

Sailing Team Newsletter

Issue No. 2

September 2016

FWBC Fall Program is in Full Swing!

Advanced Opti/ Developmental Opti/ Lasers

Fort Worth Boat Club had an outstanding summer with a successful Summer Sailing Program. All the kids who participated had a blast! We could not have been luckier with awesome weather for most of the summer. Our coaches did a great job turning kids on to sailing. As a result, we have a nice group of new sailors who are all now attending their first regattas.. Our Fall Jr. Program started on August 20th and is off to a fast start. The kids have already attended three regattas and are proving that Fort Worth Boat Club has one of the best programs in the state. FWBC currently has one of the top female sailors (Lucija Ruzevic) in the country and one of the top Opti sailors in Texas (Max Nilsson) who is currently sitting in second place overall on the TSA Racing Circuit.

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.

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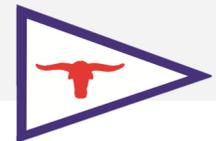


High School Sailing Gearing Up for Exciting Year

This September Fort Worth Boat Club will be hosting it's Fall High School Sailing Program. This will be a record fall with All Saints Episcopal School and Nolan Catholic School gearing up to attend some major regattas including the Great Oaks High School Sailing Championships in New Orleans. Southwest Christian School will also be forming it's first sailing club this fall. FWBC is becoming the major hub for high school sailing in North Texas and has made the commitment of purchasing 12 brand new FJ's for these to use in practice.



Regatta Reports



TSA Rockin' Rockport Regatta August 13th- 14th



Max Nilsson received 2nd place!

Fort Worth Boat Club Sailing Team attended the Rockin' Rock Port Regatta. This was Rockport Yacht Club's first TSA event ever hosted. The first day was very windy followed by a day of very light air. Reid Johnson put in his personal best regatta, sailing very well in the breeze. We had our first group of green fleet from summer camp that attended their first event. Gianpaolo Keating and AJ Ghazi has a blast! The team had an awesome Shrimp Boil put on by the Johnson family on Saturday night. Coaches were Mattia DeRicco and Scott Lindley. All the kids learned fun and learned alot!

Race Results

TSA Rockin' Rockport Regatta

Opti RWB Class

Max Nilsson 8th Overall & 4th in Blue Fleet

Reid Johnson 17th Overall & 4th in White Fleet

Opti Green

Austyn Johnson 10th Overall

AJ Ghazi 16th Overall

Gianpaolo Keating 17th Overall



TSA Cannonball Run Regatta

August 27th– 28th

FWBC/P1 Team attended the TSA Cannonball Run Regatta in Palacios, TX. This is always one of my personal favorite regattas. The sailing conditions were great until the last day where we were only able to race one race due to rain. Our team did fantastic! Huge improvements all around. Lucija Ruzevic just returned from a summer on Croatia where she sailed Lasers all summer. Max Nilsson sailed his personal best regatta finishing 3rd overall in a TSA event.

Race Results

TSA Cannonball Run Regatta

Opti RWB (26 boats)

Max Nilsson 3rd Overall and 2nd in Blue Fleet

Laser 4.7 (7 boats)

Lucija Ruzevic 2nd Overall

TSA Rock the Rock Regatta

September 10th– 11th

FWBC/P1 Sailing Team competed on White Rock Lake in Dallas, TX. Once again the team did great. The conditions were fantastic on the first day with 15 knots and then a light air on the second day which caused us to only have one race. Our "Greenies" showed huge improvement. Austyn Johnson had her personal best TSA finish of 2nd place. I'm so proud of our whole team. Thank you to our coaches, Mattia DeRicco, Caleb LaQuey and Scott Lindley who did a fantastic job.



Race Results

Rock the Rock Regatta

Opti RWB

Max Nilsson 2nd Overall and 2nd in Blue Fleet

Reid Johnson 16th Overall and 8th in White Fleet

Opti Green

Austyn Johnson 2nd Overall

AJ Ghazi 9th Overall

Gianpaolo Keating 12th Overall

Charlie Shelton 15th Overall (1st regatta ever)

Laser 4.7

Lucija Ruzevic 1st Overall

Fear and Improving Your Mental Game...

One of the biggest roadblocks for Jr. Sailors and new racers is dealing with their fears and emotions. There are many forms of fear that can affect sailors both negatively and positively. It can be situational and specific (for example being afraid to get up on the starting line) or it can be brought on by bigger factors such as having too high of expectations of performance vs experience which means some sailors have a general fear of losing or not doing well regardless of having little time in the boat. Some use fear to drive themselves harder. I have always found that with time, experience and lots of hard work, sailors work through their fears and gain confidence in order to see the results they want. Sailing is a sport in which you have to work your way up the results sheet and pay your dues before you can experience top scores. Success is best measured by improvement, not by trophies. All sailors should be made aware of this and reminded of this frequently. This concept is hard to grasp for kids and parents who have participated in sports like baseball or football where success is measured by wins and losses. Sailing is a very complex sport and even seasoned adult racers are always learning something every time they race and they make mistakes. Often times young sailor's associate poor performance with self-worth which causes anxiety and which can lead to mental road blocks or slumps. Parent pressure on a sailor can lead to anxiety and fear. I have found that parents need to be supportive and positive no matter how a sailor performs. Let the coaches work on the issues. A good coach will be able to work with the parents and the sailor to solve the problem. Hopefully this article can help a young sailor or new parent to the sport of sailing understand that sailing is much more complex and patience can be a virtue when dealing with someone in his or her first years in the sport.

I find that that the young sailors who move to a high level quickest are sailors who are "fearless" or who can channel their fear to drive themselves harder. These kids aren't afraid to make mistakes and learn from those mistakes. The more mistakes one makes, the faster one learns and progresses. It's when you are afraid to make mistakes progress is halted. It's the reason why we practice so much so we can make our mistakes, get better and apply what we have learned at regattas. Negative fear can appear when young sailors are simply afraid to make mistakes. Making mistakes is the road to perfection and you should realize this and understand its part of the learning process. Never be afraid to attack the things that are hard or

seem impossible. If it was impossible no one would be able to do it. The word "can't" should not be in your vocabulary. Remember all the sailors who are at the top started out with the same problems and worked through them. Nobody's perfect, but practice does make perfect and reduces the amount of mistakes you make on the race course. All top sailors make mistakes, they just make fewer.

I truly believe that confidence and the ability to succeed comes from within one's self and here are some things that can lead to the road of confidence. Knowledge is power and it's the ones who seek it rather than depending on people to give it to them who prosper. Over the years I've seen one common trait amongst top sailors. They seek knowledge of their sport. Not only do they take notes and hang on listening to every word from their coaches, they ask lots of questions, they read articles on racing, books and watch videos. They go beyond the classroom and practice to gain knowledge. They talk to top sailors and ask them lots of questions. Again some sailors are afraid to ask questions in fear of appearing stupid. The worst question asked is the one that is not asked. Your coaches are stoked when kids ask lots of questions and disappointed when they are not asked. Who knows, there may be others in your group who might be wondering the answer to your questions as well.

Fear of strong breeze is a common problem for a lot of younger sailors. They may have had a bad experience when learning to sail or simply being small can make big breeze seem scary. Reality is you have a lifejacket on so you are not going to drown. You have a coach who will not let anything happen to you, so go out there learn how to de-power your boat, develop your hiking strength, steering technique and work hard, eventually you will develop the strength and technique to be an awesome heavy air sailor even at 70 lbs. It's a skill like any skill, you have to work at it. The worst thing that will happen is you will get wet. Same could be said for light air as well. Light air can cause anxiety amongst sailors. Light air sailing is a skill as well, in order to get good at you have to practice a lot in it. The good light air sailors are ones who can concentrate the longest, keep their boats moving, stay calm and keep their head in the game the longest.

Upcoming Events

**TSA Regatta dates are subject to change.*

Regatta	Date	Location
TSA Jr. 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

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.

