



The Layline

The Official Newsletter of the Stanford Sailing Program #41

Fall Recap *By: Assistant Coach Clinton*

Once again, I can't believe yet another fall season has past us by and I'm on a plane again flying home for Christmas. It's been another great season filled with the usual highs and lows as the team works hard to try and be the best. We started in preseason by welcoming a large and talented freshmen class. They came at just the right time, as the current senior class is also large and very talented. The freshmen really embraced the

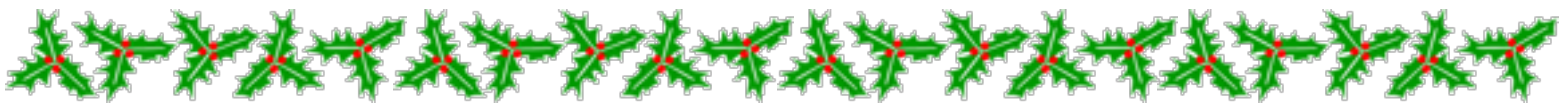
challenge of learning all they could from such a great group of senior leaders and have a lot more to go as we move into the spring and the focus shifts to team racing.

The team started strong with a convincing win at the Nevins Trophy at Kings Point along with a mostly women's team in Boston gaining some valuable experience against some strong coed competition. Over the next two weekends Stanford

traveled to St. Mary's and Coast Guard where both new and old players showed they have what it takes. A big highlight on the same weekend were the seniors (and freshmen crew Nikki) finishing up 3rd at the US Team Racing Championships. The Hinman Trophy as its called is a US Championship, not a college event, and 3rd is a great result against the best team racers in the country.

The next 4 weekends were filled with lots of interconference competition on the east coast. The Women's team put up strong performances at Navy, Yale, Connecticut College, and Harvard. Our freshmen drivers, often with the help of veteran crews, really stepped up with some





nice top 3 finishes. Meanwhile the coed team was busy at 4 division Navy Fall scoring 2nd and 1st in A and B divisions. Showing a strong will to learn and be a team player, freshmen Reinier sailed D division having never sailed a laser before and scored a nice mid fleet result. Other coed competition at Rhode Island, Brown, and Cal went well with the team growing stronger and the starting line at practice becoming more competitive after each event. I speak from experience since I get to sail against them at

Match Racing is usually the hardest conference championship to win in the PCCSC and this year proved no exception. Driving for Stanford was freshmen Scott Buckstaff with crews Hans, Cam, and Mckenzie. It was a light air November weekend with LOTS and LOTS and LOTS of current at Cal Maritime. The team took their share of losses but focused on getting a little better with each race. In the knockout round Stanford fought from behind to win their quarter and semi final matches. Because of

time, the finals were shortened to a one race, winner take all against Hawaii. With fading wind they won the start and extended for the win and a birth at Nationals. A few weeks later Nationals were held in St.Petersburg, FL in Sonars. With little Sonar practice (they don't really exist in



practice every once and a while!

Moving on to the Fall Championships, Stanford once again came out on top. At the singlehanded qualifiers in Long Beach, Molly and Sally started us off strong Friday by clinching both Women's PCCSC births at Nationals. Over the weekend, the men fought hard in a very competitive top end of the fleet. It all come down to the last race for who would qualify and Oliver pulled it off to win the event. Mateo and Kieran were disappointed with 3rd and 4th but were only a few points off. A few weeks later Molly, Sally, and Oliver went off to cold and windy Newport, RI for Nationals. The fleet was full of raw laser talent with winners from both fleets members of the US Sailing Team. The Cardinal fought hard finishing 5th and 7th in the women's fleet and 7th in the men's.

the bay area) the team saw every condition possible and sailed against a strong fleet finishing up 6th. A great result that we hope to built on with our younger players in the coming years.

Last but not least, Stanford traveled to Santa Barbara for the annual PCCSC Fall Dinghy Champs. Results were a little tighter this year but Stanford once again took the top spot. One last fall event, the Rose Bowl, will be sailed January 4-5 in Long Beach. After your done cheering on the Football team on the 1st don't forget to follow some sailing



From the Coachboat

The fall season is all about new beginnings, and that is especially true on a college campus. This fall we welcomed eleven new freshmen to our team pushing the limits of our roster to thirty-four student-athletes! It is truly amazing to look out on the water and see all of those boats on the starting line. These are great days for Stanford Sailing with a great new crop of freshman, but also a team filled with veteran leadership. Are seniors have competed at every national championship in their tenure here at Stanford, not including senior year of course (not yet!). The gelling of new exciting student-athletes with the veteran savvy seniors is an amazing sight. This year has been 5 years in the making, great talent in every class and more on the way, and this is all due to the great effort and success of not only our current team but also all the alumni that made this all possible. Stanford Sailing's past is the foundation of our future.

The future is looking bright for Stanford with some very important gifts to our program that gave our students important tools for success. First came our FJ fleet, which allowed us to sail the same boats as we sail in at Nationals and in most East Coast regattas. Having these boats has given our sailors comfort and confidence; the results have really shown this. Big thank you to Renee and Tito Vargas for their generosity in making this happen but also in their passion behind the support of our team. Renee and Tito have been so supportive of the student athletes cheering us on at regattas, giving us housing in FL and being proud to be a Cardinal! Thank You! Next came the new z420 fleet, which has kept Stanford on the cutting edge of collegiate sailing. This new version of the classic 420 will be sailed in the next 2 years for spring nationals and we are only one of 5 teams in the country to have these boats. The z420 fleet will give us that confidence and comfort again as we look forward to competing in these boats. Along with the z420's we also received support for 3 new Ford Expeditions, this is such a valuable gift as it provides our team with daily safe transportation to practice and to local regattas. Tom Siebel was the man behind this generosity and we are truly thankful for all his support. The support of the Vargas family and Tom



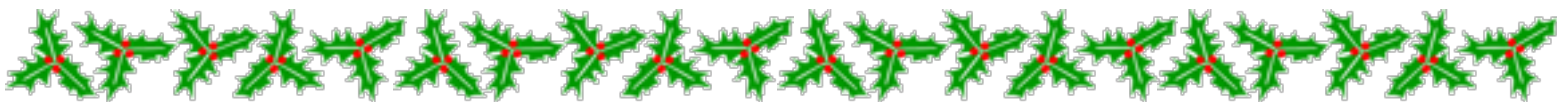
Siebel make a direct impact on our student athletes and their quality of experience here at Stanford. The next step in our development program is to fund our Match racing program so we can provide our sailors with the tools not only to compete at nationals but also for competition after Stanford.

The future is also bright here at Stanford because of the hard work and dedication of the best sailing team in the country. The team has really had a tremendous fall winning all three-conference championships and finishing top 7 in all three at nationals. Both the women's and the coed team continue to be ranked in the top 5 in the country and the team is having all this success not just by the contributions of the seniors but all the classes. We have freshman, sophomores, and juniors finishing in the top 3 in their divisions at some of the most competitive events of the fall. Practice is quickly becoming more competitive than interconference regattas and the team is excited for more.

I wanted to finish my note with a sincere thank you not only to all our donors but to all the parents and alumni who have cheered on the team at regattas, housed us, given us a home cooked meal and of course baked us cookies (a favorite for the coaching staff). The support from these great people has not only made our experience possible but you have made it better. Thank you and the whole Stanford sailing family wishes your family happy holidays and a happy new year!

GO STANFORD!

John Vandemoer



From One Coast to Another

By: Maeve White '17 and Lily Katz '17

The transition to college is highly anticipated. It was even more exaggerated for us East Coast kids as we watched most of our friends leave for school before us and then waited anxiously alone for our turn to leave. While many of them were loading up their cars to the brim, and getting ready for a long road trip, we were lucky enough to be attempting to stuff all of our belongings into just a few suitcases. Although there were many items left at home, and our parents made multiple trips to Bed Bath and Beyond, overall we seemed to have gotten the better deal. After all, who doesn't like California weather?

As with most college campuses, Stanford students seem to live within the Stanford bubble. Stanford does not have the extreme stereotypical California culture portrayed by movies. Although the majority of students are from California, Stanford still manages to have a lot of diversity. However, the vibe at Stanford is much more friendly and relaxed than the bustling rushed atmosphere of New York City, or the classic perfectionist preppy atmosphere of Annapolis. In truth, the move out to the west coast has not been very hard at all- Stanford has quickly become home. Plus, we have both traveled back to the East coast twice before Thanksgiving, so we have not been away for very long! In college you're supposed to throw yourself into new experiences, and Stanford definitely provides the atmosphere to do so.

Between classes, homework, practice, settling in and attempting to make new friends, life at Stanford has been extremely busy and tremendously fun. Thrown into this new world full of responsibilities, we are extremely lucky to have the team and support system that is able to give us advice, from which classes to take, to which places to buy the essentials. Our demanding schedule has forced us to take on a new level of personal responsibility and diligence in order to keep on top of all our schoolwork and still be able to preform at practice. It can often be overwhelming coming from class in which your professor or classmate just blew your mind, and then going to practice in which you are constantly being challenged and taught by your fellow team mates. But that is the reason we choose Stanford, that is the reason we choose to move

across the country: we want to learn as much as we can, we want to be pushed to our limits, mentally and physically, we want to be the best we can be. Slowly, we have adjusted to the new school and sailing team, finding the balance between working hard and having fun.

From Windsurfing to College Sailing

By: Marion Lepert '17

When I was eight, I swore I would never sail dinghies. They were too slow, too boring, and already sailed by my older sister, so it was out of the question that I was going to sail them too. I wanted to do something different and exciting, so I asked my dad if he would teach me how to windsurf. I got hooked soon after and never considered dinghies again. Little did I know, however, that I would end up on a college sailing team ten years later.

Windsurfing has been a significant part of my life ever since my dad took me out for the first time in a small lagoon in Foster City, CA. He spent two seasons swimming after me and towing me back upwind, until I was finally ready to windsurf on my own in the San Francisco Bay. Soon after, I started racing with the local fleet of formula windsurfers in their bi-monthly Friday Night Windsurfing Series. This was an interesting experience because I was eleven while the fleet was mostly middle-aged men, but it helped me improve fast, and I was able to start racing internationally two years later. This is when I really fell in love with racing because of the excitement that comes with being on a race course with people from around the world. After spending several years racing in three different disciplines and adding kite racing to my list of racing endeavors. I began sailing the Olympic class board, known as the RS:X, last December. I had the incredible opportunity to race in Miami, Brazil, France, and Cyprus in just one season, and from my experience, I have since decided that I want to do an olympic campaign for 2016/2020.

It may seem strange, therefore, that these last three months, I have spent more time on the water sailing dinghies than my windsurf board. I made the decision to join the sailing team because I believe I have a lot to learn from racing dinghies. Because in most wind conditions windsurf boards travel a lot faster than college sailing boats, tactics are less



important in determining the outcome of a race. Since most of my races are sailed in +15kts, being from the San Francisco Bay, this means that I am missing a lot of important tactical knowledge. This has hurt me when I race overseas where the wind is often lighter, so it has become a priority for me to improve in this area. Luckily, John let me join the sailing team despite my lack of sailing experience, and I have been on a dinghy sailing crash course ever since.

I was a little anxious coming into pre-season having sailed just once the month before with my older sister, but the transition went a lot smoother than I expected. The team was incredibly supportive and patient in helping me get up to speed. Even as I leaned to the wrong side of the boat, trimmed the jib in the wrong direction, slipped out of the boat in the middle of a jibe, or asked questions in the middle of a race, the team didn't show the signs of exasperation I was fearing.

Just three months into my college sailing experience, I can say that I am glad I made the choice to join the team. For one, sailing is a lot more fun than I expected, and secondly I have learned an incredible amount already about racing tactics and reading the wind and water. I am really enjoying being part of a team because as much as I love to windsurf, it is a lonely sport in America. I have also benefitted from our bi-weekly team workouts, and I know that I wouldn't be able to get up at 6 am to go the gym if it wasn't for our team. I still get to go windsurfing on the weekends, so I believe I am



getting the best of both worlds.

Managing school, workouts, practice, windsurfing training, and the logistics required to run an olympic campaign isn't easy, but I love what I am doing, and I haven't stopped thinking about my larger goals. I am thrilled with what I have been able to do so far, and I can't wait for the rest of the year and beyond.

A Family Affair at Big Sail

By: Scott Buckstaff '17

This fall I arrived at the farm not knowing what to expect. My parents and sister all have experience of their own on the sailing team, and for years I had listened and watched them talk about the Stanford Sailing way of life for years. But starting this September I was able to live it.

A week into practice John and Clinton put up the names of all the sailors going to regattas this fall. I was on the match race team. I was excited to sail with the upperclassmen on the boat and I was curious to know if I would be trimming kite,



manning the pit, or doing bow. After practice that day I went up to Clinton and asked him who would be skippering. He said I would be. My immediate verbal reaction was, "Really? there isn't anyone else?" I was thrown straight into the deep end. We ended up sailing very well at nationals qualifiers and earned our spot at nationals.

After qualifiers we began our serious training. We had two big events coming up: Nationals and The Big Sail. The Big Sail is an annual match race against Cal held at the St. Francis Yacht Club where there are three divisions; a student, a young alumni, and a masters division. The weekend before the Tuesday that The Big Sail is held, we had a match race practice against the masters alumni team where we were successfully pinned their boat on the rocks. I was very happy to have worked the alumni, especially because both of my parents were on the boat.

The tuesday morning of Big Sail I found myself driving up to St Francis with seven other Stanford Players, all of them, except Hans one of our Captains, seniors. When we got out on the water we could tell there wasn't going to be much wind. By the time our start came around the wind was about five knots. We entered the course from Starboard and saw that the Cal team was late to the line. They were barely able to enter the line by the time that we reached the pin. From then on we pushed the team closer and closer to shore. We held them for the entirety of the pre-start and at go we had a substantial lead. From then on we extended our lead on every leg and were able to finish almost

fifteen minutes ahead of the Cal team. My crew on the boat flawlessly performed every maneuver enabling us to out perform the Cal team.

The next weekend my team flew out to St. Petersburg Florida to race in match race nationals where we got sixth. This match race season was an exhilarating one and our team cannot wait until next season to get back out on the water.



Cardinal, White, and Blue... Stanford Sailors' Olympic Hopes

By: Helena Scutt '14

In contrast to most sports, in sailing, the collegiate and Olympic levels are quite different "ballgames" (for lack of an equivalent nautical word). Besides the obvious difference in boats, an Olympic campaign, even in a double-handed boat, is a more individual endeavor than the experience of being part of a thirty-member college team. And rather than the simplicity of John and Clinton deciding which regattas you will attend and telling you when to meet for your ride to the airport, all of a sudden you have to decide which events you're going

to, plan all the logistics, and most dauntingly of all, fundraise. Steering my own campaign in its early stages has made me appreciate everything that our coaches and the Stanford Athletics Department do for us! Without further ado, here's an introduction to some of Stanford Sailing's talented and hardworking Olympic aspirants.

Freshman Marion Lepert qualified for the 2013 US Sailing Team Sperry Top-Sider in February at Sailing World Cup Miami. This past summer Marion competed at RS:X Europeans and placed 4th in the RS:X at ISAF Youth Worlds. Marion said, "I'm looking forward to the next several years on the



Stanford Sailing Team and on the international RS:X Windsurfing circuit. I am keeping my eyes on the 2016/2020 Games and hope to work my way there by dedicating myself to continually improving as a sailor.” College sailing is a great complement to windsurfing that will no doubt help Marion’s game on the board. Marion and I enjoyed hanging out at the Olympic Training Center together for a US Sailing Team Sperry Top-Sider training camp in October – and by “hanging out” I mean studying for midterms late at night in the common room together, of course! Be sure to check out Marion’s beautiful blog: <http://www.marionusa143.com>.

When asking about his sailing aspirations, sophomore Antoine Screve didn’t beat around the bush. “I want to win a medal in either Multihull or Kiteboarding in the Olympics,” he said. With two medals from ISAF Youth Worlds in the 29er, Antoine is no stranger to skippering fast boats. Antoine and crew McKenzie Wilson, a senior, will be training in the Nacra 17 in Miami this winter. Antoine is new to the Nacra while McKenzie has several Nacra regattas under her belt, including 2013 Worlds and Nationals.

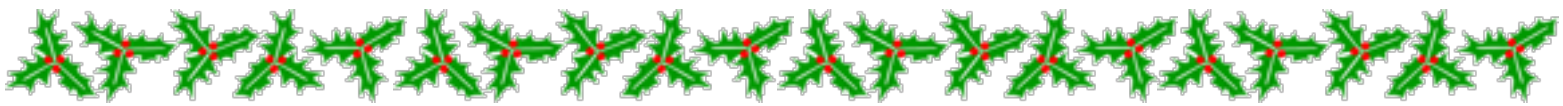
Also crazy about catamarans (who isn’t after this summer’s America’s Cup?!) is sophomore Sammy Steele. She “fell in love with catamarans” when she was invited to skipper a Nacra 17 at the 2013 Nationals last summer in Oyster Bay, New York. She has applied the techniques and experiences gained while racing the new Olympic class to her collegiate sailing this fall. Regarding her future plans, Sammy explained, “Although competing for

Stanford remains my primary focus, I intend to continue sailing Nacras after college with the possibility of an Olympic campaign.”

This summer, junior Hans Henken competed at Kieler Woche (Kiel, Germany) and 49er Worlds (Marseille, France) with skipper Trevor Moore, a 2012 Olympian in the 49er. It was a fantastic opportunity for Hans to compete at the highest level. Unfortunately Hans has battled two different injuries to his left ankle in the last two years. Until he graduates, he plans to compete locally and hopes to campaign after graduating. Hans wisely commented that, “being able to sail well is only half the battle. Team work and group unity is the key to a good campaign.”

I have been sailing the 49erFX with Paris Henken (Hans’s younger sister) since March. This summer we pushed ourselves in San Francisco Bay’s strong conditions and had a lot of fun sharing the bay with the AC72s! In August we won the CORK Olympic Class Regatta in Kingston, Canada, and the 49erFX Nationals in New York. It was exciting to see our skiff experience (29er and 29erXX) and summer training pay off.





In September we competed in the 49erFX Worlds in Marseille, France. Unfortunately, on the fourth day of racing I was hit hard by another 49erFX. The impact cracked my ribs, fractured the left transverse process of one of my vertebrae, and lacerated my left kidney. I would never wish the experience upon anyone! When I returned to campus my teammates had written welcome messages in chalk outside my house and covered my desk in flowers, cupcakes, and cards – they are the best! With all this love I have healed remarkably fast and while I had to miss out on the fall season, I will be able to train in the 49erFX over winter break and resume college sailing next quarter. The Stanford doctors, strength trainers, and physical therapists have all been amazing and I am so lucky to have that. What the accident taught me is that things can change very fast, stay positive, and never take your health or ability to sail for granted!

In January, Paris and I will aim to re-qualify for 2014 US Sailing Team Sperry Top-Sider at Sailing World Cup Miami. During the 2016 quad, Paris and I are focusing on learning as much as possible about what makes an effective campaign since our training time is limited by our different school schedules and how far apart we live. Next summer our two biggest regattas will be 49erFX Europeans in Finland and 49erFX Worlds in Spain. We can't wait! Visit <http://scutt49erfx.blogspot.com> to stay in touch.

By no means is this an exhaustive list of Stanford Sailing's Olympic potential or Olympic hopefuls. We are, after all, arguably the deepest

team in college sailing today! It is awesome to be surrounded by other sailors in pursuit of sailing goals both for college and beyond. Stanford Sailing is providing us with an invaluable foundation of tactical knowledge and boat handling and boat speed principles, in addition to life skills such as time management and most importantly, teamwork.

Thank You for Housing and feeding us!

Wilson family for housing and food at Nevins
White family for housing and food at Navy Womens
Kathy Ortel for housing at Navy Fall
Cannistraro's for housing and food at Victoria Urn
Tullo's for dinner at Yale Womens
Vargas Family for Match Racing Nationals
Toole's for dinner at Fall PCC's

Happy Holidays

From your Stanford Sailing Team

Stanford Sailing Spring Schedule 2014

<u>Dates</u>	<u>Regatta</u>	<u>Host</u>
2/8-9	North 1&2 Bryson Women's	Stanford, CA Stanford, CA
2/15-16	Charleston Spring Coed Team Race Scrimmage	College of Charleston, SC Stanford, CA
2/22	Gashler Regatta- Stanford Alumni	Stanford, CA
3/1-2	Jeremy McIntyre Team Race Parents Weekend Bob Bavier Team Race*	Stanford, CA Stanford, CA College of Charleston, SC
3/7-9	St. Mary's Team Race John Jackson Team Race* Navy Women's*	St. Mary's College, MD Georgetown, DC Navy, MD
3/22-23	Aaron Szambecki Team Race* Charleston Women's Match Race Clinic	Old Dominion, VA College of Charleston, SC San Diego YC, CA
3/29-30	St. Francis Regatta Marchiando Team Race* Team Race Scrimmage	St. Francis YC, CA MIT, MA Stanford, CA
4/5-6	Women's PCCSC Championship** Emily Wick Trophy	UCSB, CA Coast Guard, CT
4/12-13	South #5 Truxtun Umsted Regatta Thompson	USC, CA Navy, MD Coast Guard, CT
4/19-20	Boston Dinghy Cup Admirals Cup	MIT, MA Kings Point, NY
4/26-27	Coed PCCSC Championship**	Hawaii, HI
5/3-4	Team Race PCCSC Championship**	Stanford, CA
5/17	Sun and Satisfaction Team Race	Stanford, CA(Open Team Race. Email Clinton for more info)

* Waiting on invite

** Conference Championship