

P1

# Sailing Team Newsletter

Issue No. 1

August 17, 2016

## FWBC FALL PROGRAM STARTS

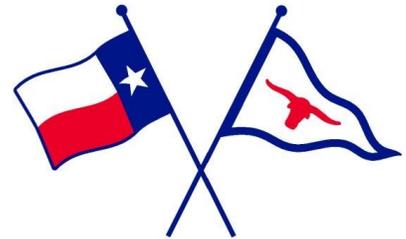
### AUGUST 20th!

*Advanced Opti/ Developmental Opti/ Lasers*



#### Inside this issue

- About the Fall Program.....1
- Mission Statement .....1
- What is P1 Sailing? .....2
- Texas Youth Race Week .....2
- Opti Nationals.....3
- Green Fleet Ready? .....4
- Upcoming Events .....5
- Meet the Coach .....5



On August 20th, Fort Worth Boat Club will be starting its Fall Junior Sailing Program. We will be working with sailors of all abilities, with the best coaches to have fun on the water, prepare youth for going to regattas and to prepare our top sailors to meet their goals at competitions. Registration is now open for the Fall Program! **Go to [www.fwbc.com](http://www.fwbc.com) to sign up!**

#### Mission of the FWBC Junior Program and P1 Sailing Team...

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. The Fort Worth Boat Club has joined forces with the Performance One Sailing Team to provide the highest level of coaching for our sailors to meet their goals on the race course.

## What is the Performance One Sailing Team?

The Performance One/ FWBC Sailing Team— P1— provides high level coaching for motivated kids who want to get to the next level at national and international events only. This program is geared for all young sailors who want to compete at the national and international levels of sailing where their clubs cant provide coaching and kids have the desire to sail beyond the local sailing scene. P1 offers coaching services to compliment traditional sailing programs at regattas around the country and globe. P1 is only designed to be a travel team of kids who want to attend TSA and USODA events around the country and international events. P1 allows all sailors to represent their own clubs at all times. P1 brings together some of the best kids in the country to train with Team P1/FWBC, so all sailors get better. P1 is open to all kids as long as they are in the Optimist Class or Laser Class and have the desire to work hard to get to the next level. P1 is run and operated by a USODA National Team Coach and US Level 3 Coach—Scott Lindley. P1 works with other USNT and high caliber

coaches providing an optimal sailor-coach ratio at national events. We also offer quarterly advanced race clinics, utilizing US National Team Coached. P1 is dedicated to developing champions on and off the water, as well as providing a positive environment for your sailor to excel. We teach the kids about regatta preparation (both mental and physical), boat handling, sail trim, strategy, tactics, boat speed, aerodynamic/hydrodynamic theory, weather, regatta management, sportsmanship, seamanship and self evaluation skills. P1 likes to work in conjunction with area Yacht Clubs and Sailing Directors by planning joint practices and clinics.



Contact Coach Scott Lindley for more details.  
(504) 388-1556  
snipe8156@gmail.com

# Regatta Reports



Max Nilsson receiving silver medal for 2nd place in his age group.

## Texas Youth Race Week July 16th– 21st

Our sailors did a fantastic job and sailed hard to improve their skills. We had 6 sailors compete in the TYRW and Max Nilsson was our top sailor finishing 5th overall out of 80 boats in the Opti Fleet. This regatta was very high caliber because many of these competitors were from all over the country training for the Opti Nationals the following week. Remi O'Kelley was out top Laser sail-or finishing 4th in the 4.7 Fleet for the HYC portion of the event. I'm' proud of all our sailors and their efforts.

## Race Results

Texas Youth Race Week

### Opti Class

Max Nilsson 5th Overall  
Trey Leathers 41st Overall  
Matias Martin 57th Overall  
Justin Leathers 63rd Overall

### Laser 4.7 Class

Remi O'Kelley 4th HYC Event  
Anthony Cephlecha 11th HYC Event

## USODA Optimist National Championship July 26th– 31st

The USODA Opti Nationals were held in Houston at the Houston Yacht Club. Team P1/FWBC had 5 sailors compete in a 250 boat fleet. We had 3 sailors who qualified for team trials and our stand out, Max Nilsson, finished 40th overall. This was a tough regatta due to bad weather and we only got off 4 races in 4 days. Dane Byerly, a former P1 sailor who is now ranked top in the country, coached this event and did a fantastic job!



### Race Results

#### USODA Optimist National Championship

Max Nilsson 40th Overall TTQ  
Trey Leathers 99th Overall TTQ  
Evan Garrison 102nd Overall TTQ  
Justin Leathers 202nd Overall First Nationals  
Reid Johnson 239th Overall

## FWBC End of Summer Regatta

### August 6, 2016

Fort Worth Boat Club had 14 participants from the Summer Sailing camps in this year's End of Summer Regatta. All of the kids sailed their first races and got the opportunity to show off the skills they learned from sail camp. The event was a blast and all the kids got to make new friends. We look forward to seeing them all in our Fall session of the Jr. Sailing Program.

#### Competitors:

Madden Hoch, AJ Ghazi, Luke LaQuey, Isaac Irwin, Elijah Irwin, Laney Upshaw, Gianpaolo Keating, Alesandro Keating, Victoria Martinez, Kylie, Nikita Marquardt, Maddie Darner, and Chris Darner



## Is My Child Ready for Green Fleet?

Green Fleet Regattas are where it all starts for the new racer. These regattas are just for the beginners. Remember, when you go to a Green Fleet Regatta that all the other sailors are in the same boat as you. Everything is new to them as well. It is also just as important to remember that many of the parents are new too. Most have not been to a regatta before. USODA reports show, that on average, 50% of the parents of Optimist sailors have no background in sailing.

### Purposes of Green Fleet:

1. To encourage those new to sailing, to attend their first regatta.
2. To encourage their continued participation in Optimist racing. (Skippers must be 15 years old or under on the day of the regatta.)



### Questions to consider when deciding if your child is ready for Green Fleet?

1. Has your child participated in an FWBC Summer Sailing Camp?
2. Can you sail upwind, reaching, and downwind?
3. Can your child take direction from an instructor?
4. Does your child enjoy aquatic activities?

If your child likes to have fun, this is the sport for them!

Remember, the goal is to have a good time! If you have questions or you are ready to sign up, contact Coach Scott. He will know your sailor's skills and are familiar with Optimist Regattas. He will be able to provide the help you need.



## Upcoming Events

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

Regatta	Date	Location
TSA Rockin' Rockport Regatta	August 13th-14th	Rockport, TX
TSA Cannon Ball Run Regatta	August 27th-28th	Palacios, TX
TSA Rock the Rock Regatta	September 10th-11th	Dallas, TX
TSA Ol' Man of the Sea Regatta	September 24th-25th	Fort Worth, TX
TSA Pirates of the Corinthian Regatta	October 8th-9th	Denton, TX
Laser Gulf Coast Championships	October 15th- 16th	Kemah, TX
TSA End of Year Regatta	October 22nd-23rd	Seabrook, TX
USODA Midwinter Regatta	November 23rd-26th	New Orleans, LA
Orange Bowl Regatta	December 26th-30th	Miami, FL

## Meet the Coach

### 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, Etschells, 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.