

# Fort Worth Boat Club



## 2025 Summer Sailing Program

May 27th – August 9th

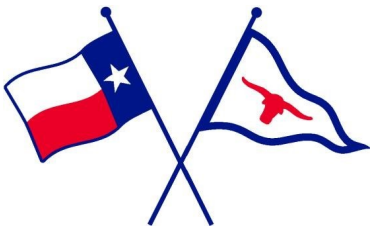
[www.fortworthboatclub.com](http://www.fortworthboatclub.com)

The Fort Worth Boat Club Jr. Sailing Program is dedicated to developing top-tier young sailors through exceptional instruction, coaching, and competition. Our program creates a safe, fun, and supportive environment where sailors of



all levels can refine their skills, foster a love for the sport, and build lasting friendships. Whether your child is just starting their sailing journey or aiming to compete at the highest levels, FWBC offers the tools and experiences to help them succeed. From local regattas to competitions across Texas, Louisiana, Florida, California, and beyond, we prepare our sailors to excel both on and off the water.

*"Start first and increase your lead" - Buddy Melges*



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

[www.fortworthboatclub.com/junior-racing](http://www.fortworthboatclub.com/junior-racing)

*All participants must fill out registration and waivers prior to participating*

To contact us:

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Office Phone: 817-236-8393

10000 Boat Club Rd. Fort Worth, TX 76179



## Opti Racing Team

### WHITE, BLUE, RED FLEETS

This course is designed for sailors ready to elevate their skills to the next level. It focuses on building sailing fitness, refining boat handling, and mastering advanced racing tactics and techniques. Sailors will develop expertise in using sail controls, body positioning, and aerodynamic/hydrodynamic principles to maximize boat speed. A key element of the program is teaching sailors to critically evaluate their performance, incorporating on-the-water coaching, video analysis, and advanced equipment preparation to enhance their regatta experience. The course also introduces Team Racing, where two teams of four compete using specialized tactics and strategies to achieve winning score combinations, highlighting the importance of teamwork and collaboration. With a focus on improving every aspect of racing, this program provides sailors with the tools they need to excel on the water.



### SCHEDULE

Practices:  
Tuesday and Thursday 4:30 – 8  
Saturday 10 – 4

Regattas:

**TSA Regattas**  
5/31 – 6/1 Lakewood Yacht Club  
6/21 – 6/22 Rockport Yacht Club  
7/10 – 7/13 Texas Youth Race Week  
7/26 – 7/27 Corpus Christi Yacht Club

**Out-of-state Regattas**  
7/30 – 8/3 USODA Nationals



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## Opti Racing Team

### GREEN FLEET

This course is perfect for beginner sailors looking to learn the basics of sailing and racing in a fun and supportive environment. Sailors will focus on fundamental skills like rigging their boats, steering, sail control, and understanding basic sailing terminology. The program introduces the essentials of boat handling, safety on the water, and the foundational rules of racing. Through hands-on practice and guided coaching, sailors will build confidence on the water while learning how to navigate simple racecourses. With a strong emphasis on fun, teamwork, and developing a love for the sport, the Opti Green Fleet is the ideal starting point for young sailors eager to begin their journey in sailing and racing.



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#### Out-of-state Regattas

## ILCA Racing Team

### ILCA 4, ILCA 6 FLEETS

The Laser Team program is tailored for sailors looking to compete at advanced levels in single-handed racing. The course emphasizes boat handling precision, optimizing rig and boat trim, and achieving top boat speed through advanced aero and hydro dynamics. Sailors will refine their race strategies, including starting tactics, mark rounding, and strategic decision-making under pressure. Training will also cover physical fitness, strength training, and proper nutrition to ensure peak performance during competitions. With a combination of on-the-water coaching, video feedback, and technical equipment preparation, this program equips Laser sailors with the skills and confidence to succeed at the highest levels of competition.



### Practice Rules:

Sailors should be rigged and ready at the beginning of practice.

All sailors should come prepared to workout at every practice.

Proper gear is required for the weather conditions.

Lunches are not provided. If wanting to order lunch from the club, sailors may fill out a to-go order sheet at the beginning of practice.

All team communications are done on the FWBC Slack #junior-sailing-team channel.



# 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.



## Pricing and Fees



### **OPTI and ILCA Program—Summer**

FWBC Member - \$550

Non-member - \$770

### **Satellite Sailor—per day/sailor**

FWBC Member - \$80

Non-member - \$110

### **Regatta Fees:**

**FWBC Full-season Sailors:** All travel events will be subject to a per day, per sailor coaching fee of \$45 (FWBC Members) or \$60.

**FWBC Satellite Sailors:** All travel events will be subject to a per day, per sailor coaching fee of \$80 (FWBC Members) or \$110.

**Coaches travel expenses** to be split amongst the number of sailors attending the event regardless of their category.

### **Storage Fees:**

Dinghy storage is available to FWBC Members for \$25/month and for Junior team members for \$35/month.

