

Fort Worth Boat Club

2025 High School Sailing



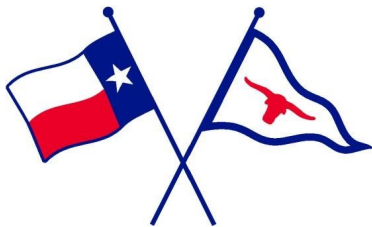
March 1st — May 31th

www.fortworthboatclub.com



The FWBC High School Sailing Program is committed to helping student-athletes develop their sailing skills through top-notch coaching, training, and competition. Our program provides a supportive and dynamic environment where sailors of all experience levels can improve their technique, deepen their passion for the sport, and form strong team bonds.

“Start first and increase your lead” - Buddy Melges



To register, view FAQs, and program information visit our website:

www.fortworthboatclub.com/junior-racing

All participants must fill out registration and waivers prior to participating

To contact us:

Juan Carlos Romero (sailingdirector@fwbc.com)

Val Herrscher (coach@fwbc.com)

Office Phone: 817-236-8393

10000 Boat Club Rd. Fort Worth, TX 76179





FWBC Coaching Staff



Juan Carlos Romero—Sailing Director

Juan Carlos Romero, born in Ecuador in 1975, is a renowned sailor and coach with a passion for the sport spanning over three decades. His journey from a young sailing enthusiast to one of the most respected sailing coaches in the U.S. reflects his unwavering commitment to excellence on the water and in coaching.

Juan Carlos's love for sailing began at 13, navigating the waters of Ecuador. His early experiences sparked a deep interest in competitive sailing, leading him to participate in local and national regattas. He earned podium finishes in the *Europe and Lightning Class Nationals*, gaining recognition for his skill and determination. In the early 1990s, Juan Carlos transitioned from sailor to coach, focusing on growing the sport in Ecuador. He founded several "Learn to Sail" programs to introduce young and adult sailors to the sport. His dedication to fostering talent led to his appointment as coach of the Ecuadorian National Sailing Team in 1994, a role he held for a decade. Under his leadership, the team achieved notable success in regional and international events, making him a key figure in Ecuador's competitive sailing scene.



In 2005, after leading summer programs along the East Coast since 2001, Juan Carlos took on the role of Sailing Program Manager at the prestigious Annapolis Yacht Club. This marked a new chapter in his career, working with top sailing programs across the U.S. In 2007, he joined North Sails as the North Sails Optimist Head Coach in North America. There, he helped develop sails and coordinated training programs for Optimist sailors aiming to improve their performance.

Juan Carlos's coaching career reached new heights through his involvement with the U.S. Optimist Sailing Team. He played a pivotal role in preparing the team for international regattas, training some of the country's most talented young sailors. He led USODA national and development team practices and conducted high-performance clinics worldwide, traveling to Singapore, Bahamas, Ireland, Brazil, Ecuador, Peru, and Finland to train National Team athletes. Throughout his career, Juan Carlos has mentored athletes who have gone on to represent the U.S. at prestigious global events. His influence on the U.S. sailing community remains profound, with many of his former students achieving national and international success.

Juan Carlos Romero's career reflects his love for sailing, dedication to coaching, and ability to inspire athletes to achieve greatness. From his early days as a competitive sailor in Ecuador to his current role as a leading U.S. sailing director, his journey highlights both personal and professional growth. Whether coaching at a high level, managing programs at top yacht clubs, or inspiring the next generation of sailors, his impact on the sport is undeniable. Today, Juan Carlos continues to live his passion, sharing his expertise and helping young sailors chart their own paths to success.



Val Herrscher—Head Coach

Val grew up in Houston, Texas, where her love for the water defined much of her childhood. Her journey into sailing began at the age of 6 when she attended summer camps at Lakewood Yacht Club. Over the years, Val honed her skills sailing in an Optimist and later a Laser 4.7. She eventually became a camp counselor, sharing her passion for sailing with younger sailors until she turned 18.

In high school, Val took her dedication to the sport further by starting her school's sailing team, which reignited her love for competitive

sailing and sharing the sport with others. She went on to attend Texas Christian University (TCU), where she studied Kinesiology and Psychology, graduating in 2020. During her time at TCU, Val founded the TCU Sailing Team in hopes of introducing even more students to the sport she loved.

In 2018, Val began coaching at Fort Worth Boat Club (FWBC), where she discovered her true passion for mentoring young sailors. Coaching allowed her to share not only the technical aspects of sailing but also inspire an appreciation for the sport and the joy of being on the water. In 2022, Val transitioned into a full-time coaching role at FWBC and has thrived as the Summer Camp Director for the past several years. Leading the summer camps has been a deeply rewarding experience for her, giving her the opportunity to teach, inspire, and pass on her love for sailing to the next generation.

From her early days as a young sailor to starting sailing teams and now coaching at FWBC, sailing has been a cornerstone of Val's life. While she may not have the most extensive racing record, her true passion lies in teaching and helping young sailors develop their skills and discover the same love for the sport that has brought her so much joy. Whether she's guiding a sailor through the fundamentals or coaching them on the water during a race, Val is committed to helping every young sailor grow, have fun, and build confidence in their abilities.



Mission Statement

Our mission is to inspire, educate, and empower the next generation of sailors by providing the highest level of training in a positive and competitive environment. We strive to develop skilled, passionate, and sportsmanship-driven sailors who can compete at the highest levels while having fun and creating lifelong memories. At FWBC Jr. Sailing, we are committed to building not just great sailors, but great individuals.

SCHEDULE

Practices:

Tuesday and Thursday - 4:30 p.m. till dark

Regattas:

SEISA Regattas

2/22 - 2/23 Girls Catholic Regatta @ CSNO

4/5 - 4/6 SEISA Championships @ CCYC

5/10 Cattleman's Cup @FWBC

High School Sailing

Flying Junior Fleet

The High School Sailing Team provides a great opportunity for sailors to develop their skills and compete in a fun and supportive team environment. Sailors will focus on improving boat handling, sail trim, and racing tactics while gaining confidence on the water. Training includes on-the-water coaching, video feedback, and team-based drills to help sailors refine their techniques. High school sailors use the Flying Junior (FJ) to practice and race in. It is a double-handed boat so sailors will be sailing with another team member in a skipper/crew pairing.

Practice Rules:

All sailors should come prepared to workout at every practice.

Proper gear is required for the weather conditions.

All team communications are done on the FWBC Slack team channel.



Pricing and Fees



High School Program—12 weeks

\$500

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