



Volume 10, Issue 1

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In Memorium  
Pine and Geneva Note Losses

- [Sandra Barker](#)
- [Anne "Ricky" Lindemann](#)

### ILYA Championships - August 19-23

#### Time to Prepare for 5-fleet affair

The Melges 17 fleet will join the As, Es, Cs, and MCs at the 2015 ILYA Annual Championship. The fleet may start racing on the afternoon of registration day, and complete its racing in the early evenings of subsequent regatta days, so as not to conflict with the other fleets. Be sure to watch this fleet which boasts strong youth involvement and family participation. The Geneva fleet is unique with many fathers sailing the boats with young children at the helm. Pewaukee brings a number of family teams. It is anticipated that the Michigan and Indiana fleets may join us for the big event.

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LAKE GENEVA  
REGIONAL NEWS & RESORTER

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Lake Geneva planning is underway and it is slated to be an extravaganza. Following in the footsteps of Oshkosh Yacht Club, all fleets will sail each day. This allows family time for those sailing one fleet, allows spectating if only one fleet, tests the mettle of many sailors who sail in double fleets, and keeps the days full of activity. Simply put, it is the ILYA at its best.

The social schedule is firming up:

**Wednesday** - registration and casual dining at the club

**Thursday** - Bilge Pullers at the club and an opportunity to enjoy the many fine restaurants in Lake Geneva, Fontana, Delavan, and Williams Bay

**Friday** - it's just plain fun with a family feel. It will provide games and activities for children of all ages (you included) and will feature our Legends and Heroes. This event is meant to be enjoyed by families. Invite your parents and grandparents, bring your children and grandchildren. Share our traditions and heritage.

**Saturday** - a fancy Geneva affair as only we love to host. Babysitting will be provided by local hotels.





[Join Here](#)

**Regattas / Calendar**

**April**  
 18-19 No Frills C - Missouri YC  
 25-26 Springfield C - Island Bay

**May**  
 2-3 Icebreaker C - Cedar, IN  
 9-10 Mother's Day C - Spring Lake, MI  
 16-17 Labelle tuneup C - LacLaBelle YC

**June**  
 6-7 Eastern C - TBD  
 6-7 MIR C - Browns  
 12-14 C Nationals - Minnetonka

**July**  
 17-19 ILYA C Invite - Beulah

Hotels preliminarily reserved. Watch for more as our committees begin to work.

HOTEL	Location	Rooms	Prices	Other Amenities	Cut off date	Phone	Group Code
The Abbey	Fontana	std king or 2 queen	\$161- \$241+	boat slips available	July 19, 2015	800-709-1323	ILYA 2015 10v01d
Fontana Village Inn	Fontana	standard Wed. Thur.	\$84+		July 4, 2014	262-275-6700	ILYA 15
		standard Fri. Sat.	\$123+				
Grand Geneva	Lake Geneva	standard	214+	20% golf discount	June 20, 2015	855-833-5345 262-203-8074	ILYA
Timber Ridge at Grand Geneva	Lake Geneva	One Bedroom Suite	\$194+	Water Park	June 20, 2015	855-833-5345	ILYA
		Two Bedroom Suite	\$294+	Water Park	June 20, 2015	855-833-5345	ILYA
Geneva Ridge	Williams Bay/LG	standard	\$181+	Golf discount at Geneva National	July 19, 2015	800-225-5558	ILYA 15
Comfort Suites	Lake Geneva	standard	\$139+		July 19, 2015	262-248-2300	ILYA 15

Don't forget Delavan is only a few miles away.

**Volvo Race**

**Leg 3 - Slow Boat to China - Lighter Winds this Leg**

**August**

1-2 Interlake C - TBD  
5-8 WMYA Champs -  
Torch  
7-9 WYA C - Okauchee  
19-23 ILYA Championships A, E,  
C, MC, Melges 17 - Geneva

**September**

5-6 USODA Midwest  
Championships, Minnetonka,  
MN  
12-13 Maxinkuckee C  
19-20 Fenton Fall C  
19-20 C Blue Chip - Okauchee  
26-27 Nan Norris Beulah C  
Challenge  
26-27 Lotawana C Fall

**October**

3-4 Polar Bear C - Davenport, IA  
10-11 C Worlds - Delavan

**Submit your 2015 dates**

[Donate to ILYA or Support  
your Olympic Contenders](#)



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Pine Lake's Sally Barkow has been credited with calling the right shots for the In-Port Race in Abu Dhabi where Team SCA took the finish line gun. Barkow called tactics and it was like Pine Lake sailing overseas. Dad and Mom Barkow along with Maggie Walsh enjoyed the long layover of the Volvo Ocean Racing circuit. Get to your computer - the updates are refreshed every three hours. Great photos, interesting reading!

**Roble Remains Top US Matchracer**

**Rolex Candidate**

Stephanie Roble joins friend Anne Haeger as 2015 Rolex Sailor of the Year candidate, and this week the match racing rankings were announced. She remains on top. In addition, Roble throws her hat loosely into the Olympic ring due to an event in her new town of residence, Miami. Look for Roble to compete in the Nacra class.



## RIO - here we come!

### Consider supporting your favorite

This is it! The last year before the Trial process begins. This is the year when coaching and travel really count. We have new folks entering the quest. ISAF Miami (the old Miami Olympic Classes Regatta) is this month and what a list of names from the USA!. [Check here](#) to see if your favorite sailor is IN. You will see new names Steph Roble (Beulah) and Dan Morris (Minnetonka) joining the regulars - Annie Haeger (Beulah), Erik Bowers (Minnetonka), Stephanie Hudson (fundraising through Chicago YC), Sarah Everhart Skeels (Delavan). Don't forget those who have sailed alongside us - Maggie Shea (Chicago), Stuart McKay (NJ but on Russ Lucas E at 2013 ILYA Champs), Bora Gulari (E Mystery Guest). There may be more so check the registration list.



Several of our favorite sailors have accounts with the ILYA Foundation (Look for our link to the ILYA Foundation always on the left in *Scowlines*) but all the sailors are fundraising. Please consider providing the needed support to your favorite.

## Advanced RC course Offered in March

### Check US Sailing site to register

Sheboygan Yacht Club will be hosting an Advanced Race Management Seminar on March 21-22. Details of this seminar can be found on the US Sailing website. The cost for this seminar is \$100 and will include a continental breakfast and lunch on both days. The seminar will be led by John Strassman.



## Sailing Schools

### Never too early

Instructor certification classes are a MUST for your instructors. Start planning now for your coaches. US Sailing maintains a calendar of course locations. Look at the courses available in your region. Instructors often look for courses to accommodate spring breaks or other available weekends. The ILYA region has not announced its dates as yet but both Pewaukee and Geneva are considering hosting classes.



This year courses are available in three levels:

**Level 1**-- Designed to provide sailing instructors with information on how to teach more safely, effectively, and creatively. Topics covered in the course include: classroom and on-the-water teaching techniques, risk management, safety issues, lesson planning, creative activities, ethical concerns, and sports physiology and psychology. - See more at:

<http://www.ussailing.org/instructors/#sthash.6zyl6g58.dpuf>

#### *Course Length*

*This is a 4-day, 40-hour course. Attendance at all course sessions is mandatory. Absence from any portion of the course excludes the instructor candidate from evaluation.*

#### *Minimum Age Requirement*

*\* All Candidates must have reached their 16th birthday within the calendar year that the course is being held in. Students under 18 years of age who complete the course will be designated as a Sailing Assistant until their 18th birthday. Please be aware that forging/lying about your age is a violation of the terms of this registration and is grounds for revocation of any or all US Sailing certifications*

#### *Prerequisites for entrance into the course*

##### *1) Sailing experience*

*Sailing experience in small boats, such as prams, dinghies, multihulls or daysailing keelboats.*

##### *2) Current US Sailing Adult Individual Membership.*

*Youth memberships are not applicable. Those with a family membership with only one (1) instructor in the family IS eligible.*

##### *3) Experience operating a safety boat.*

*This skill will not be taught at the course. Instructor Candidates lacking adequate experience should either seek opportunities for practice or attend a US Sailing Safe Powerboat Handling Course. Candidates not passing this portion of the course or other tests will receive a Plan of Improvement, re-testing for which carries a fee of \$75.*

##### *4) Ability to swim 50 yards both with and without PFD.*

*The accepted swim strokes are: front crawl, breaststroke, side stroke, elementary backstroke, back crawl and butterfly, as defined by the American Red Cross. Floating and treading water are not considered to be swimming strokes, and sculling or finning as a way of moving through the water while floating or treading is not considered to be a swimming stroke.*

##### *5) Completed course registration form accompanied by appropriate course fees (and any late charges)*

*6) National Association of State Boating Law Administrators (NASBLA) Safe Boating certification. Each state has different requirements and candidates have a responsibility to meet the boating laws of the state where the course is being held. In some states, online testing meets the criteria for NASBLA certification (Florida, for example), while other states require classroom work (Connecticut) and do not recognize online testing. If you chose to take an online course, please be certain that the course you've chosen is NASBLA approved. Online courses that are not NASBLA approved will not be accepted. BoatUS is one provider of online courses. Click here to see all available Boat US courses. You can also earn your certification at one of US Sailing's Safe Powerboat Handling Courses or see a current list of approved providers. Candidates holding a current USCG full or limited Master's or OUPV license are exempt from this requirement.*

*7) Complete the US Sailing Medical Form and Safety Boat Skills Self-Assessment Form. This will be provided to Instructor Trainer at the start of the course. These will be sent to you upon receipt of your course registration.*

##### *8) Ability to exhibit appropriate personal and interpersonal skills.*

*Requirements for Successful completion of course*

*\* Attendance at all portions of the course. Absence from any portion of the course excludes the instructor candidate from evaluation*

*\* Personal and Interpersonal Practical Skills: Demonstrate professional conduct, an open-minded, positive and enthusiastic attitude, appropriate appearance (clothing, footwear and tidiness), participation in discussions, collaboration skills/team player, confidence and ease of manner.*

*\* A positive evaluation by the Instructor Trainer.*

#### *Passing all Practical Exams*

*1) Sailing Skills Practical Test: Execute, with comfort and confidence: Rigging, leaving a dock/beach, starting, stopping and speed control, safety position, getting out of irons, sailing backward, tacking, jibing, steering with sails and weight, proper sail trim, judging laylines, capsize and overboard recovery, returning to dock/beach, unrigging.*

*2) Safety Boat Operation Skills Practical Test: Execute, with comfort and confidence: system, equipment and starting checks, leaving and docking, high and low speed maneuvering, holding position upwind/upcurrent, backing, pivot turn (360 degree turn within boat's length), anchoring and/or making fast to a mooring, overboard recovery and*

landing alongside a moored boat. (Tip: view animations of maneuvers)

3) Swim/PFD Practical Check: Swim 50 yards in instructing clothing both with and without a PFD, tread water two minutes while performing a minor task (such as tying a knot). The accepted swim strokes are: front crawl, breaststroke, side stroke, elementary backstroke, back crawl and butterfly, as defined by the American Red Cross. Floating and treading water are not considered to be swimming strokes, and sculling or finning as a way of moving through the water while floating or treading is not considered to be a swimming stroke.

4) Marlinspike/Seamanship Practical Test: Demonstrate ability to tie the following knots and hitches: Figure-8, bowline, square knot, sheet bend, clove hitch, two half hitches, rolling hitch, cleat hitch. Also coil and throw a line.

5) Classroom Presentation Practical Skills: Demonstrate lesson preparation, with clear, logical and accurate content, good voice enunciation/clarity/volume/pace/pitch, good non-verbal communication (gestures and body language), effective visual aids, good timed presentation(s) with introduction, conclusion, demonstration, clarity and use of notes, use of multiple pathways techniques, and ease in handling questions.

6) Land Drill and Water Drill Teaching Practical Skills: Demonstrate good class positioning, control and positioning of safety boat, demonstration skills, effective on-the-water communication, evaluation, and feedback technique.

Passing all Written Exams

\* Three closed-book exams on the Small Boat Sailing Instructor Guide, Teaching Fundamentals for Sailing Instructors and Basic Powerboating, Safety and Rescue. All tests are multiple choice. A passing grade of 80% is required on all exams.

Course outcomes

The practical and written tests each stand on their own, and each must be passed in order to pass the course. The determination as to whether a candidate passes or fails rests with the Instructor Trainer. In addition to Pass or Fail, a third option is a Plan of Improvement. Re-testing for Plans of Improvement carries a \$75 re-testing fee; re-tests are scheduled with specific representatives of US Sailing and must be performed within a specific time frame.

Training materials

There are approximately 400 pages to read, so plan on studying prior to and each night of the course.

\* Small Boat Sailing Instructor Guide

\* Teaching Fundamentals for Sailing Instructors (TF)

\* Basic Powerboating, Safety and Rescue manual

\* Learn Sailing Right! Intermediate student book

\* Review questions for the Instructor Guide/Learn Sailing Right, TF and Powerboating tests.

\* Other handouts and course information as applicable.

- See more at: <http://www.ussailing.org/education/teach-sailing/sbinstructor/level-1-instructor/#sthash.ITzd9EZv.dpuf>

**Level 2--** Focuses on developing knowledge and skill in teaching sail theory, sail controls, introductory management skills, spinnaker and trapeze use (and instruction) and powerboat operation for emergency situations. Safety awareness is a major component of this course, with instruction on how to address capsized recovery, or prevent entrapment while operating a powerboat. - See more at:

<http://www.ussailing.org/instructors/#sthash.6zyl6g58.dpuf>

Course length This is a two day, 16 hour course. Attendance at all course sessions is mandatory. Absence from any portion of the course excludes the instructor candidate from evaluation - See more at: <http://www.ussailing.org/education/teach-sailing/sbinstructor/level-2/#sthash.ka2Limuv.dpuf>

Prerequisites for entrance into the course

1. Current smallboat Level 1 Instructor certification.  
Instructor candidates can not take the smallboat Level 2 Workshop until they have held a current smallboat level 1 certification for nine (9) months. Please note that the nine month period is based on Level 1 certification issue date, not class attendance. Current Level 1 certification requires an appropriate US Sailing

- membership and current CPR/First Aid certification.
2. Completion of an online concussion awareness training course.  
Candidates must complete an online concussion training course from either the Center for Disease Control (CDC) or National Federation of State High School Associations in advance of the course. Please print and bring the certificate with you to the course.
  3. Sailing experience in small boats, such as prams, dinghies, multihulls or day sailing keelboats.  
Ideally, candidates should have some familiarity with spinnakers and trapezes, though it is not required.
  4. Experience operating a safety boat.  
This skill will not be taught at the course. Instructor candidates lacking adequate experience should either seek opportunities for practice or attend a US Sailing Safe Powerboat Handling Course.
  5. Ability to swim 50 yards both with, and without, a Personal Flotation Device (PFD).  
This skill is not checked in Level 2, however it is expected that all candidates will be capable of meeting the requirement.
  6. Completed course registration form accompanied by appropriate course fees (and any late charges).
  7. Complete the US Sailing medical form.

- See more at: <http://www.ussailing.org/education/teach-sailing/sbinstructor/level-2/#sthash.xJBa921p.dpuf>

**And new to our area Level 3** - Provides coaches with information on how to effectively develop performance boat handling and racing skills and instill in athletes the importance of ethical behavior and sportsmanship in the sport of sailing. Topics include race management procedures, team management and logistics and drills - See more at:

<http://www.ussailing.org/instructors/#sthash.6zyl6g58.dpuf>

Course length This is a two-day, 16-hour course. Attendance at all course sessions is mandatory. Absence from any portion of the course excludes the instructor candidate from evaluation - See more at: <http://www.ussailing.org/education/teach-sailing/sbinstructor/level-3-coach/#sthash.mypx8trV.dpuf>

Prerequisites for entrance into the course

1. Current Smallboat Level 2 Instructor certification Candidates may enroll in a Level 3 Coach Workshop at any point after achieving the Level 2 Instructor Certification. Current certification also requires an appropriate US Sailing membership and current CPR/First Aid certification.
2. Coaching experience in small boats, such as prams, dinghies, multihulls or day sailing keelboats.
3. Completed course registration form accompanied by appropriate course fees (and any late charges)
4. Completed the US Sailing Medical Form

- See more at: <http://www.ussailing.org/education/teach-sailing/sbinstructor/level-3-coach/#sthash.aSVZ0H7m.dpuf>

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