

AUSTIN YACHT CLUB

TELLTALE

Summer 2019



AYC Junior Sailing Program



PB&J camp day 2 sail with coach Katie Froelich, winds blowing 18-25 knts. Wow!

Photo by Bill Records

Summertime at AYC

This special issue of the Austin Yacht Club Telltale newsletter is about the accomplishments of the kids who represent AYC here in Texas and around the world. It is also about the coaches who give selflessly of their time, the volunteers who support the Junior Sailing Program, and the parents who provide the means for success – road trips, sailing tips, food, family and TLC.



Roadrunner Regatta, Roni Sela planing. Awesome!

Photo by Bill Records

From The Commodore by Annie Lancaster



Austin Yacht Club is so proud of our Junior Program. We have developed Corinthian and competitive sailors. This Telltale edition highlights our Junior Program and Summer Camps.

Many thanks to AYC staff Jackie Wheelless, Tom Cunningham and Spencer LeGrande who work behind the scenes to make these programs happen. We couldn't do it without them.

Many more thanks to Summer Camp directors, Spencer LeGrande and Emily Verdoia and all the counselors. We know you are working hard to develop confident sailors who love the sport.

We had a great TSA Roadrunner Regatta in early June! I hope this edition takes some of you back to your younger days of summer and sailing fun!

Happy Sailing!

Annie Lancaster
2019 AYC Commodore



PB&J sailor Sawyer Romberg takes dad sailing *Photo by Bill Records*

Austin Yacht Club Junior Sailing

There are a TON of opportunities for Juniors at AYC, both at home and on the road!

For Little Kids

Start with PB&J – Short weekend summer sailing in Optimist dinghies (Optis), for Juniors age 4-8.

Participate in Summer Camp – Kids ages 8-16 learn to sail small boats and develop skills for racing.

Opti I, II and III – Classes held year round.

Race at home – Sail in AYC regattas and Endless Summer Wednesday night series.

Race on the road – Sail in Texas Sailing Association (TSA) and United States Optimist Dinghy Sailing (USODA) regattas.

Sail for fun – Come on out for AYC Open Sail.

For Big Kids

Get started – Join our awesome High School Sailing Program. (Texas state champions!)

Practice racing c420s, FJs and Lasers – AYC classes are held year round.

Race Sunfish and Lasers – May-September sailing in the AYC Wednesday night series and in AYC regattas.

Race statewide – Sail in TSA/USODA regattas throughout Texas.

Race nationwide – Join our traveling c420 team.

Junior Sail Training Fleets

AYC maintains a fleet of Optis, Picos, Sunfish, Lasers, c420s and FJs for Junior sail training.

The Roadrunner Fleet

The Roadrunner Fleet is comprised of Juniors and parents dedicated to travel and advanced racing. The fleet maintains high performance racing boats for advanced sail training: 29er, F18, Pringle, RIBs for coaching support, and trailers for travel support.

Come join in the fun!!!

Believe me my young friend, there is nothing – absolutely nothing – half so much worth doing as simply messing about in boats.

Kenneth Grahame

PB&J Summer Camp

PB&J Sailing Camps

by Immediate Past Commodore and PB&J Coach Bill Records



PB&J is the beginning of the "pipeline" to lifelong enjoyment of sailing. It is a weekend morning short sailing camp for kids 4-8.

The program was greatly anticipated this year. Our presentation at the U.S. Sailing Symposium was very well received, confirming that AYC had something special!

PB&J is fun! A typical morning on the water begins with predictable light winds (3-6 knts), and kids and coaches sailing comfortably in the South Cove.

Sometimes we are all thrown a curve and that's even more fun! A recent morning saw winds of 16-22 knts, too much for first time Opti sailors! The coaching staff decided that it was a good time for "capsize drills." These drills help alleviate any fear the kids might have about losing control. (Fear? What fear?)

That morning, after the drills, we loaded the kids on Picos, helmed by our junior coaches. The wind was still building. Loud shrieks of joy pierced the air as the Picos screamed around the South Cove! The little kids were there to sail and have fun.

The most significant program improvement made in the last few years has been the addition of junior coaches. The kids learn so much faster if someone close to their age is helping. Junior coaches include: Katie Froelich (shown on the cover of this edition), Nicholas Carew, Wendi Froelich, and Fiona Froelich. I can't thank them enough for their contributions to the program.



Coach Wendi Froelich with PB&J sailors *Photo by Bill Records*



Coach Nicholas Carew at the helm *Photo by Bill Records*



Coach Fiona Froelich with PB&J sailors *Photo by Bill Records*



PB&J fun with moms and dads *Photo by Bill Records*

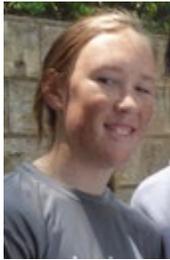


PB&J session 1 Photo by Bill Records



PB&J session 2 Photo by Bill Records

We Love Coaching PB&J! by Katie and Fiona Froelich



PB&J started off as a blast the first Saturday in June thanks to Bill Records and junior coaches Nicholas Carew, Wendi Froelich, Fiona Froelich and Katie Froelich. PB&J was so fun! When junior coach Fiona

was sailing on a Pico with some kids, they had a blast. They always wanted to steer the boat or else jump into the water. The kids also liked to help onshore and out of the water. On one of the Saturdays of PB&J it was super windy and we managed many capsize drills that day. By the end of the month all the kids were single-handing Optis. We really like the opportunity to help coach!



PB&J sailors photos by Bill Records



Summer Camp - Endless Summer Series - High School Sailing Team

Summer Sailing Camp and More! by Junior Coach Spencer LeGrande



AYC's Summer Camp is a 5-day, day camp for kids age 8-16. Campers learn to sail small sailboats and develop skills for more advanced sailing. It's a lot of fun – new friends, craft projects, swimming in our pool, all depending on the weather. Summer Camp would not thrive as it does without the fantastic coaching staff this year, making it smooth sailing.



Summer campers 2019 Photos above and below by Bill Records

AYC Junior sailors have many training opportunities at the Club, with fleets of Optimis, Picos, Sunfish, Lasers, c420s and FJs at their disposal. The Endless Summer Series, held in coordination with Wednesday Sunfish/Laser races, are practice races for Juniors held throughout the summer. AYC Juniors frequently crew for senior members and participate in Club series races like the Frostbite winter races.

Finally, High School Sailing has really taken off. On Tuesdays, I work with a group of high schoolers to sharpen their skills for the upcoming fall season, with 40+ people on the team from a couple of different high schools. The Lake Travis High School Sailing Team can't be beat!



Endless Summer Series Roni Sela and William Michael battle it out

High School Sailing

by Team Captains Lucy Brock and Julius Heitkoetter



Did you know that AYC has the largest high school sailing program in the state of Texas? Did you know that the Lake Travis High School sailing team are the Texas High School CHAMPIONS, two years running?? Yup. It's true. Football is not the only sport Lake Travis is known for!

The High School Sailing program is relatively new, but has been growing like gangbusters and sees no end in sight. Founded just a few years ago by a small group of sailors, and coached by Coleman Terrell, Jeff Brock, and now the awesome Spencer LeGrande, this program for students 8th-12th grade is one of the jewels of the AYC Junior Program. We practice three days a week after school, and offer racing both locally and regionally against other high school teams.

The real gold? Anybody can join and learn to sail, and you don't need to own a boat. No experience necessary! We are incredibly proud that we have introduced more than 80 kids to sailboat racing. Kids who otherwise would never have raced.

The result? No small number of these kids stick around and start racing other boats, and no small number of them join AYC with their families. We are making lifelong racers!



Lake Travis High School Sailing Team Photo courtesy lthssteam.com

AYC Roadrunner Fleet

The AYC Roadrunner Fleet
by Mary Carew, Fleet Captain



AYC Juniors who wish to up their game join the Roadrunner Fleet. The fleet is actively involved with the Texas Sailing Association (TSA), United States Optimist Dinghy Association (USODA), AYC's Frostbite Series and AYC's Endless Summer Series – and simply getting on the water every chance we can.

The TSA circuit includes 14-15 regattas throughout the year. A sailor who participates in a minimum of seven regattas spread across all TSA regions, receives a Texas State Ranking.

Beginning and advanced Roadrunners are regular participants in TSA circuit races, sailing Optis, Laser 4.7s and c420s. For Optimist sailors, one sailing event per year is co-sponsored by the USODA. Sailors who do well at USODA events qualify for the U.S. Team Trials. TSA circuit stops (including USODA events) can be viewed at www.txsail.org.

TSA offers the following fleets for competition (depending on attendance, some regattas may not include all these fleets):

- Opti Green Fleet (open to all novice sailors younger than age 15)
- Opti White Fleet (age 10 and younger)
- Opti Blue Fleet (age 11-12)
- Opti Red Fleet (age 13-15)
- Laser 4.7, Radial and Full
- c420 two-person boats



This summer, the Green Fleeters came out to sail – both at home in the Roadrunner Regatta, AYC's signature Roadrunner event; and on the road with strong performances in the TSA circuit races. The big kids did well too, stealing the show on the RWB line and dominating the c420 Fleet.

Roadrunners also travel to regattas throughout the United States and overseas. Traveling to TSA and other regattas is a coordinated effort among racers and their families. The fleet holds fundraisers throughout the year to offset expenses.



Coach Spencer and Green Fleet sailors in Rockport Photo by David Michael



Green Fleet pre-race meeting, Rockport Photo by Gregory Mateus

Roadrunner Regatta

Roadrunner Junior Regatta

by Jeff Brock, Sportsman Chair Roadrunner Fleet



Every year AYC hosts one of the biggest regattas in Texas – The Roadrunner Junior Regatta! We host 90 or so boats with 100 or so sailors, spread over three lines, for two solid days of solid fun. As with every TSA regatta, food is provided all day both days, so sailors and parents can focus on racing and having fun with their extended Texas racing family. These TSA regattas are really something special, something we all look forward to, and of course the Roadrunner is our favorite, so we were looking forward to yet another fantastic racing weekend. This year conditions proved challenging on Day 1, with no wind on the lake. But our RC and volunteers persevered



AYC Roadrunner Regatta sailors Photo by Bill Records

and on Day 2 the wind turned on just when we needed. We got 33 races off – five each on the Laser/Radial/4.7/c420 fleets, six on the Opti RWB line, and seven on the Opti Green fleet line.

AYC represented well, with nine Roadrunners sailing their FIRST TSA regatta (seven green fleet, two c420!). The Roadrunner Regatta was also the Area F Double-Handed Championship – the Bemis Qualifier – and the AYC teams of Lucy Brock/Julius Heitkoetter and James Brock/Nathan Gantala were the qualifying teams for this year's Bemis Cup!



Grace Bates on c420 Roadrunner Regatta photos by Bill Records



Julius Heitkoetter and Lucy Brock



James Brock and Nathan Gantala

Continued next page



Wendi Froelich and Tony Slowik *Roadrunner Regatta photos by Bill Records*



Jackson Brock



Taylor Snyder and Hannah Progelhof



Richie Amato and Fiona Froelich



Laser 4.7s



c420s

Spoken like champions!

Team Texas: Life on the Road by Julius Heitkoetter, Roadrunner



The Team Texas c420 racing team (sometimes known as GCOAST!) has been an adventure like I could never dream of. Ever since I started crewing on the c420 with my skipper Lucy Brock and coach Jeff Brock, I have found a new love for not just the sport, but also double-handed sailing. In an effort to bring our career to the next level, we joined the Team Texas c420 racing team.

Our team travels all over the United States to compete in dozens of national level championships and train in several racing clinics. Every year the team visits regattas such as c420 Nationals, North Americans, Midwinters, Buzzards Bay Regatta, Orange Bowl and many more. At each of these events there are well over 100 competitive boats, most from private teams around the nation, turning it into the most competitive fleet I have ever sailed in. At each of these venues the team will typically rent a house and the sailors are pushing to their goals day in and day out through detailed chalk talks, video debriefs, physical training, and lots of time on the water.

Now the team has expanded to 10 sailors who will be joining us on our amazing summer trip. For six weeks we almost non-stop sail in San Francisco, Rhode Island, Cape Cod, Buzzards Bay, and more. The team has really become one incredible family, one which pushed me to become the sailor I am today, winning 2nd Junior in Midwinters among other very proud finishes. Thanks to my parents, this team, and many other supporting adults, I have been able to find and conquer the next level in my sailing career.

Top 10 Reasons We Love the c420

1. The boat is FAST
2. It has all the control lines and tweaks a big boat does
3. You get to develop teamwork with a partner
4. Spin reaching while trapping is the most fun you will ever have
5. We have by far the biggest fleets!
6. It's the boat the rest of the country is sailing
7. It's affordable
8. It's the trainer boat for almost any path in advanced sailing
9. It develops serious technique and skill
10. It's FUN



c420 team enjoying San Francisco



Coach Markus Heitkoetter towing the c420 team in Miami
Photos courtesy Jeff Brock

How to Win a North American Championship and Qualify for Worlds by Lucy Brock, Roadrunner



Okay Lucy, the Sunfish Women's North American Championship will be at AYC and you are sailing. Not the junior champs, but the Adult Champs. Okay, let's do this.

When my coach told me I was going to be racing in a North American Championship there were a few things that immediately came to mind to do.

Things like make sure I had the right gear, spend as much time as I could practicing in the boat, and get to know the venue. Luckily, I already had one of those things taken care of, seeing as the regatta would be held in what is basically my backyard!

Okay, gear: I had no boat or sails of my own, but luckily other Sunfish sailors did! Pat Manning very generously gave me a sail that Vic had gotten at Sunfish Worlds some years prior. During practice I was able to borrow one of the Club's boats, and for the regatta, John Bartlett generously loaned me his boat to sail. All of the AYC Sunfish sailors were generous in their advice with rigging and tuning, and over many weeks I was able to get the rig dialed in to what seemed fast.

Next was practice – the key to success in any boat is focused practice. I'd sailed Sunfish some previously, but never at such a big event. Going out every Wednesday night to practice against Kevin, John,

Annie, Ravi, Bonner, and the entire AYC Sunfish Fleet was amazingly helpful, and a key part of my preparation for North Americans. Additionally, the clinic put on by Coleman and Kevin, and going out every free sail for even more practice, helped ensure that I was better prepared for the championship.

Finally, the regatta day came. Women from all over the country were here at Austin Yacht Club and many of them had been sailing against each other for years. It was amazing meeting sailors from all over who were also super excited about the Sunfish class. Conditions on the first day were tricky, due to the wind being out of the east, and very light. Getting to the velocity and staying in it was super important. However, all the preparation paid off, and I was able to sail consistently and well, with 2 bullets and a third. The next day was more windy, and by the end of the day it had finally built to a steady 10-12 knots. At the end of the regatta I had continued to sail conservatively and consistently, and had placed first overall with 4 bullets and a 3rd place throw-out.

Winning the North American Championship against a field of adults was without a doubt one of the greatest accomplishments of my sailing career so far. It took a lot of work, and a LOT of luck and support from my family, my fleet, and my Club.

Next up is Sunfish Worlds, this September, in Bonaire. Pretty much as far from my backyard as could be! I'll do my best to be prepared and represent AYC!



Lucy shows us how to win! Photo by Bill Records

An Exciting Summer Adventure

by Ethan Froelich



After a year of building up qualifying points, it came down to the last race. Oliver Hurwitz (from the American Yacht Club) and I pulled it off and qualified to be the U.S. representatives in the men's I-420 at the 2019 Hempel Youth World Championship in Poland! This is such an exciting achievement. We are proud and thrilled to go so far.

So far the summer adventure is off to a hard-working and rewardingly full schedule. After participating in Miami with the U.S. Sailing Olympic Development World Team at the beginning of June, it was then on to Newport for an invitation-only racing clinic where I had the bonus



Ethan at U.S. Youth Championship *Photo by Peter Slack*

opportunity to talk with and race against Skipper Rome Kirby of Team USA Sail GP in an Opti which aired on CBS.

Based on the amount of water in Rome's boat, I declared myself the winner!

After Miami, I moved on to New Jersey for their preparatory regatta, the US Youth Championships, where I earned Silver after four long days of racing.

The team has their vision set on the upcoming regatta and are excited to start sailing in Europe. We are practicing with the national team in Portugal and then will head to Poland for the World Championship.

Then on to the Junior Europeans in Spain!



Oliver Hurwitz & Ethan take a Silver at the U.S. Youth Championships *Photo by Stephanie Froelich*

Tony Slowik III - Sailing on Board for Life

by Gael Slowik



Sailing is an absolutely incredible experience that has lifelong value and rewards for kids that you just don't get in a classroom. The invaluable skills that sailing teaches carry on into adult life. Sailing builds confidence, which brings kids out of their comfort zones and encourages them to trust themselves. It teaches spatial awareness, steering and maneuvering which in turn teaches kids

to be aware of their surroundings and how to react to things in front of them. A sense of direction teaches geographic awareness to understand wind direction. And how to use a compass teaches patience, never to give up, setting goals and so much more.

Tony Slowik III was gifted the family tradition of sailing from his grandfather onto his father, and now Tony. When Tony was seven years old his father put him into his first sail boat – the Optimist – and Tony never looked back.

After qualifying for his first Team USA International event at the age of 10 as a White Fleeter, Tony began his journey in the Netherlands as well as multiple destinations across the U.S.



Lake Garda, Italy *Photos courtesy of Gael Slowik*

Tony's international travel has included:

2015 Brassamameer, Holland – Netherlands Magic Marine Easter Regatta

2016 Palamos, Spain XXVII

2016 Treporti, Spain Optimist Trofeo Marco Rizzotti Team Racing

2016 Antigua, West Indies Optimist North Americans Championship

2017 Toronto, Canada Optimist North Americans Championship

2017 Bermuda National Championship

2017 Mar, del Plata, Argentina

2018 Lake Garda, Italy The largest Youth Regatta in the World – Tony placed 9th out of 1061+ Sailors

2018 Nuevo Vallarta, Mexico Optimist North Americans Championship

2018 Bermuda National Championship

2019 Mar del Plata, Argentina

2019 Lake Garda, Italy

Tony ended his Optimist career this year in April as he aged and sized out of the Optimist sailboat. He will be moving into either the 420 class or the Laser class.



Antigua, West Indies



Toronto, Canada

BOARD OF DIRECTORS

Commodore	Annie Lancaster
Immediate Past Commodore	Bill Records
Vice Commodore	Dane Ohe
Secretary	Karen Bogisch
Treasurer	David Morley
Race Commander	Jim Casto
Buildings & Grounds Commander	Diane Covert
Harbor Commander	John Kuc
Sail Training Commander	Keith Denebeim

AYC STAFF

General Manager	Jackie Wheelless
Head Caretaker	Tom Cunningham
Junior Sailing Coach	Spencer LeGrand

AUSTIN YACHT CLUB

5906 Beacon Drive
Austin, Texas 78734-1428

Office: 512-266-1336
Office FAX: 512-266-9804
Clubhouse: 512-266-1897

E-MAIL AND WEBSITE

www.austinyachtclub.net
office@austinyachtclub.net

NEWSLETTER

Susie McDonald, Editor
ghowiellc@gmail.com

AYC BUSINESS HOURS

Wednesday - Sunday 9:00A - 5:00P
CLOSED MONDAY AND TUESDAY

Closed Club Holidays:

New Year's Day	January 1
Easter Sunday	April 5
Independence Day	July 4
Thanksgiving Day	November 26
Shopping Day	November 27
Christmas Day	December 25

ROADRUNNER FLEET BOARD OF DIRECTORS

Treasurer/Communications: Stefan Froelich

Sportsman Chair: Jeff Brock

Social Chairs: Constanze Heitkoetter / Nan Taylor

Equipment and Maintenance Chair: Dallas Grant

Safety Chair: Robert Cabrera

Membership Chair: Bob Gross / Krissy Amato

Fleet Captain: Mary Carew

For Information: rrboard@hasystems.com

Responsible Stewardship



The Roadrunners and Austin Yacht Club have earned Silver level of the world's leading sustainability certification program.

The Roadrunners joined the efforts of the Texas Sailing Association to host a Clean Regatta by the standards of the Sailors for the Sea initiative. Since 2006, this international program has been utilized more than 1,365 times in 36 countries. It provides a catalog of best practices that help run more environmentally friendly events to protect local waters and beyond.

"No water, no life. No blue, no green."

— Sylvia Earle, Oceanographer, Mission Blue Foundation

So what did we do for the 2019 Roadrunner Regatta to get to the Silver level? One of the big items on the list was reducing the use of single-use plastic. The recently installed new water bottle filling stations helped a lot in reaching this goal. AYC also ordered biodegradable dinnerware for the event. We diverted trash from the landfill by collecting compostables and recycling, offered vegetarian food options to lower our menu's carbon footprint, and used only reusable shopping bags for all the grocery shopping to provide meals for 90 competitors, their families and our volunteers. We used paperless regatta management tools, reusable dry bags instead of shirts for competitors which also avoided single-use plastic bags for the lunches-to-go, and even the trophies (decorative pillows) were sustainable as they were made from upcycled sails.

And what's next? The Roadrunners hope to have initiated a lasting change by the best practices implemented at the Roadrunner Regatta. Each year, we will try incorporating a few more Clean Regatta best practices to reach new heights in our sustainability challenge. Even the 34th America's Cup started at the Bronze Level before working their way up to Platinum.



By Constanze Heitkoetter
Roadrunner Fleet Social Chair

Community Service



Photo by Bill Records

Sail Training for the Boy Scouts

Back in May a friend and work colleague, Justin, contacted me about a sail training opportunity for his son's Boy Scout troop. I had had Justin out to AYC for a Beer Can race on my boat so he had a chance to see and appreciate what our Club has to offer to the community. His troop was scheduled to attend a Sea Base High Adventure Camp at St. Croix in July. Part of the camp involved sailing, but none of the kids had any real hands-on sailing experience. After getting a few details, I contacted Bill Records who responded very enthusiastically at the opportunity to reach more youth through AYC sail training. After a little logistics work and some back and forth over the scheduling, we settled on a half-day program involving a short "chalk talk" to cover some sailing theory followed by a couple of hours on the water with an emphasis on "tiller time."

On the training day, June 14th, the Boy Scouts and leaders arrived at noon fully armed with PFDs, large nalgene water bottles and plenty of sunscreen. After an informative chalk-talk by Bill Records and James Bland, we divided the Boy Scouts and their leaders among the available boats. The skippers assisting with this training were Bill Records with his Pearson 26, James Bland with his Ensign, Lewis Price with his Ensign and myself with my Corsair F-24 MKII. The winds were light, but sailable. Per Bill's guidance, each skipper rotated their crew of Boy Scouts through the boat tasks. Each boy was given a good deal of time driving the boat and conducting multiple tacks. We had the troop on the water for over two hours. They came back hot and tired but happy. After troop graciously treated the skippers to Rudy's BBQ, they spent the rest of the afternoon cleaning up the AYC grounds as a "Thank You" to the Club. AYC Building & Grounds Chair Diane Covert was kind enough to provide the guidance for the troop for that clean-up effort.

During the process of setting up this event, there were some great conversations with the Boy Scout leaders about how we can provide more opportunities for the Boy Scouts in general and potentially reward the boys for learning sailing. From those discussions, Bill Records was able to define a Boy Scout Sailing badge that AYC can begin offering to the Boy Scouts. Great job Bill!



By Russ Shermer
Multihull Sailor and AYC Member

Austin Yacht Club
5906 Beacon Road
Austin, TX 78734-1428



Endless Summer Series, William Michael and Ramzi Matous out in front. Go Green Fleet!

Photo by Bill Records