

SCOWLINES

OFFICIAL PUBLICATION FROM THE INLAND LAKE YACHTING ASSOCIATION



Volume 17, Issue 7----- February 23, 2021



LTJG Nikole 'Nikki' Barnes and Lara Dallman-Weiss Set Sights on Final Olympic Qualifier in March – One of Three U.S. Women's 470 Teams Vying for One Olympic Berth

If history is a good forecast of the future, LTJG Nikole 'Nikki' Barnes and Lara Dallman-Weiss, should feel some confidence as they head into their final Olympic qualifier, the 470 World Championships, March 5-13, 2021 in Vilamoura, Portugal. Barnes, a 2017 U.S. Coast Guard Academy graduate stationed at U.S. Coast Guard Sector Miami and on a support billet to train, and Dallman-Weiss, a 2011 Eckerd College graduate and past member of the US Sailing Development Team in the 470, enjoyed competitive success in January. Specifically, the elite athlete duo earned a Top 10 entry into the final medal race in the Lanzarote Winter Series in the Canary Islands and finished 7th overall after four days of racing. While this was a small regatta, entrants included the world's three top-ranked women's 470 teams, two of whom were gold and bronze medalist in the 2016

Olympics, and three others among the world's top 18 teams. Barnes and Dallman-Weiss are currently ranked 30th in the women's 470 by the World Sailing Association, most recently as of March 2020. The January Lanzarote regatta results speak to the success of a strategic training program implemented by the team since the COVID-19 pandemic canceled the World Championships in March 2020 and moved the 2020 Summer Olympics back to 2021.

We asked LTJG Barnes and Dallman-Weiss five questions to recap the past several months and preview what's next:

1. The COVID-19 pandemic prevented you from on-the-water training until last summer. What was the strategy behind, and strengths gained, when you did get back on the waters off Miami?

Dallman-Weiss: For a typical four-year Olympic campaign there are benchmarks teams typically go through. Since we started this campaign late, in April 2018 or two years into the current quad, we were on the fast track trying to squeeze in multiple things at once. The silver lining of the pandemic presented the opportunity to slow down and go back to the areas we had sped through before. One big area for improvement was the basic principles of boat handling and team coordination in the 470. Our coach, Robby Bisi, is an expert when it comes to the above and we used the time alone in Miami, sailing without any other teams, to learn as much as we could from him, and then apply what we knew and make it our own.

2. With regattas canceled and no formal training camps scheduled in the fall and early winter of 2020 due to COVID, what did it take to position yourselves in a place where you could train and race against some of the best 470 teams – men and women – in Europe, a continent where there is tremendous talent?

Dallman-Weiss: There is such high value in training with and against the men's teams. Physically, the men keep raising the bar higher and higher and we knew that if there was an opportunity to measure ourselves and train with some of the best teams, both men and women, we had to take it. Therefore, we went to Santander, Spain. From a mental standpoint, there has been an incredible amount of uncertainty and pressure over the past year, which has led us to become process-oriented. We knew if we kept focused on stringing together several small positives that we would not be disappointed with the end result.

3. You took delivery of your new Olympic 470 this fall. What did it take to get a new boat, and could you underscore how important a new vessel is for your campaign?

LTJG Barnes: We are very grateful for our new boat, Page! At the beginning of our campaign, we were advised to sail the Zieglemayer boats, a Hamburg based company that has produced sturdy and fast boats for decades. We immediately got on a list to get a new Zieglemayer boat and three years later, we finally got one! We would not be able to get this boat without the help of our title sponsors through the Coast Guard Academy Alumni Association Elite Athlete Fund!

4. LTJG Barnes, during this past year with the COVID-19 pandemic and Olympic training, you also received word that in May you will be promoted from LTJG to LT. What did it take to keep your Coast Guard career

advancing while captaining an Olympic campaign?

LTJG Barnes: I would not be where I am in my Coast Guard career and on the Olympic campaign path without the support of the Coast Guard. My supervisors and all my previous and current command at Sector Miami have gone out of their way to allow me to stay ahead in my qualifications while being huge supporters of the Olympic campaign. To make the best out of a challenging situation when the COVID pandemic forced us to stop training and head back home, I was able to use the extra time in Miami to complete specific qualifications and gain experience that has made me a better officer. I will have a good amount of work to do after the Olympic campaign in my soon to be LT role, but I am grateful for the challenge and the ability to represent the U.S. Coast Guard on the world stage.

5. Could you share your thoughts on the upcoming Qualifier – and Tokyo beyond? How can readers watch, follow along and even help?

LTJG Barnes: This past year has been filled with challenges, but it has allowed us to grow tremendously as a team as we worked through different adversities. We traveled to foreign countries to train in the middle of a pandemic and logged an average of 100+ hours of campaign work and training each week to maximize the time we had been given. We didn't want to waste a moment of it. With this preparation, dedication and hard work, we are eager to put our skills to the test. The qualifier of course is for the Team USA selection, but it is going to be a test against ourselves. Beyond the qualifier, we have already begun thinking about what we can best use in our equipment for the Olympic Games in Japan. There are some key aspects of our new boat that will give us an advantage in the venue for the Olympic Games, Enoshima. We will keep these little tricks to ourselves until after the Games though!

LTJG Barnes is a native of St. Thomas, U.S. Virgin Islands, and a member of both the St. Francis Yacht Club and St. Thomas Yacht Club. Dallman-Weiss is a native of Shoreview, MN, and a member of the New York Yacht Club.

To follow the World Championship, visit: <http://2021worlds.470.org/>
Follow Perfect Vision Sailing at www.perfectvisionsailing.com,
www.facebook.com/perfectvisionsailing, and [@PerfectVisionSailing](https://twitter.com/PerfectVisionSailing)

To support LTJG Barnes and Dallman-Weiss, donate to the ILYA foundation:
https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=CPAUDYG8B86V4&source=url



ILYA Delegates Meeting and ILYA Board of Directors - Saturday, February 27

All ILYA members are welcome to attend the ILYA Board Meeting via Zoom. Due to the large number of anticipated viewers, all will be muted and only given access to speak by the moderator.

Topic: 2021 ILYA Spring Board Meeting
Time: Feb 27, 2021 08:00 AM Central Time (US and Canada)

Join Zoom Meeting
<https://us02web.zoom.us/j/82256493049?pwd=OTZCdCtSNkdreVZzMHhtVGRQbVpaQT09>

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Meeting ID: 822 5649 3049
Passcode: 900258
Find your local number: <https://us02web.zoom.us/j/82256493049>

Sailing School Directors - Please read the 2020 Guidelines

The following safety items were listed for coaches at ILYA Championship events in 2020. Please check for compliance while budgeting for the 2021 season.

Always carry safety items including:

- A working and charged VHF Radio tuned to the channel designated at the support person briefing
- USCG Approved PFDs worn by all persons aboard, at all times while afloat, except briefly to change clothing
- A fully stocked first-aid kit
- A floating tow rope at least 30' long
- An adequate anchor with at least 150' of anchor rode
- A working "kill cord" attached to the primary operator at all times while afloat
- Hand pump or bailer
- A readily accessible knife
- All equipment required by local maritime law. In most venues, this includes:
 1. Fire Extinguisher
 2. A sound generating device like a horn
 3. A "throwable" PFD
 4. Current Registration
 5. Battery securing device
 6. Battery terminal cover(s)
 7. Carry adequate third-party insurance that covers their actions, the vessel(s) they operate, and any vessel operator's actions.
 8. The maximum plated / certified passenger and weight limits for the vessel shall never be exceeded

Tentative Regatta Schedule for 2021

April

24-25 Island Bay Springfield C regatta

May

1-2 Cedar Icebreaker C

8-9

15-16 C/MC Cedar, WI

22-23 Labelle Tuneup

Geneva E

29-31 Memorial Day weekend

June

4-6 Orlando Webb Regatta - Lotawana, Missouri
5-6 Wawasee E Regatta
11-13 **2020** E Nationals – Little Egg Harbor
12-13 **MIR C - Delavan**
WI MC Champs – Monona (tentative date)
17-18 **QUINT X Regatta - Site TBD**
18 AJH X Regatta – Cedar
18-20 C Nationals – Muskegon, MI
22-23 **TRAP - X at Pine**
26-27 **A Nationals- Pewaukee**
MC Nationals – Clear
25-27 **US Sailing Junior Olympics - Lake Forest, Fri clinic**
28 **LBSS Opti - Beulah**

July

1-2 **Lake Country Beginners X Clinic - Tentative**
6-7 **Quad Lakes – Nagawicka**
8 **TRAC Green fleet - Cedar**
9 **TRAC RWB Fleet - Cedar**
9-11 **ILYA MC Invite – Okauchee; PRO Mark Prange**
ILYA E Invite – Mendota; PRO Mark DeGuire
12-15 **Dinghyfest X Mon-Tue; Opti Wed-Thu, Melges 14 O’pen Bic Fri**
17-18 **ILYA C Invitational – Minnetonka PRO Blake Middleton**
19-20 **Oshkosh Xtreme**
24-25 **WYA X – Delavan - CONFIRMED BY BYLAWS**
26 **No Tears Opti - Cedar -**
28-31 **ILYA X Champs – Pewaukee; PRO Senior Mark Tesar; Junior Chip Mann**
WMYA Championship -- Spring Lake

August

1-3 **ILYA Opti Champs – Beulah; PRO RWB David Porter; Green Candace Porter**
5 **Pram Power – North**
6-8 **WYA C – Okauchee -**
8-10 **Opti RWB Chip - LaBelle**
13-14 **X Blue Chip – Cedar**
15-21 **ILYA Championships - 15-17 A and MCs, 18 - Bilge Pullers, 19-21 E and C**

September

10-12 **2021** E Nationals - Torch Lake, MI
11-12 **Dorn MC Regatta – Beulah**
11-12 **Fall C and MC – Maxinkuckee**
18-19 **C Blue Chip – Okauchee**
18-19 **North Lake Fall Classic**
24-26 **E Blue Chip - Pewaukee**
25-26 **Nan Norris C Challenge – Beulah**
USODA Midwest

25-26 **Lake Lotawana Fall Regatta**

OCTOBER

2-3 **C Worlds - Delavan**
Polar Bear MC and C – Davenport, IA

As your dates become clear, Scowlines is happy to mark the event as confirmed. A little positive thinking and LET'S SAIL!



Support Our 2021 Olympic Contenders Roble - Shea, Olympic hopefuls Barnes - Dallman- Weiss and the continued efforts of Melges - Rowe

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