

April 2007

# NCWSA Racer

COME TO THE MEETING TUESDAY, APRIL 3, 2007 AT 7:30. WE HOPE TO SEE YOU!

## Commodore's corner

Time is fleeting and we will soon be out on the water racing! Our Meet the Fleet Evening on April 3 will provide an opportunity to learn about the different racing fleets in NCWSA, meet others in those fleets, and select teams for sailing this summer. Many Thanks to Race Chairs Mary Dodge and Kelly Kimble for the hard work they have been putting in to get everything ready for our season.

Our Work-Out sessions will continue each weekend through the end of April. Many thanks go out to Denise Messerman for donating her time to train us and get us in shape. The \$20 participation fee for the Work-Out sessions will go to the NCWSA Competition Fund. Remember that if you are planning to travel to a regatta, you can apply for a Competition Fund grant for up to \$250 to help with expenses. One granted is awarded each quarter. The first quarter will end March 31st. Deadline for the second quarter of this year is June 30th. Competition Fund forms are available on the NCWSA website at ncwsa.net.

At our last meeting Doug Moose, from Sailing Inc., provided lots of great information for getting the boats fit for racing. Many THANKS to Doug! With the spring weather we have there is a flurry of activity getting the covers off of boats and starting to work on them. KUDOS... to NCWSA members who have worked with their boat owners to help get the boat ready. Please contact your boat owner to see if there is anything you can do to help him/her to get the boat ready!

I am pleased to announce that our NCWSA By-Law amendment was approved by a majority vote at our February meeting. The Revised By-Laws will be published on the website, sent by email and available at the General Membership Meeting.

Be sure to get your membership renewed at the April Meeting and check out all of the great new merchandise that VC Beth Pagani has available.

Looking forward to seeing everyone on April 3rd at 7:30 pm.

— *Connie Aguero*  
NCWSA Commodore

## Note from the esteemed vice-commodore

Just a friendly reminder to come prepared to look at some new and exciting merchandise that we have to offer for the 2007 Racing Season. I can't promise that if you buy something it will help you win a race... But what I can promise, is no matter what, you will look great!! By the way... If you do win, it is totally because of the new stuff you purchased!!

—*Beth P.*



# Get fit for racing

We had a great first workout session ( five more to go) with Denise Messerman. Denise led us through stretching techniques, muscle toning with weights for upper body, chest and back, lower body...lunges and abdomen...crunches! The total workout is about an hour long. We had nine attendees...but have room for more! Please join us!  
Here are the dates:



Sunday March 25  
Saturday, March 31  
Saturday, April 7  
Sunday, April 15  
Sunday, April 22  
( We've mixed up some Saturdays and Sundays for different schedules and EYC Club availability)

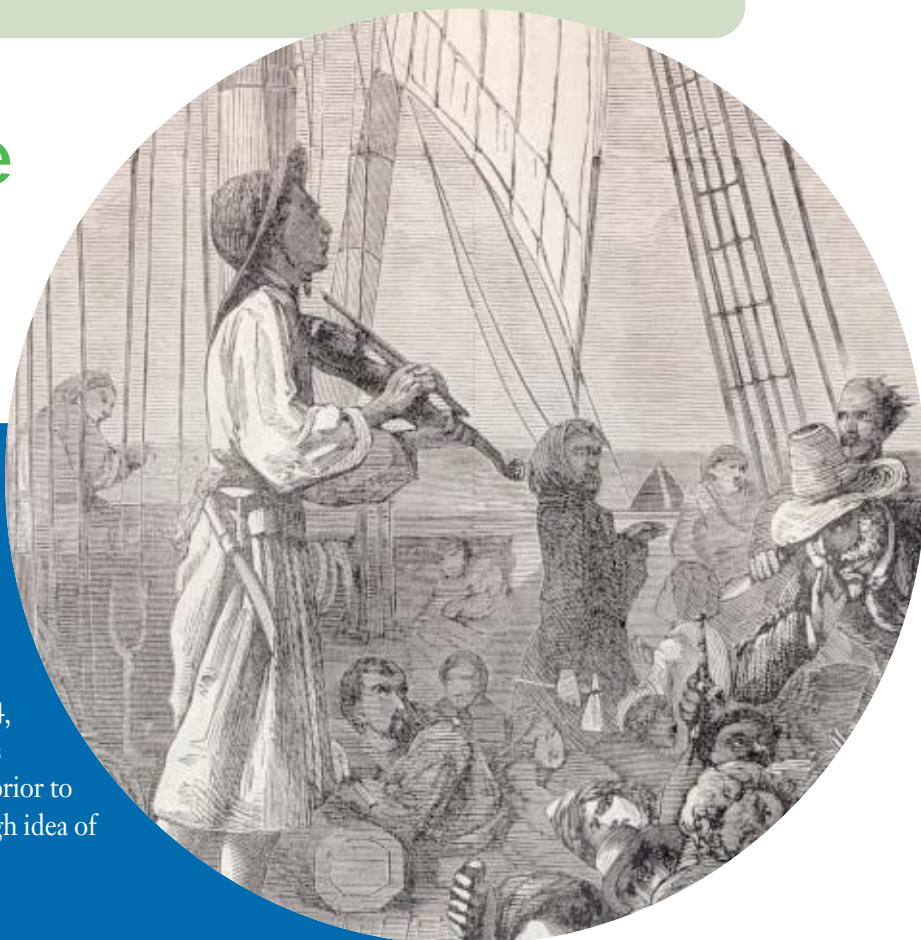
All Workout Sessions will start at 9:30 am.  
Please bring a towel or mat, 5lb hand

weights, a fitness ball and plenty of water.

Cost is \$20 per participant and includes all of the sessions. All proceeds go to the NCWSA Competition Fund.

## Meet the Fleet: It's on

Join us Tuesday, April 3 for Meet the fleets night for NCWSA at EYC at 7:30 p.m. Walk around and meet the fleet captains, skippers and crew members of different fleets. NCWSA has the potential to have six fleets: PHRF, JAM, Ensign, J24, J22 and Dragons. Return skippers should contact their fleet captain prior to the meeting so she can have a rough idea of how many boats will participate.



# Our fleet lineup and captains

## Fleet.....Captain

PHRF.....Pat Mahoney

JAM.....TBA (contact Mary or Kelly if interest)

Ensign.....Nancy Van Ginkel (Shroeder)

J24.....Cathy Newpher

J22.....TBA (contact Mary or Kelly if interest)

Dragon.....Elisabeth Eitel


Members who are interested in skippering for the first time should contact the appropriate fleet captain (if you have a prearranged boat) or if you have an interest but are open to certain types of boats contact a few fleet captains.

Members who are crew should make sure to fill out their crew resume in advance or pick one up at the meeting. Fleet captains and other perspective crew members will be able to talk about your opportunities within a fleet if they can see in a few minutes what type of experience you have. Don't be shy to talk about what your goals are for the season.

So join us and start figuring out who you'll be racing with this summer. We look forward to a good season with a lot of opportunities to become better racers.

—Mary & Kelly (*mdodge at parker.com & kkimble at metrohealth.org*)

## The 2007 schedule



The EWYC Trustees have  
approved our race dates!  
Here they are:

June 5••••• Practice  
June 12••••• Race 1  
June 19••••• Race 2  
June 26••••• Women's race\*  
July 10••••• Race 3  
July 24••••• Race 4  
August 7••••• Race 5  
August 21••••• Race 6  
August 28••••• Race 7  
September 4• Make up

Saturday in September, to be determined:  
NCWSA Regatta

\*This race is not a counter for NCWSA but we encourage all members to participate. It is the women's race sponsored by the Cleveland Sailing Association, as part of Cleveland Race Week. Skippers are responsible for signing up their boat, paying the separate race fee, and recruiting crew. NCWSA (a sponsor of the party) is responsible for recruiting race committee for the event —and encourages its members to race on that night.

## More sassy women in action

Please stay tuned for a future announcement of a guest speaker. We are hoping to secure a date for Anna Tunnicliffe to come and speak at EYC. A 2008 Olympic contender (and home-grown from Toledo, Ohio!), she is currently ranked third in the world in women's Laser sailing. This month, she won the Laser Midwinters East Championship, and was third at Mid-Winters in February. Check out her website at [www.annatunnicliffe.com](http://www.annatunnicliffe.com). Members and guests are always encouraged to attend.



## Reminder: Chair our Regatta in September!

Like to plan events? Consider being the chair of the NCWSA Regatta held in September. We are looking for one (possibly two) people to lead up this event. NCWSA picks the date in coordination with EYC and you plan the racing and the entertainment—and of course field all the phone calls. It's not as hard as sounds, so if you're interested contact Kelly Kimble at the general NCWSA email.

# A few notes from our own Bobbi "Unsinkable" Sundman

Now is a good time to take a look at your gear and make sure everything is in ship shape for the upcoming racing season. A great site to purchase new equipment, and my favorite overall, is **Annapolis Performance Sailing**. Check out their website at [www.apsltd.com](http://www.apsltd.com) They always have sales, and you can often replace those ratty gloves and stinky boots really cheap in their "blow out" section.

Do you know of other great websites or sources for sailing stuff? Why not let everyone know by e-mailing me @ [sailst7@aol.com](mailto:sailst7@aol.com) and I will post it in our next newsletter.

The Rolex International Women's Keelboat Championship, one of the highest profile women's regattas in the world, has moved its venue from Annapolis to Houston. The weeklong regatta will be held November 12-17 at the Houston Yacht Club in LaPorte, Texas. The most recent champion was Sally Barkow - - an Olympic hopeful, 2005 Yachtswomen of the Year, and friend to NCWSA!! This years Notice of Race has just become available. Check out the event website at [www.ussailing.org/riwkc](http://www.ussailing.org/riwkc) where you can register for e-mail updates and download the NOR.

— *Bobbi Sundman*  
*Public Relations*



# Match Racing at Edgewater YC 2007

Do You:

Want to make racing more exciting?  
Want to improve your rules knowledge?  
Want to improve your boat handling?

If you are ready for a challenge beyond fleet racing, join the J/22 and J/24 Classes for Saturday morning match racing this summer. The program starts Saturday, April 28 at 8:00 am with the first of four (8:00am-11:00am) on-shore Match Racing Fundamentals Clinics. Additional on-shore clinic dates are scheduled for May 5, 12 & 19. Each clinic session will cover a different aspect of match racing.

Match racing begins with three On-the-water practices, Saturday, June 2nd, 9th and 16th. Racing will continue Saturday, July 7th, from 8:00 to 11:00 am, and every Saturday following through the end of summer. Commitment to two consecutive on-water Saturdays by each team is required to take full advantage of the program, however, participation every Saturday all summer long is not necessary. Participants shall attend debriefs at the conclusion of each on-water session.

On-shore clinic participation is a prerequisite for all on-water match racing activities, unless the helmsperson has evidence of prior match racing or umpiring experience. Participants should have one-design racing experience and good working knowledge of the RRS.

The program requires participants to take part in all aspects of match racing - not only as competitors, but also as RC and on-the-water umpires. An investment in necessary match racing equipment will be required for helmspersons and a small program fee will be charged per head to pay for the fuel usage and materials.

J/22s can sail with 3 or 4 crew and use spinnakers. J/24s can sail with 4 or 5 crew and will use spinnakers and little jibs. Don't worry if you don't have crew, as there are many who will be looking for team to join up with.

Sign up is posted outside the office or email [nzangerle@yahoo.com](mailto:nzangerle@yahoo.com) for more information. Persons interested in just RC or umpiring are also welcomed. Please email Mike Dills at [mdills@lakeboats.com](mailto:mdills@lakeboats.com) if you are interested in only match race officiating.

— *Mike Dills & Nancy Zangerle*