship among members.

NCWSA Mission Statement

