

Fort Worth Boat Club

2017 Youth Fall Sailing Program



August 26th - November 6th

www.fwbc.com

About the Fort Worth Boat Club Sailing Program...

The Fort Worth Boat Club Jr. Sailing Program– provides high level sailing instruction and coaching for all levels. FWBC provides a safe and friendly environment conducive for the learning process of young sailors. Our program is geared for young sailors who enjoy the sport of sailing and the sailors wanting to compete regionally, nationally, and internationally. For children interested in racing, Fort Worth Boat Club offers opportunities for children to sail locally and nationally. The P1/FWBC Sailing Team travels to places such as Louisiana, Florida, California and all the way up into the Northeast. With this program your child receives the best instruction from the finest coaches from around the globe. It is a world class sailing experience to remember.

Our Mission...

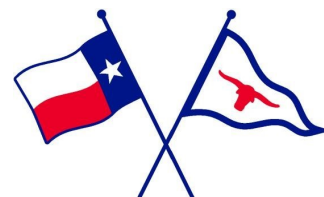
The Mission of the Fort Worth Boat Club Jr. Sailing Program is to develop knowledgeable, honest, and passionate youth dinghy racers and sailors. We are dedicated to providing a safe, fun environment for young sailors to develop and refine their sailing skills, practice good sportsmanship, build lifetime friendships and compete at the highest level of sailing. FWBC recognizes that all sailors, whether they have a good day on the water or a bad day, are all winners.

TO REGISTER, VISIT WWW.FWBC.COM

**Participants must fill out Registration Form and Waiver/ Medical Form.*

"You haven't won the race, if in winning the race you have lost the respect of your competitors."

*-Paul Elvstrom
Olympic Gold Medalist*



Scott Lindley

FWBC Jr. Sailing Director

Phone: (817) 236-8393 ext. 6

scott@fwbc.com



Advanced Opti Racing Team...

WHITE, BLUE, RED FLEETS

This course focuses on sailing fitness, mastery of boat handling skills, advanced racing tactics and techniques, team racing, fine tuning sail controls, and the physics of racing sailboats. Sailors practice using sail controls, body weight and aerodynamic/ hydrodynamic theory to make their boats go faster. Sailors will be taught to ask questions about evaluating and learning about their performance, and integrate on the water coaching, video analysis and advanced equipment preparation into their regatta experience. In addition, sailors will learn Team Racing which is two teams of four competing against one another using special tactics and strategy to achieve winning combinations of scores. All members on the team contribute to win a match.



PRACTICE SCHEDULE

All practices start at 10am and run through 4:00pm. All sailors must be rigged and ready by 10am (weather permitting). All sailors must come prepared to work out and/or swim. Lunches are not provided.

August 26th and 27th

September 2nd and 3rd

September 16th and 17th

September 23rd and 24th

October 14th and 15th

November 4th and 5th (P1 Clinic)

November 11th and 12th

November 18th and 19th

PRACTICE SCHEDULE

All practices start at 10am and run through 2:00pm. All sailors must be rigged and ready by 10am (weather permitting).

August 26th and 27th

September 2nd and 3rd

September 16th and 17th

September 23rd and 24th

October 14th and 15th

November 4th and 5th (P1 Clinic)

Developmental Team Opti Racing...

GREEN FLEET

This course focuses on development of confidence, fundamental boat handling, sail trim, rules, sportsmanship, basic starting, course tactics, strategy, speed techniques. We will have fun activities mixed in so these kids will learn to enjoy the sport of sailing. This group will focus on sailing Texas Sailing Association events. Developmental sailors are encouraged to attend major events.



***Please note that dates are subject to change due to weather, additions or changes to FWBC or TSA schedules or unforeseen events. Changes will be sent out on the P1/FWBC Team Snap.**

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November 18th and 19th

Laser Training & Clinics...

Weekly training will focus on boat handling skills, rig and boat trim, boat speed, advanced race tactics, aero/hydro dynamics, nutrition, physical and strength training. Practices for 420's and Lasers will be scheduled weekly advanced notice and commitment to this program is required to ensure availability of coaches.



Frequently Asked Questions

How early should I sign up for the Fort Worth Boat Club Jr. Program?

As soon as possible.

How old do I need to be?

Although any age can learn to sail, typically the younger the better. Ages 7-14 typically sail in Opti's, progressing to either Laser or 420. Ask Coach Scott if you have questions about your child's age.

What are the TSA Regatta coaching fees?

They are fees charged to the participants to offset the cost of having coaches and coach boats at regattas. Coaching fees are \$40-\$50 a day, plus expenses. Members of FWBC receive the discounted rate. The amount you pay for expenses are based on the number of participants.

What are my payment options for the fall program?

Check or FWBC Club Charge. *All required forms must be filled out completely before participation.

Is my child ready to travel outside of Texas for regattas?

Yes, all levels of participation are offered at regattas from beginning to advanced.

What if my child isn't interested in racing?

Sailing is a sport that your child can enjoy for a lifetime. If racing does not peak your child's interest, FWBC offers great summer programs geared to teaching children to sail while having fun and furthering their knowledge of the sport.

Does FWBC offer supervision after class?

No, please make sure your kids are picked up or supervised promptly after class ends.

2017 Regatta Schedule

TSA Regattas– Optis & Lasers

Regatta	Date	Location
End of Sail Camp Regatta	August 5th	Fort Worth, TX
TSA Cannon Ball Run Regatta	August 12th-13th	Palacios, TX
USODA Mid American Championships	September 9th-10th	Fort Worth, TX
TSA Jr. Ol' Man of the Sea Regatta	September 9th-10th	Fort Worth, TX
TSA Pirates of the Caribbean Regatta	September 30th-October 1st	Denton, TX
USODA Spring Teams Championships	October 21st-22nd	St. Petersburg, FL
TSA End of Year Regatta	October 21st-22nd	Seabrook, TX
USODA Mid Winter Championships	November 24th-25th	New Orleans, LA

**All TSA Regatta dates are subject to change.*

Meet the Coaches

SCOTT LINDLEY

Scott Lindley is the new Jr. Sailing Director of Fort Worth Boat Club and Owner/ Head Coach of the P1 Sailing Team. Scott grew up sailing and teaching in the San Diego Yacht Club Jr. Program, winning several Jr. National Championships in the Snipe Class and many Naples Sabot Regattas (The Naples Sabot is another pram, similar to the Opti.) He competed in **6 US Youth Championships** in Sailboards, Laser II's and Lasers– medaling twice. Scott was fortunate to have great coaches growing up like Mark Reynolds, JJ Isler, and Brian Ledbetter– All Olympic Gold Medalists!

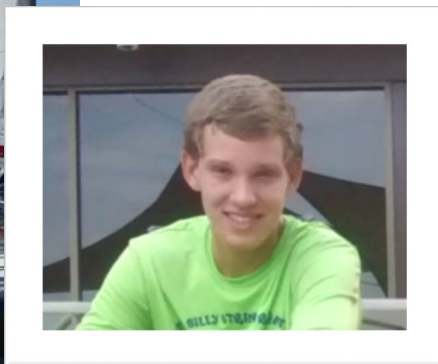
Scott sailed for the College of Charleston on a team that won a National Championship and consistently ranked in the top 5 in the country. There he sailed Lasers and 420's and earned a Bachelor's Degree in Physical Education/Sports Medicine. Scott also did an Olympic 470 campaign with Johnny Lovell who later earned the Silver Medal at the Greece Olympics in the Tornado Class. Scott and Johnny finished 11th out of 40 boats in the US Trials with only 6 months of training and received the Silver Medal in the Olympic Classes Regatta that year. Scott has continued racing in Snipes, J22's, J24's, Melges 24's, Etchells, E-Scows and PC Class boats.

Scott currently is a Level 3 US Sailing Coach, US Optimist National Team Coach and has been the Jr. Sailing Director of Houston Yacht Club, Texas Corinthian Yacht Club, Palm Beach Sailing Club, as well as the Assistant Sailing Director at Lauderdale Yacht Club. He has worked as a sail maker with Banks Sails and North Sails. In 19 years of coaching Optimist sailors, most of his kids have reached team trials, qualified for international teams and the US Optimist National Team. Many of Scott's students, new and old, are at the top of the results sheet at major regattas. It is quite clear that Scott's passion is sailing along with honesty and hard work. These attributes are quite clearly instilled in his students.



MATTIA DeRICCO

Mattia DeRicco was the Sailing Director of Lakewood Yacht Club for 6 years and was one of the top ranked laser sailors in the country. He performed two Laser Olympic Campaigns. While at Lakewood Yacht Club he developed one of the hottest groups of kids sailing lasers in the country. Many of his kids are ranked in the top 5 and 10 in the Laser Radial Class nationally. Mattia went on to coach with Team Sea Vane and GCYSA. Mattia adds vast experience and depth to the FWBC/P1 coaching group.



CALEB LAQUEY

Caleb Laquey grew up Sailing at the Fort Worth Boat Club. He raced Opti's, 420's and Lasers. Caleb was one of our top summer instructors this year and has taken on the role of Green Fleet Coach and High School Sailing Coach. Caleb is US Sailing Level 1 Certified and is planning on getting his level 2. Caleb's passion for sailing is getting passed on to his new Green Fleet members. Caleb is in his freshman Year of College at the University of Maryland.

ALEX SCHWINN

Alex Schwinn grew up sailing at Fort Worth Boat Club where he accrued a great resume of racing at the Jr. Sailing level. He competed in 420's, J 22's and Lasers at the national levels. Alex has been an instructor at FWBC for the past 4 years. He was head instructor for the FWBC Summer Sailing Program in 2016. Alex now attends Texas A&M Galveston and sails on their sailing team. Alex is US Sailing Level 1 Certified.





FORT WORTH BOAT CLUB
EAGLE MOUNTAIN LAKE

REGISTRATION

**All forms must be filled out for each child.*

Child's Name (First & Last): _____

Age: _____ DOB: _____ Weight: _____

Address: _____

City: _____ State: _____ Zip: _____

Parent(s) Name (First & Last): _____

Home #: _____ Cell #: _____

E-mail: _____

Emergency Contact

Name: _____ **Phone #:** _____

How did you hear about us?: _____

What type of sailing experience does your child have? _____

T-shirt Size: **Circle One** YS YM YL AS AM AL AXL

Does your child have any medical conditions that may affect he or she while sailing?

Would you like to volunteer to help out our Jr. Program in any way?

Continued...

FALL PROGRAM

FEES

_____ RED WHITE BLUE FLEET	\$425 (member)	\$525 (non-member)
_____ GREEN FLEET	\$275 (member)	\$375 (non-member)
_____ LASER	\$425 (member)	\$525 (non-member)

DAILY RATE: \$65 if not signed up for program.

Regatta Coaching Fees & Conditions

\$40 (member) \$50 (non-member)

(per day, per sailor + coaches expenses, which are split amongst participants)

Notification of attending a regatta must be made one month prior to the event. All regattas will have a two week window of cancellation. Any participants who do not cancel within this window will be charged for their portion of regatta coaching and expenses. Last minute regatta entries will be charged \$55 a day plus the share of expenses with other parents.

***There are no refunds or proration.**

Method of Payment: _____ CASH _____ CK _____ Club Charge #: _____

If you would like to pay by credit card, please contact the FWBC Office. (817) 236-8393. We accept Visa, MasterCard, and Discover.

Total Payment Enclosed: _____

All Checks should be made out to and mailed to: Fort Worth Boat Club
10000 Boat Club Rd.
Fort Worth, TX 76179

***Forms may also be scanned and e-mailed to office@fwbc.com**

Parents and/or guardians please sign and date below to confirm your child's enrollment in the Fort Worth Boat Club. Thanks!

(Signature) (Date)

OFFICE USE ONLY: _____ Registration Form _____ Waiver