



# The Layline

The Official Newsletter of the Stanford Sailing Program #40

## Textbooks, Team Racing, and Trapezes:

Balancing College, Stanford Sailing, and 49erFX Sailing

By: Helena Scutt '14

If you visited the Stanford Boathouse in the spring, you might begin to think college sailing was transitioning into 49ers. Between me, Hans Henken ('15) and Molly Vandemoer, there were three to four 49ers there at once, scattered among the 420s. (Letting me keep a skiff at Stanford is just one representation of Coach John's awesome support for my skiff sailing!) This article is a peek into my life juggling college, college sailing, and skiff sailing.

A lot has happened since the FX was chosen as the Women's High Performance Skiff for the 2016 Olympics in early May 2012. The FX is the same hull, boom, and blades as the 49er (the Men's High Performance Skiff) but a different mast and sails. By mid-August I was on the lawn outside of my Stanford summer housing, peeling bubble wrap off one of the first one hundred sets of masts and sails in the world. It felt like Christmas!



Photo by Mick Anderson

Over the summer Allie Blecher (College of Charleston '10 and 2010 Quantum Women's College Sailor of the Year) and I agreed to sail Sailing World Cup Miami together, formerly known as Miami Olympic Classes Regatta. In the fall we practiced at Richmond Yacht Club

and I spent Thanksgiving break in Southern California training with her. Right after my fall quarter finals I hit I-5 South with the 49erFX in tow to pick up Allie for our cross-country odyssey to Miami. It was 3,333 miles of catching up on sleep and planning how to optimize our two weeks of winter break training time.

Sailing World Cup Miami

provided warm water and the most consistent medium to heavy breeze in recent memory. Six days of racing was physically tiring but thanks to the Stanford sports performance trainers I felt in great shape despite the fact that crewing in a skiff uses such different muscle groups than crewing in an FJ. Allie and I were excited to race

other FXs after sailing alone for so long. Olympic Coach Luther Carpenter called us “the boathandling queens” because although we weren’t always the fastest in a straight line, when it got breezy we kept the boat upright when others didn’t!

However, off the water, it was hard to stay afloat. There is no easy way to miss a week of class. Even after planning ahead, I was up way too late doing problem sets for several nights. When I was sore, it was late, and all I wanted to do was sleep, I thought of how lucky I am to be at Stanford, to be part of the Stanford Sailing team, to be sailing such a competitive regatta with an amazing skipper, and to be supported by so many friends. As a full-time student and college sailor, to be duking it out on the course with professional/full-time sailors and those who have been campaigning for the last four or eight years is an honor and a challenge.

At Sailing World Cup Miami Allie and I qualified for the US Sailing Team Sperry Top-Sider (USST STS). Our teammates are Anna Tunnicliffe and none other than Molly Vandemoer! I sailed the first USST STS training camp of 2013 with Paris Henken in early March in Miami. Growing up competing against each other in the 29er (Paris as a skipper and me as a crew), our extensive 29er experience has made for a natural transition into the 49erFX.

I use most of my weekends off from college sailing to sail the FX. It’s hard because otherwise I would catch up on coursework and sleep, but I need to sail the FX regularly because I’m so hungry to improve. This spring I sailed the FX at Richmond YC with Molly Carapiet (Yale, ’06) before ICSA Nationals. One of the weekends was a USST STS training camp coached by Pete Spaulding (2004 Olympian, 49er). Since time in an FX is precious during the school year, I break down the training to focus on incremental improvement, something that coaches John and Clinton have drilled into us this year.

College sailing and FX sailing complement each other. The FX makes me focus on boatspeed, rig tuning, and longer course racing, while college sailing makes me focus on tactics, short course racing, and of course, team racing. I have learned to switch gears quickly, from homework to racing mode and between team racing, fleet racing, skiff sailing. I’ve found that communication, teamwork, and focus are universal keys.

This summer Paris and I will be sailing CORK in

Kingston, FX Nationals at Oakcliff, NY, and the first-ever FX Worlds in Marseille, France. We will be training a lot on San Francisco Bay in order to prepare for Marseille’s windy reputation. Gotta go – it’s time to put the bow down and rip!

For photos and more about my journey, please visit my blog: <http://scutt49erfx.blogspot.com> .

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# Women Charge at Nationals!

By: *Katie Riklin '13*

With our two skippers, Sally Mace and Molly McKinney both absent jet-setting abroad, the women's team was in short supply this fall. We sailed a few races here and then but upon their return in the winter we were raring to go again. With a frigid all-girls team race and a few east coast interconference events under our belt we headed into our conference championship with confidence and maximized on our home turf advantage to win the regatta and progress straight to the national finals in St. Petersburg, FL.

For me, women's nationals was the beginning of a two week visit to the sunshine state so I'd spent the greater part of the week before groveling to professors - one who contrary to the department's typical ways, actually let me skip a physics midterm all together without any real penalty. So on Monday morning when we boarded our plane, not only was I pumped and ready to go for nationals but also relieved that I wasn't sitting on that plane simultaneously taking an exam on nuclear physics. Seemed like the odds were in my favor.

Our victory at conference championships gave us a bye to the finals so the first day in Florida we were able to sleep in, then leisurely make our way over to check out the venue and watch a bit of racing. Minus a bit of stinky seaweed washed up on the beach, the venue was great with a big stretch of open water, view of the sunshine skyway and little thatched umbrellas along the beach. After attempting to watch semifinals we headed to the

pool for a bit for a bit of sun time. That would be the first and last time we actively sought the sun in Florida - the rest of the week was spent seeking shade and respite from the heat and humidity whenever possible and slathering on sunscreen every ten minutes. After a great waterfront dinner on Treasure Island featuring giant crocodiles and an Elvis impersonator, we headed to bed for some rest before the first day.

Much to our pleasant surprise, the report time was moved to 10:30 am all three days at which point a nice steady sea breeze had filled in from the west, dispelling our fears of sailing light, shifty races in a dying easterly all week. We got off to an ok start, but after a couple spins and pretty deep races, we found ourselves in 10<sup>th</sup> place at the end of day one. However, we persevered and ground back to 5<sup>th</sup> by the end of the second day with a lot of nice single digit scores up on the board. Day three we headed out on the water in our red pinnies and rocking some great shorts tans ready for a Cardinal Friday. We fought a true fight to the end, finishing up tied for 4<sup>th</sup> with Boston College and one point out of third place. While we couldn't help but feel bittersweet in that moment, the excitement and support from our fellow teammates when we got back to shore made us feel like we'd won the whole regatta. USF probably put on one of the best run regattas I've seen in a long time and it was truly an amazing experience to finish off my college sailing career.



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# National Semi Final Champions!

This year's Semi-final Championships were sailed out of Hampton University in Virginia. Boats were supplied by both Hampton University and Old Dominion University. As per tradition the 35 qualified teams, from across the country, were evenly divided into either the Western Semi-final division, or the Eastern Semi-final division. This year, Stanford was placed in the Eastern Semi-final division along with many other top teams such as Roger Williams, Old Dominion, Brown University and Dartmouth College. Only the top nine teams from the Western and Eastern divisions qualify for the prestigious National Championship that is going to be held in St. Petersburg, Florida, during the last few weeks of May.

This year's Semi-finals team was the biggest that Stanford has ever taken to a National Championship, consisting of 10 people, 4 skippers and 6 crews. The team flew out early Thursday morning on the 25<sup>th</sup> of April and proceeded to shake the rust off from the flight by practicing the next day out of a small yacht club north of Old Dominion University. The following morning the opening ceremonies were held at a beautiful building in Hampton University, right across from aerospace museum. Racing proceeded to start right away after the ceremonies. The venue was great for spectating. The majority of the race course was set up parallel to the shoreline making it easy to watch the racing and cheer on your team. Saturday ending up being a full day of racing with about 8 races being completed. The wind came out of the East and slowly built through out the day from 4 to 8 knots and shifted to the South. Kevin Laube and Kelly Ortel started the regatta off right in A division by winning three of the first five races and putting the Cardinal on top early. In B division, Oliver Toole and Haley Kirk were making great moves, by sailing very consistently and not finishing out of the top 5 in any of their races in the first day of sailing. Racing lasted all day until the sun finally went down and the race committee decided to call it a day. At the end of day 1 of Semi-finals, Stanford was winning with Roger Williams in a close second.

Day 2, Sunday, began early as the race

committee planned to sail a total of 18 races and only 8 were sailed the previous day. Luckily, the wind also built early, starting in the low to mid teens and gusting to 20 by the afternoon! As the breeze picked up, the course was shifted to a trapezoid course to keep the racing close and interesting for the spectators to watch on land. Kevin and Kelly started the day off in A division again and Oliver and Haley started in B division. As the day went on, Stanford slowly began to sail into a dominant first place. At one point, Stanford was almost 20 points ahead of a distant second place. However, even though it seemed Stanford was breaking away into first overall, the racing was very tight for the top spot in each individual division. Kevin and Kelly were consistently duking it out with Roger Williams A division skipper Alec Anderson. Each race was a battle until the very end, as they traded first and second places throughout the day. In B division, Oliver and Haley were in a very close race with Old Dominion B Division skipper Esteban Forrer, with only one point separating the two teams by the last race. With the end of racing nearing, the team decided to switch in Hans Henken and crews Yuri Namikawa and Rebecca King, into A Division, for Kevin and Kelly, to sail the last three races of the regatta. With the confidence from watching the team race all weekend, skipper Hans and crews Yuri and Rebecca were able to clinch the Semi-final National Championship by the last race of A Division. With only one more race to go, Mateo Vargas and Tally Buckstaff were switched in for Oliver and Haley and were able to finish the regatta strong by finishing 6<sup>th</sup>.

Overall, Stanford finished 2<sup>nd</sup> in both A and B Division, allowing the team to clinch first place in the Eastern Semi-final Championship, and more importantly, qualify for the ICSA National Championship in Florida. In finishing 1<sup>st</sup> at the Eastern Semi-final Championship, Stanford was ranked 1<sup>st</sup> in the last Sailing World Magazine Rankings of the year and will take the trip out to the National Finals to defend that title.

Accepting awards at Semi Finals



# Photos from Nationals

Looking good at Team Racing Banquet. Hard fought 6th Place!

Ladies at Dinner



Keeping it loose with bag toss. Thanks sperry!



Oliver and Helena making everyone look slow

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The Kirk's- Nationals

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# From the Coachboat

Stanford Sailing has taken some significant steps over the past year and it is all due to the hard work of the whole team. Clinton and I have so much respect for what the student athletes are able to accomplish here at Stanford our sailors are no exceptions. Their hard work and drive to be the best at what ever they are doing always shines through. This year certainly saw some challenges but also some great success. I like to think that the challenges are what have lead us to the success the team has now and will have in the future.

Stanford sailors represent every engineering major offered at Stanford and speak 7 languages as a team. Whenever I introduce the team I start with those simple facts. The Stanford sailors are incredible in the classroom as well as on the water. I usually go on to say that the coed team finished the year ranked #1 in the country in the Sailing World magazine rankings and #1 in the country in Team Racing by Sail 1 Design. The Women's team finished the year ranked 9<sup>th</sup> in Sailing world and saved their best performance for last. This year Stanford had 3 sailing All Americans Kelly Ortel and Haley Kirk as crews and Oliver Toole as a skipper. Many more players on our team sailed at an all American level. Sailing was represented well at the Stanford athletic awards banquet as Oliver Toole won Conference athlete of the year and Helena Scutt won the junior female athlete of the year. I could go on to say that Stanford won half of all the team race regattas they sailed this spring and were no lower then 6<sup>th</sup> all year including national's. I also could go on to say that Stanford won all 5 conference championships this year, match racing was canceled. All of these statements are facts but don't define these sailors.

The truth about the Stanford sailors is that every Tuesday and Thursday morning they wake up at 7 and bike to the gym for workout and then go to class all day. After class they go on the water for 3 hours and then some go back to class at night and all hit their books for homework. Wednesdays are the "light days" when they just go on the water for 2 hours. They watch video all week and have to endure my emails on a daily basis. Thursday nights they hop on the red eye to the next regatta on the east coast. They land at 6am and get poured into a car to go practice or see the sights at any given venue. The team gets up at 4am pst time on Saturday and Sunday and races all day both days with some homework in between. The tired team lands at SFO around 10pm and works their way back to their dorms knowing that school is waiting for them the next day. This team works and does this on a weekly basis. The best part they do it with a smile on their faces, working together for something great has been what this team is all

about. Focusing on the process of getting better, becoming a team, a family. Stanford sailors do it better then anyone. We had our weather challenges this year arriving in a full snowstorm in Maryland for spring break; any team would have just dreaded it. Our players started making a giant snowman. They knew their friends were on great trips to Mexico or some other sunny spring break local but the sailors knew the work they put in would be worth it in the end.



The team didn't finish where we all thought we could but it was still a huge improvement from the year before. The women had a gutsy last day to move up to a tie for 4<sup>th</sup> and just a point out of third for the regatta. The team racers started so strong winning after day 1 but the racing was so close it was really any of the 6 top teams that were there could win races off anyone. The team fought hard and came within 2 wins from second and a win from the final four. This national's was easily the most competitive Team Racing Nationals in College Sailing history. After the hard

fought team racing the Coed team had to turn their attention to fleet racing. It was a hard mental switch but once we switched on we were the team to beat. We finished day 1 in 15<sup>th</sup> well away from the top group. We finished day 3 in 6<sup>th</sup> and just under 10pts from 5<sup>th</sup> in the regatta. It was a remarkable charge on the last two days to make us part of the event again. The team should all be proud of an awesome season regardless of the finishes at nationals. They all aced the process and worked hard to be one of the top teams in the country. I'm so proud of our team and how they handle themselves everyday.

The springtime brings so much anticipation and excitement to our team each year as we prepare for the spring nationals but it is also biter sweet as we say good bye to some great seniors each year. I want to thank Katie Riklin and Rebecca King for 4 awesome years here on the team and congratulate them on graduating from one of the finest schools on the planet. Katie and Rebecca were both huge contributors to our team and their impact was huge. We wish them the best and we hope to see them both back on the Farm soon. I wanted to finish by saying a big thank you to all the people who work behind the scenes to support our student athletes like JP and Kurtis who push the team hard every morning in the gym as our strength coaches. A thank you to Marcella and the rest of the training and medical staff who keep our team healthy. I want to also say thank you to Alison and the rest of the AARC staff for their great academic help. Finally a big thank you to Clinton Hayes, our other coach, he is the man. Clinton has helped this team make huge steps forward.

# Spring 2013 Regatta Reports



## North 1 and 2

*By: Noelle Herring '16*

Hosted by Stanford, the North 1 and 2 regattas were an opportunity to sail against teams from California and Oregon and added an additional level of competition to our familiar venue. Three Stanford teams sailed in the fleet race regatta. While the North 1 and 2 are typically separate regattas for scoring purposes, they were combined into one regatta this year to compensate for the lack of wind on Saturday, where it was only possible to sail one A race. On Sunday, 5 additional races were sailed. Combining both days' scores, Stanford took first, second, and fourth, while CSU Long Beach took third place.

With the absence of viable racing conditions serving as evidence to the challenge of winter sailing at Stanford, the team showed itself to be more than a group of sailors while waiting for wind. Upstairs in

the scoring room, the race committee, which was comprised of Stanford teammates, inputted information into scoring programs before helping other teammates choose spring academic classes on Axess. Other sailors rotated between catching up with sailors from other teams, greeting visiting family members, and finishing problem sets. A few boats left the dock in order to practice roll tacks and stay warmed up, just in case the wind might pick up later. Needless to say, Stanford was well represented, with or without wind.

## C of C Spring Interconference

*By: Michelle Catania '16*



Breeze on in Charleston!

It was my first regatta of the "spring" season and needless to say I was excited to get back to competing. Knowing it was in South Carolina we all hoped it would not be too cold, at least compared to New England. Checking the weather we got a brief scare, apparently there is also a Charleston North Carolina and it was supposed to snow there. Luckily our forecast was much nicer, a little bit of rain but nothing bad. The first day was nice 5-10 knots in the morning, building to 10-15. It was a good challenging day of sailing. After the lunch break it picked up to about 25 knots with current creating lots of

chop. We went out briefly, only for them to decide the conditions were too severe and send us back in. Overall, Saturday went well but we had no idea what Sunday had in store for us.

It was forecasted to be breezy and much



colder than the first day. As we walked to the boats we had the unfortunate realization that we had very much so under packed. Having brought nothing but spray gear and warm fleeces we were slightly underdressed for the cold water and rain we would be sailing in. One of the girls had brought a dry suit but she had grabbed the wrong size. We all tried to fit into it before accepting that it was too small and giving it to my 5'0" skipper (that day we definitely all wished we were as short as Yuki). We all bundled up the best we could and went out for an intense day of sailing. Watching A division trying to sailing the breeze and chop we slowly prepared ourselves for lots of hiking and bailing. We went out there and are still upright after the start, a good sign. However, we realize to late that we are heading right for the leeward mark without the ability to tack out. We run over the mark having to luff up to free ourselves from it. We are a very small boat and it takes everything we have to stay upright. We finish the race laughing at the fact that we did not flip and that we somehow got 5<sup>th</sup> when every other boat out there is about 70 pounds heavier.

We had time to kill before our flight and wandered around downtown Charleston. We enjoyed walking around the old buildings and discussing the regatta. An overall good weekend.

### **Mendelblatt Team Race and USF Women's**

*By: Mateo vargas '14*

These two great regattas were set in beautiful Tampa Bay, Florida and provided us with a

weekend of great sailing. The weather was warm at first, prior to a cold front moving through, but cooled off by Sunday causing everyone to run for their spray gear and warm hats. Luckily, we had a nice breeze for both days and were able to get off many good races.

The girls were lucky enough to sail at the Nationals venue and get in some valuable practice racing against many good teams early in the season. The team race team at the Mendelblatt sailed at nearby Eckerd College. We were able to get off many good races against a variety of teams and were able to clinch the win over College of Charleston in the end.

It was a great weekend filled with quality sailing, long games of surfing monopoly, and end of the day hot tub sessions to unwind. I believe everyone had a good time and likely is looking forward to more good times and good sailing in Florida next year.

### **Bob Bavier Team Race**

*By: Helena Scutt '14*

The Bob Bavier Team Race at Charleston got off to a rather slow start. At 1:30 pm on Saturday we were all still in the twelve-passenger van, either fully or half enclosed in drysuits, steaming up



Family Game night at the Vagas's

the windows while it poured relentlessly. It was late February, after all. Doing homework without getting our textbooks and papers wet was precarious at best. John's jacket got so waterlogged that it started disintegrating! Watching the rain flow down the windshield, it was hard not to let our hopes of sailing that day do the same. Finally, at 2 pm a southerly came and it was strong enough to fight the characteristic Charleston current. The front built from 12 to 18 knots but after a handful of races it quickly died. Sunday was the opposite in that we had a morning northerly that progressively died throughout the day, shutting off by 2:30 pm. It was much lighter, sunnier, and flukier.

The teams were Oliver and Haley, Kieran and Tally, and Antoine and me (Helena). On Sunday we hit a low point after a couple of losses. A critical moment emerged when we had a sail-off against Navy for a spot in the final four. We really picked ourselves up and sailed cleanly to a victory! Since we had the extra sail-off race AND we made it to the final four

we sailed more races than any other team - that is a victory in itself.

Our play of the weekend was in the final four when Yale had a 1-2 on the run with a significant gap for us to overcome, but at the end of the run and on the second reach we began converting it in our favor. We ended up winning the race in a 1-2-6! It really pays to never give up.

Since it was early in the season we worked on thinking about the big picture, being decisive, and committing to a play. The current most affected our sailing on the starting line, but we did a good job adapting.

Unfortunately we weren't able to finish the second round robin of the final four. We won all of our races in the second round of the final four so if they could have done the last two races we probably would have moved up even more.

We finished fourth overall with a 7-5 record. In round one we went 5-4 and in the final four we went 2-1. Georgetown won the event and Yale came in second. Each team only had two losses in the entire event and one of each of their losses was to us. The Bob Bavier Team Race was a solid early-season event for us because it gave us various conditions and exposed our weaknesses while showing us that when we fought hard, we were always in the game.

### **John Jackson Team Race**

*By: Antoine Sreve '16*

Lugging our black Nike suitcases, packed with turtle-necks, fleeces, and the notorious "astronaut suits" as some of my

freshman dorm mates would call my dry-suit, our team of six zombied through the Washington Dulles Airport. Little were we aware that this would be a sunny and relatively "warm", for east coast standards, team race event. Dry-suits would, without complaint, not be a necessary part of our uniform. But after the red-eye, with only a few hours of sleep under our belts we weren't so concerned about the weather. All I could think of was the potential prospect of sleeping in the car and possibly having the day off to relax at our lodging. To my relief, I got to sleep both in the car and all day at my personal favorite house, The Ortel Hotel. The Ortel's kind hospitality, Xbox 360, as well as their stellar fresh squeezed orange juice and French toast made me a tad bit jealous of Jack and Kelly growing up. With a hearty breakfast in our stomachs and some good sleep, our team of six, headed out to race in the John Jackson Team Race at Georgetown. The event was sailed in typical east coast team race style: light, shifty, competitive and efficiently run. The not so typical happened Sunday. We took the saying "keep your head out of the boat" to a new level when we had to avoid puncturing our yachts with the huge logs and debris floating in the water. Never had I seen so many floating obstructions. After 10 races, our team of six had all learned a lot from each other as well as our competition. We focused on the Stanford Sailing

Team's "one goal" of improvement the whole event to follow with our team mantra: One Team, One Plan, One Goal, One Stanford. Along with the great learning experience, our team of six was able to fly back to the farm Sunday night with a win under our belt with an impeccable record of 9-1.

### **Navy Women's**

*By: Natalie Urban '15*

Current was the name of the game at this year's Navy Spring Women's Regatta, following the recent heavy winter rains and high water levels in the beautiful Severn River in Annapolis, Maryland. We stayed at our favorite east coast lodging, the Ortel's house, and got in two full days of racing in breeze ranging from zero to twelve knots, and plenty of current, with only a few short wind delays. After weeks of team racing practice, our fleet racing was a bit rusty, but our scores consistently improved throughout the weekend as we learned how to sail the tricky, shifty venue, putting us in 9<sup>th</sup> overall for the weekend. We worked on improving our mindset throughout the event, resetting and refreshing for each race and



Leading the fleet at Navy Women's

not letting our mistakes affect our next race. Looking forward to sailing this event again next year and improving even more!

### **St.Mary's Team Race**

*By: Kevin Laube '14*

We were fortunate to have warm weather and great breeze for this year's St. Mary's team race intersectional, one of the major regattas of the spring team race circuit. The team consisted of Oliver, Haley, Kieran, Yuri, Kelly and myself, and we had Clinton coaching us. Going in to the regatta we were hoping for a good result to start the season off, and we kept ourselves in the hunt with a strong first day and were in second heading in to the end of the round robin and final six on Sunday.

We started off Sunday with a win over Boston College, the current regatta leader, and went on to win the rest of the races of the day with solid combinations. Boston College lost a couple more races and we ended up winning the regatta. This is my third year team racing for Stanford, and this was by far our biggest regatta win so far, and a great way to kick off the spring.

### **Aaron Szambecki Team Race**

*By: Haley Kirk '15*

Six members of our team traveled to ODU for one of the most competitive team races of the season. We entered the regatta with little practice, as it was our first regatta after winter quarter finals, though that did not seem to

be a big problem. Saturday was a day filled with light wind and little racing unfortunately. The shifty light winds only allowed us to sail a few races, and other than that we were on land playing soccer, eating hummus, and having a good time in the sunshine. Sunday on the other hand turned out to be a freezing day. Definitely one of the coldest days I have ever sailed in and potentially the coldest day I have ever sailed in. With hail blowing in our faces, the upwind course was sure hard to see. But all



Happy Team after St.Mary's Team Race Victory

of us stayed focused regardless of the cold and proved that we could handle any sort of condition.

We ended the regatta with yet another win behind us. The rankings showed us on top as #1 for another week. Charleston's coach commented, "all we do is win" on the rankings after this team race win and we adopted the song for our team motto. We left the Szambecki feeling ready for a week of spring break training and team bonding. This regatta posed us well for the following weeks and gave us more confidence going into the end of spring break team race regattas. Currently I am

sitting in the airport delayed in Texas on our way to team race nationals, ready to get on the water and try my best to help the team win yet another time.

### **Duplin Women's Team Race**

*By: Sally Mace '14*

This year, for the first time since I have been at Stanford, we sent a team to the Duplin regatta. The Duplin is the only three-on-three women's team race regatta on the college sailing calendar. At the skipper's meeting, longtime

Tufts coach, Ken, explained how the regatta has evolved from a fleet race to a competitive team race as us girls have gotten more interested in and competitive at team racing. I was definitely impressed with the high level of racing out there! Team racing is no longer just for the boys. Our women's team had had so much fun team racing

against the boys at practice, and we were so excited to go to this event to compete against other women's teams.

There was no shortage of excitement at the Duplin. New boats, new venue, and icepicks... The Tufts team sails Larks, unique dinghies with massive mainsails, on Mystic Lake (or mystical lake as we like to call it because you never quite know where the wind will come from). On Saturday morning, we were postponed because the boats were iced over. After shoveling snow out of the boats and figuring out how to rig the Larks, we headed out for a day of

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windy, puffy, and shifty sailing. Katie and I were all smiles as we reached around on a plane before the first race. As the breeze picked up throughout the day, girls were flipping left and right, and boats were breaking down one after another. We learned to never give up on a race because you never knew when somebody was going to swamp or capsize. We ended racing early on Saturday in order to prevent any more breakdowns.

We have two main goals for every team race regatta that we go to: to improve throughout the event, and to make it to the final four. We did both! Once we got a handle on the Larks we sailed some solid races against really good teams. All of our races were tight, especially the ones against Yale and BC. We are so excited to go back next year and compete for the Duplin title again!

### **Emily Wick Interconference**

*By: Sally Mace '14*

The Emily Wick, formerly know as the Wick Shrew regatta, is one of the top women's regattas of the Spring season. This year was my third time sailing the regatta, which is hosted at the Coast Guard Academy in Connecticut. Coast Guard is one of my favorite college sailing venues because you can get so many different conditions (light and shifty or breeze on with waves). Another feature of this venue is that the current can be very strong and can play a major role in determining how you sail the course.

This year, we saw a little bit of everything. Saturday was generally light, and the wind was quite unsettled, making it difficult

for the race committee to set a square course. It was tough racing because sometimes there was only one shift for the entire upwind leg, meaning that you were in trouble if you were on the wrong side of the course. The race committee abandoned several races after the start because the course was too skewed. Unfortunately, Katie and I were usually winning those ones... Sunday morning looked much more promising with big breeze coming from a better direction. The direction didn't quite hold as we had hoped it would. We had another day of shifting breeze, but we definitely got some fun and exciting racing in. When I think about the Wick this year, there is one race in particular that sticks out to me. Katie and I had decided that the pin was favored because there was less current and better breeze on the left side of the course. Katie led us to a perfect spot right at the pin where we had the most textbook pin start. Not only did we crush everyone off the line, we finished the race by about half of a leg.

As a team, we definitely had our ups and downs at the Wick this year, but we kept focusing on getting better every race and tried to keep from getting discouraged by the bad ones. We all came away having learned important lessons, especially about starting and playing shifts, that carried over into Nationals! As always, our women's team had a blast travelling and competing together.

### **Dellenbaugh Women's**

*By: Molly Mckinney '14*

It was our second regatta of spring break, Dellenbaugh

Womens hosted by Brown University. Natalie, Katie, Helena, Sally, and I arrived with the rest of our team in Providence, RI at our hotel. As usual, we filled up every inch of the lobby. There were so many of us because we had our women's and team race team competing at regattas nearby. So, when it came time to choosing a restaurant for dinner that night, we had to find one that would seat all of us. The boys chose Chili's. We waited briefly and were seated at a few different tables, all near each other, but there was hardly enough room for everyone. Poor John took one for the team and sat at the bar by himself. Our coaches do a lot and should get a lot of credit for doing so much for everyone on the team. This time, John got a little break from us.

Later that night, the women's team got to meet up with the famed Dave Dellenbaugh, our coach for the weekend. Of course, we all missed Clinton and John at Brown, but we were excited to get to know Dave and to hear what he had to say. On Saturday morning, the first day of racing, we had breakfast together at the hotel and Dave joined us in our mini-van. We headed to Brown extra early to get a prime parking spot.

At the Brown venue, the wind was light, shifty, and overall very unpredictable. It was an interesting regatta to sail considering the breeze often died or shifted significantly more than "normal," often inverting the fleet. Natalie and I definitely had some epic turnaround races and Sally and Katie did as well. None of us knew how long we would be on the water, so of course we stocked

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up with good snacks so we did not get hungry.

The end of racing on Sunday got exciting. In the afternoon the sea breeze came in strong and steady. Our women's team absolutely crushed those last few races. In our last set, Helena and I had our tiller extension screws come undone, just 30 seconds before the start. We managed to get to the race committee boat and get a new tiller, starting a little late, and still finished in the top ten. Needless to say, between this breakdown, lots of breeze, and Stanford successes, all of us were pumped up those last few races. I must say, Dave was too!

Overall, it was a fun regatta and the Brown team did a great job running it. The women's team definitely took away a lot from that regatta and improved, which will carry us on for the push at nationals. We also bonded together and with Dave. No one will forget the fantastic Café Zog that Dave took us to on Saturday night. It had a scrumptious assortment of healthy foods but also yummy desserts. If you are ever in the area, I highly suggest dining there! Anyways, this regatta was also special because this was the second and last regatta of the year we'd sail without any school work to worry about. Yay spring break 2013 and yay Stanford quarter system!!!

### **St. Francis Interconference**

*By: Kaitlyn Baab '15*

Six of us left Maryland (our spring break destination) early Friday morning to fly back for the St. Francis Regatta. This was a fun,

easygoing event, which we all appreciated. We also had some fans at the regatta! My dog, Eloise, and Mom came to support us on shore. Eloise loved socializing with all the college kids. She almost jumped into one of the FJ's at a point. Saturday night we were treated to a nice dinner at the St. Francis.

During the event, we did not see the typical San Francisco Breeze. A front came through resulting in a fluky breeze the entire weekend ranging from zero to 20 knots from all wind directions. These wind conditions were accompanied with rain and a little hail! We still valued being on the West Coast while the rest of our team was stuck on the freezing, snowy East Coast. The conditions led to some tricky racing. Speed and positioning yourself in a safe spot where you could protect the majority of the fleet was key because the conditions were so variable. Kieran and Yuri sailed in A, while Hans and Becca sailed B. I switched in for a couple races with Kieran. We had strong results in both divisions leading to a 1<sup>st</sup> place overall finish. Due to the holiday, our trophy was candy Easter eggs!

### **Ferrarone Team Race**

*By: Sammy Steele '16*

The Ferrarone Team Race fell during the last weekend of our spring break trip to the East Coast. After a very fun, but freezing week at St. Mary's we were excited when Roger Williams brought sunny skies and warmer weather. Our team was composed of Antoine Screve and me, Max Kohrman and Noelle Herring, and Yuki

Yoshiyasu and Michelle Catania. With the exception of Max, it was an entirely freshman team, and we had never sailed a team race together.

Throughout the weekend, we laughed about how far we had come since sailing the Freshman Championships regatta in the fall. There, without the experience of the upperclassmen, we struggled with grocery shopping, gear issues, and had generally been a mess. Now, we expertly navigated the store aisles, piling in all the essentials. Not one of us forgot our pinnies.

At Roger Williams, the FJs are stored on a floating dock completely unconnected to land. To get to the boats, we used a plastic, toy rowboat to cross the gap. It rocked precariously, threatening to send us splashing into the water.

The racing started in very light breeze on Saturday. Throughout the day the wind clocked left, and by the end, it had shifted 180 degrees. The current was very strong; there was one race where four boats in a row were sucked into the reach mark. We worked through a few bumps as we navigated of sailing together for the first time, but by the end of the day we felt that we had improved substantially and were starting to mesh.

Sunday brought windier conditions and a sea-breeze. The racing moved quickly and we managed to get through three-round robins. In the heavier air, we were able to use our boatspeed to our advantage and felt like we were working together better than ever. We finished the regatta top 3

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with a winning record! We were excited, exhausted, and happy to be heading back to sunny California.

### **Women's PCC's**

*By: Yuki Yoshiyasu*

During the week leading up to Women's Pacific Coast Championships, which were also the qualifiers for Women's Nationals, our practices at the boathouse consisted of the typical Stanford's spring weather – warm and breezy. As we were hosting the Women's PCCs, anticipation was building on a gorgeous racing weekend with plenty of wind.

However, the night before the regatta, Molly McKinney, who was supposed to skipper B division, came down with a fever. So, while skipper Sally Mace and crew Katie Riklin sailed A division, I was named to skipper B division, with crews Natalie Urban and Michelle Catania. However, when we arrived at the boathouse, we were distraught to see that there was no wind at all. Fortunately, by 11am, the light and shifty wind from the Northwest filled in and allowed us to sail six races. Sally Mace and Katie Riklin sailed A division, while I sailed with Natalie Urban in the morning and Michelle Catania in the afternoon. Even though it was the first time sailing with Natalie, we were able to stay patient in the lighter winds and follow the shifts up the race course. After a late lunch, the wind picked up and Michelle switched into the boat. We enjoyed the afternoon with fully hiking conditions.

With an efficient one-man race committee by Clinton, we were able to complete two round-robins of 16 races in just one day. We won the event, with 40 points separating us from the second place team, earning us a ticket to Women's Nationals.

University of Hawaii and University of Santa Clara also qualified for Women's Semifinals, where they have another chance to qualify for Nationals. It was a fantastic ending to a beautiful Saturday.

### **Friis Team Race**

*By: Kieran Chung*

This past spring we had the opportunity to compete in one of the most competitive NEISA team races of the season. Clinton, Hans, Rebecca, Antoine, Sammy, Yuri, and I all headed back east to sail the Friis and Marchiando team race hosted jointly by MIT and Tufts. The field of 16 teams was split into 8 at each venue, and to our relief we sailed on the slightly more familiar Charles River for the qualifying round.

From the get go Clinton spoiled us as always with a midnight stop at McDonalds for some late night "one-dollar menu" fuel after our evening arrival. After using our Friday lay day in our typical fashion with ample sleep, a quick practice, and good laughs we were all hungry to prove ourselves in the following day as the young guns.

Day one greeted the teams with marginal dry suit conditions at 8-18 knots with some bigger gusts at times from the not so stable North-Northwest. The Charles forced teams to make decisions with the upmost discipline if they were to continue onto the gold round. Our team's highlights were definitely our more aggressive starts that put our competitor's backs up against the wall before the gun even went off. Antoine, AKA the Pit Bull, suggested this slightly more

engaged pre-start approach and it worked really well. After a long morning with some big wins, good feedback from Clinton, and some fresh to colossal puffs we were sitting in a good position leading our final four group into the gold round.

The gold round featured every starting team race team from NEISA except for Roger Williams "A team". With the incredible competition in mind and a forecast for breeze, the team was pumped and thinking "Go Time!" The two gold round robins were sailed in 10-25 knots from the South-Southwest with some fresh to frightening gusts that sent several boats toppling over into the chilly Riva. Following the double gold round, a single final four decided the final results in 15-25 knots and increasing right bias in the course. The Cardinal sailed well with some hard fought races and some tight finishes just feet from the finish line. With Clinton's guidance and hiking for days, the team finished in third overall!

The trip was a good step in the right direction regarding our continued efforts to improve and grow as a team. All in all the regatta was a fun, focused, and successful event.

### **Thompson and Admirals**

*By: Yuri Namikawa '14*

With a team so stacked and talented from our new freshmen class to the few seniors on our team, we are able to send multiple competitive teams to the east coast for intersectionals on the same weekend. This one weekend in April was no exception

because while the women's team was crushing it back at Stanford for the PCCSC/ Patagonia Women's Championships, I got to travel with the co-ed team to the Admiral's Cup Regatta at Coast Guard and the Thompson Trophy Regatta at Connecticut College. The Admiral's Cup is a three division regatta consisting of FJs, 420s, and Lasers in the A, B, and C divisions. Our team consisted of Oliver Toole, Antoine Screve, and Haley Kirk in A Division, Hans Henken, Rebecca King, and myself in B Division, and Kieran Chung in C Division. The Thompson Trophy, with just two divisions like most of the regattas we sail, was led by Kevin Laube and Kelly Ortel in A Division and Mateo Vargas, Tally Buckstaff, and Helena Scutt in B Division. Although we stayed in separate places during the actual regattas, we all got to travel together in one big group. As much time as we spend sailing together, we really get to know each other from the time we spend traveling on all of those long east coast flights, and traveling in a group this big is when we have the most fun!

Unlike the usual Thursday night red-eye, we took an early afternoon flight that got delayed for a few hours, leading to a lot of down time and watching movies in the Houston airport. By the time our plane finally landed in Newark past midnight, we were all exhausted and starving. Thankfully, even with McKenzie off on her adventure in Cape Town, the Wilsons' graciously opened their home to us for the weekend and they stayed up waiting for us with tons of delicious lasagna and home-made bread. We all inhaled

the meal pretty fast and went to bed for a full day of racing the next day.

For the Admiral's Cup, even with the extra alternates we brought, all of us were able to race and contribute to winning the regatta, ahead of second place by 76 points! With great breeze on Saturday, we were able to finish the regatta in one day with 15 races. A huge shout out to Kieran Chung in C Division, who dominated his division by 57 points, winning 11 of the 15 races that were sailed! It was a really awesome feeling for all of us to be able to contribute to this win and do so well.

The Thompson Trophy team didn't have as much good luck weather-wise, only sailing 6 races on Saturday with the wind starting NW, then shifting E, W, N, and S. According to Kevin, a junior and veteran on the team, it was "some of the craziest stuff [he'd] ever seen!" With a conservative

first day, the team was hungry to dominate for our token "Cardinal Sunday" complete with a switch from our black pinnies to the red pinnies on Sunday (just like fellow Cardinal, Tiger Woods). And they delivered! They were able to move up to third place only 2 points out of second, finishing Sunday off strong.

Meanwhile, we were in the midst of midterm season and the Admiral's Cup team was able to get an early flight back on Sunday, with no flight trouble this time. The Thompson team was a little jealous of us, but they eventually were able to get back to campus on Sunday night after the racing as well. All in all, it was a great weekend for our entire team to finish the regular spring season off strong, giving us the confidence we needed to go into Semifinals and to start preparing for our post-season leading up to Nationals!



Last Workou tof the season. Thanks Curtis for all your hard work!

# Parents Weekend Practice

Thanks to everyone for coming out to support the team





# 2013 Fall Competition Schedule

## Dates

### Week #3

Sept 21-22	Nevins Trophy Hatch Brown	Kings Point MIT	420/FJ/Laser FJ/FJ/Firefly
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### Week #4

Sept 28-29	St. Marys Interconference	St. Marys	FJ/420
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### Week #5

Oct 5-6	Danmark Trophy Intrepid Trophy Hinman Trophy	Coast Guard Navy Newport Harbor	FJ/420 Colgate 26 FJ
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### Week #6

Oct 12-13	Navy Fall Womens Moody Trophy	Navy U Rhode Island	FJ/420/Radial FJ
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### Week #7

Oct 19-20	Navy Fall Capt Hurst Yale Womens Stoney Burke	Navy Dartmouth Yale Cal	FJ/420/Laser/Radial FJ 420/420 CFJ
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### Week #8

Oct 26-27	Hoyt Trophy Stu Nelson	Brown Connecticut College	420 FJ
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### Week #9

Nov 2-3	Victoria Urn	Harvard	FJ
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### Week #10

Nov 8-10	*ICSA Singlehanded NAs	Sail Newport	Laser/Radial
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### Week #11

Nov 16-17	PCCSC Fall Champs	UCSB	CFJ
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### Week #12

Nov 22-24	*ICSA Match Race NAs	St.Petersburg	Sonar
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### Week #13

Jan 4-5 2014	Rose Bowl	USC	CFJ
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\*Must qualify through Conference Championship