



## Commodore's Corner

We hope you've had a great time sailing this summer! At least we got in more sailing by far than then we did last summer. Most nights the weather cooperated, and we had more scheduled time on the water.

Our sport is quite unique in that we have no referees, umpires, or judges on the water with us. It is the one sport where the competitors are expected to follow the rules, and play fair—even if no one is watching. In fact, the FIRST section in *The Racing Rules of Sailing* is called "Sportsmanship and the Rules." Rule #2, "FAIR SAILING," states that "boats and crews compete in compliance with recognized principles of sportsmanship and fair play."

Part of this is that ALL members of the crews should know the basics of the racing rules. It's not hard! The Rules are available online at [www.USSailing.org](http://www.USSailing.org) and you only need to read Parts 1 and 2. It's only 7 short pages. Make it a point to read this before you get on a boat next summer.



- Sherri Desmond, NCWSA Commodore

## NCWSA Meetings

7:30 First Tuesday of the Month

SEPTEMBER 12, 2009

**NCWSA Regatta!**  
Entry form and NOR Inside!

OCTOBER 6, 2009

**AWARDS**  
Get your nominations in!  
see page 7

NOVEMBER 3, 2009

Sue McDowell and crew on Tartan Ten NACS, WOW, and other summer events!

DECEMBER 1, 2009

**Holiday Party**

## 14th Annual NCWSA Regatta~ September 12, 2009

It's Regatta time! We've had a great season of racing and we hope the weather cooperates for our regatta on Saturday, September 12<sup>th</sup>. This event is open to all women skippers and crew of any PHRF rated, JAM boat, T-10, Dragon, Ensign, and J/22 class. Any class not listed may contact the organizers to request their class' inclusion. Participants do not have to be a member of NCWSA, so please invite other women sailors. Free dockage and trailer parking for non-EWYC members can be arranged in advance.

Please register in advance by completing the registration and participant waiver available at [www.ncwsa.net](http://www.ncwsa.net) and mailing them with the required fees by September 9, 2009 to:

North Coast Women's Sailing Association • P.O. Box 771502 • Lakewood, OH 44107

### Schedule of Events

#### Friday, September 11, 2009

6:00 p.m. -8:00 p.m. Skipper packets available  
\*Late registration due by 8:00 pm

#### Saturday, September 12, 2009

8:00 a.m. -9:00 a.m. Continental breakfast  
8:30 a.m. Skipper's meeting on the patio  
9:55 a.m. 1<sup>st</sup> warning signal (Up to 5 races)  
4:30 p.m. Awards;  
Dinner (purchase from the grill)

Please contact Sue McDowell at [heysue1058@yahoo.com](mailto:heysue1058@yahoo.com) or 440-465-7309 if you have any questions. See you at the Regatta!

## Race Results (as of August 18, 2009)

			June 16	July 7	July 14	July 28	August 4	August 18			
<b>Race:</b>			1	2	3	4	5	6	7	8	9
	<b>PHRF</b>	<b>Pts</b>									
1	Ja2	11	2	(3)	(8c)	2	1	1	1	2	2
1	Coyote	11	1	1	1	1	2	2	(3)	3	(4)
3	Lazy Lass	19	3	2	(8c)	5	3	3	2	1	(6)
4	Trivial Pursuit	32	6	4	2	3	(8c)	(8c)	8c	8c	1
5	Bonafide	39	4	(8s)	(8c)	6	4	4	8c	8c	5
6	Kamikaze Again	42	5	6f	(8c)	4	(8c)	8c	8c	8c	3
7	Shadow Fax	56	(8c)	(8c)	8c	8c	8c	8c	8c	8c	8c
<b>J-22</b>											
1	Devils Play	8	(6s)	(5c)	2	1	1	1	1	1	1
2	Hey Sue	11	1	1	1	(3)	(2)	2	2	2	2
3	Kiwi Spirit	21	2	3	3	2	(5c)	(5c)	4	3	4
4	Free Energy	24	3	2	4	(5c)	(5c)	5c	3	4	3
<b>Dragon</b>											
1	The Chauvinist	3	0c	0c	0c	(1)	1	0c	1	1	0c
2	Scamp	9	0c	0c	0c	(3c)	3c	0c	3c	3c	0c
<b>Ensign</b>											
1	MBSS Medalla	7	1	0c	2	1	(4c)	0c	1	1	1
2	Blue Meanie	13	2	0c	(3)	3	1	0c	2	2	3
3	Beau Noir	14	(5s)	0c	1	2	2	0c	4c	3	2
<b>JAM</b>											
1	Chip Ship	10	2	0c	1	1	2	0c	2	(8c)	2
2	Play It Again Sam	14	1	0c	(8c)	2	1	0c	1	8c	1
3	Vortex	20	(4)	0c	3	4	4	0c	3	2	4
4	Left Main	28	3	0c	2	7	3	0c	(8c)	8c	5
5	QQQQ	29	(5)	0c	4	5	5	0c	5	1	9q
6	Margarita Hunter	31	(7)	0c	5	6	7	0c	4	3	6
7	VertiCal	34	6	0c	(8c)	3	6	0c	8c	8c	3

**KEY:**

( ) = Thrown out

c = DNC (Did Not Compete)

a = average

s = DNS (Did Not Start)

% = Percent Penalty

f = DNF (Did Not Finish)

q = DSQ, OCS, RAF, DNE, DGM

t = TLE (Time Limit Expired)

DNQ = Not Qualified

b = BFD (Black Flag Disqualified)

*Thanks to Cathy Rakovan for scoring all our races!*

## Walk to Defeat ALS

Join "Patrollers for Beth" at the ALS walk on Sunday, September 13, 2009!

The annual "Walk to Defeat ALS" is just around the corner! Come join the fun and walk with fellow patrollers on team "Patrollers for Beth".



As many of BM/BW's patrollers know, one of our fellow ski patrollers (and NCWSA member), Beth Tyson-Fitzhugh, is courageously battling ALS. ALS (amyotrophic lateral sclerosis), often referred to as Lou Gehrig's Disease, is a progressive neuromuscular disease that slowly robs the body of its ability to walk, speak, swallow and breathe. The ALS Association provides research, counseling, equipment loans, support groups, and many other services to help patients battling this disease.

The walk will take place on **September 13, 2009** at the KSU Stark Campus in Canton, Ohio. The 2 ½ mile walk will begin at 10:00 a.m. If you are interested in joining the team, you can register at [www.alsaohio.org](http://www.alsaohio.org). Just click on the registration button, and search the team (Patrollers for Beth). The website will guide you through the rest of the process. Registration is free, and any funds that you raise will go towards fighting this disease.

If you aren't able to join, but would like to support the cause, you can make a donation at [www.alsaohio.org](http://www.alsaohio.org). Just click the donation button, and the website will guide you to find our team, "Patrollers for Beth".

The walk is a lot of fun. In the past BM/BW's walkers have included Tom Ciranna, Sara Finan, Michele Gil-lombardo, Patti Haupt, John Murphy, Nancy and Pat Reymann, Beth and Ned Tyson-Fitzhugh, Kris Weigel, and Phill, Yoko and Yuki Wyland, just to name a few!

If you have any questions, please contact Sara Finan at [ssa\\_nan@aol.com](mailto:ssa_nan@aol.com) or call her at 330-607-5255.

## Share the NOR!

Skippers! - I would like to suggest that you forward the Notice of Race to your crews, so they have an opportunity to read the NOR and understand why it is important, what information it contains, etc. You may also want to explain to your crew who prepares and publishes the NOR and explain the difference between the NOR and the SIs (which each skipper will receive just prior to racing).

Know your NOR!

*Cathy Newpher, NCWSA Education Chair*

## Looking for A FEW GOOD WOMEN...

...Who are willing to assist the Social Co-Chairs by volunteering to:

- Register boats Friday night (September 11), or Saturday morning (September 12),

AND/OR

- Help with purchasing food items for the Continental Breakfast the morning of the Regatta.

I am also in need of members to bring desserts to share after the Regatta. If you can help in any way, shape, or form, I can use you!

These volunteer positions will NOT hinder your racing commitment.

Please contact me: [whcskaren@yahoo.com](mailto:whcskaren@yahoo.com)

Thank You!

*Karen Lunka, Social Co-Chair*



**ENTRY FORM**  
**2009 NORTH COAST WOMEN'S REGATTA**  
**Edgewater Yacht Club**  
**September 12<sup>th</sup>, 2009**

Skipper's Name \_\_\_\_\_

Address \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Yacht Club Affiliation \_\_\_\_\_

Yacht Name \_\_\_\_\_

Sail # \_\_\_\_\_ Make or Class \_\_\_\_\_

Rating\* \_\_\_\_\_ if PHRF or JAM

\*Please enclose a valid rating certificate required for yachts racing PHRF or JAM and a signed participant waiver.

Racing Class: (circle one)

PHRF    JAM    T10    Ensign    Dragon    J/22    Other \_\_\_\_\_

US Sailing Member # \_\_\_\_\_

By September 9, 2008:	\$40 for US Sailing Members
	\$45 for non-US Sailing Members
After September 9, 2008:	\$50 for US Sailing Members
	\$55 for non-US Sailing Members

Please mail a check for the appropriate amount payable to NCWSA with this entry form. The deadline is September 11<sup>th</sup> at 8pm.

Mail to:  
North Coast Women's Sailing Association  
PO Box 771502  
Lakewood, OH 44107

-or-

Bring to Edgewater Yacht Club and drop it off at the office

## 2009 Participant Waiver

In order to participate in the North Coast Women's Regatta, each skipper must read and sign the following waiver.

Waiver must be received no later than 8pm September 11, 2009.

In consideration of allowing my boat to race in the North Coast Women's Regatta, I, the undersigned boat owner, or skipper, do hereby agree to abide by and be bound by The Racing Rules of Sailing, as issued by the International Sailing Federation and the Prescriptions of US Sailing, except as specifically changed or exempted by the published Notice of Race and the Sailing Instructions and any amendments thereto. I also do hereby waive release and cancel any and all claims which I may or hereafter have against the North Coast Women's Sailing Association, The Edgewater Yacht Club or US Sailing, their officers, trustees, members, employees, race administrator and any committee persons which do or does arise out of my participation or undertaking to participate in the North Coast Women's Regatta, except for acts which are not related to or necessary for this event. I will obtain and maintain appropriate liability insurance for damage or injury caused by my actions or negligence and I have read and understand Fundamental RRS 4 as to my being "... solely responsible for deciding whether or not to start or to continue racing."

\_\_\_\_\_  
Name of skipper (print)

\_\_\_\_\_  
Skipper's signature

Date

Emergency information (In the event of an emergency, please contact to following individual(s):

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

**NOTICE OF RACE**  
**NORTH COAST WOMEN'S REGATTA**  
**September 12, 2009**  
**Edgewater Yacht Club, Cleveland, Ohio**

1. Rules

- 1.1 The regatta will be governed by the 2009-2012 International Yacht Racing Rules, the prescriptions of the United States Sailing Association, the rules of the participating classes, except as any of these are changed by this Notice of Race or the Sailing Instructions.
- 1.2 J/22, Dragon, Ensign and T-10 Classes, the class association rules are modified as follows: rules concerning class membership, crew weight limitations, sail measurements and measurement certificates are waived.
- 1.3 PHRF-Lake Erie rules and rulings will apply to all PHRF and JAM rated boats. PHRF and JAM classes, entrants must submit a valid 2009 "PHRF LE" certificate by the registration deadline.
- 1.4 All class rules are modified to allow use of marine VHF radios, Loran and/or GPS.

2. Eligibility & Entry

- 2.1 The North Coast Women's Regatta is open to any PHRF rated JAM boat, T-10, J/22, Dragon, Ensign or PHRF, boat skippered and crewed by women. Any class not listed may contact the organizers to request their class' inclusion.
- 2.2 Owner or owner's representative may be on board the JAM, T-10, J/22, Dragon, Ensign or PHRF boats, but is not required. The owner or owner's representative may be male. If so, he must remain in a ballast neutral position and cannot in any way, except for emergency, physically participate. Verbal coaching is allowed.  
The JAM and PHRF fleets are allowed two coaches onboard.  
Coaches in the Dragon fleet may physically participate and or assist, except helming, during the race.
- 2.3 Each entry should be submitted on an entry form. The entry fee is \$40 for US Sailing Members and \$45 for non-US Sailing Members. The registration deadline is Sept. 9, 2009. A late fee of \$10 will be added for entries after Sept. 9, 2009.

3. Boats

The regatta will be sailed in JAM, J/22, Dragons, Ensigns, T-10 and PHRF on a "bring your own boat" basis. Some boats may be available for loan or charter. If you are interested, please see contact below.

4. Racing

Racing will take place on Lake Erie, north of Edgewater Yacht Club using fixed marks, tetrahedrons or a combination of both. Races will be sailed back-to-back with a maximum of five races. No race will start after 3:00pm.

5. Schedule of Events

Friday, Sept. 11th	6:00 – 8:00pm	Skipper's packets available *Late Registration due by 8:00 pm
Saturday, Sept. 12th	8:00am	Breakfast
	8:30am	Skipper's meeting (Class assignments available)
	9:55am	1st warning signal (up to 5 races)
	4:00pm	Awards & Dinner (purchase from the grill)

6. Scoring

- 6.1 The Low Point Scoring System will be used, rule A2 will apply. One race will constitute a series.
- 6.2 All race scores will count toward the series score. This changes RRS A2.

7. Awards

- 7.1 Awards will be presented at the regatta party following the races.
- 7.2 1st, 2nd, and 3rd places will be awarded for the fleets of 3 or more boats.

8. Guest Docking

- 8.1 Guest docks or trailer parking facilities will be assigned when the boat arrives at Edgewater Yacht Club. Visiting boats will be allowed to stay 2 days prior and after the regatta on September 12th, without any charge.
- 8.3 All boats should be properly equipped for rafting, if necessary.

9. Additional Information

Contact Sue McDowell at [heysue1058@yahoo.com](mailto:heysue1058@yahoo.com) or 440-465-7309 or visit [www.ncwsa.net](http://www.ncwsa.net).

## 2009 Crew Awards — Information about Nominations

The following is information regarding the 2009 NCWSA Crew Awards. Please submit your entries by **September 22** to [suzie.florence@yahoo.com](mailto:suzie.florence@yahoo.com) or [ccskoch@gmail.com](mailto:ccskoch@gmail.com). Just write a short paragraph or two about who you think deserve these awards, and why.

The NCWSA board will review the nominations and make the final decisions. Awards will be presented at the October 7 NCWSA Membership Meeting.

### NCWSA CREW AWARDS:

#### TEAM Excellence Award

Awarded since 2001, the Team Excellence award highlights Exemplified Teamwork through excellence in the Corinthian spirit\* of competition. TEAM is:

**T**—Teaching      **E**— Educating      **A**—Achieving/Accomplishing      **M**—Mastering a skill

#### NCWSA Most Improved Sailor

This award is to recognize a NCWSA Member that has shown a remarkable improvement in either crew position progress, resourcefulness, skills, or personal achievement, throughout this season.

#### NCWSA Coach of the Year

This award is to be presented to an individual who may or may not have been on the NCWSA boat during competition. This may be presented to a “Coach” of a NCWSA competing boat in a fleet, who was acting in the “unofficial” position of Coach. This individual has earned this distinction through the additional time spent in preparation of racing the sailboat, encouraging sailing skills and helping the NCWSA crew become a cohesive team. This special honor or recognition may be awarded to a non-NCWSA member.

#### NCWSA Rookie of the Year

This award is to recognize a NEW NCWSA Member that has sparkled and glistened brighter than any other new NCWSA member. This individual will earn this award by excelling with enthusiasm and involvement through all, but not limited to, contributions to: her team, NCWSA, Edgewater Yacht Club and other sailing events throughout this season.

Remember, anyone can nominate another for these awards, but we won't know who is excelling and shining unless YOU NOMINATE someone!

Please do not hesitate to contact us with your questions and/or concerns.

#### \* Definition: **Corinthian Spirit**

- It's Not How You Win, It's How You Play the Game.
- It is NOT a “win at all costs” mentality.
- It emphasizes the point that How one conducts oneself is more important than what one may or may not achieve...

*“The spirit of competition may be serious, but camaraderie and corinthian spirit prevail over all events.”*

*NCWSA Race Chairs,  
Suzie Florence and CC Skoch*

North Coast Women's Sailing Association  
P.O. Box 771502  
Lakewood, OH 44107  
RACER

SEPTEMBER 2009



# NCWSA **RACER** *Sail Like a Girl*

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NCWSA RACER | P.O. Box 771502 | Lakewood, OH 44107

[NCWSARacer@yahoo.com](mailto:NCWSARacer@yahoo.com)

## NCWSA BOARD 2009

Commodore	<i>Sherrie Desmond</i>	Public Relations Co-Chair	<i>Melissa Scott</i>
Vice-Commodore	<i>Bobbie Sundman</i>	Public Relations Co-Chair	<i>Carolyn Kovach</i>
Secretary	<i>Pat Metzler</i>	Social Co-Chair	<i>Karen Lunka</i>
Treasurer	<i>Pat Mahoney</i>	Social Co-Chair	<i>Joani Huber</i>
Race Chair	<i>Suzie Florence</i>	Membership Chair	<i>Kathy Jankowski</i>
Race Co-Chair	<i>CC Skoch</i>	Member-at-Large	<i>Katherine Schiele</i>
Education Chair	<i>Cathy Newpher</i>	Website/Newsletter Chair	<i>Cheri Morabito</i>
Education Co-Chair	<i>Marianne Eggett</i>		

## NCWSA Mission Statement

~ 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.