

## Wayzata Yacht Club

### Crew/Annual Membership

If you are a partner on a yacht, or helm a yacht, you must pay \$300.00 for an Annual Membership. You will then receive a parking sticker entitling you to park in the West lot. Crew Membership allows you to park in the East lot only.

Name: \_\_\_\_\_

Nickname: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Full 9-digit Zip Code: \_\_\_\_\_

Phones (Please include Area Code):

Home: \_\_\_\_\_

Work: \_\_\_\_\_

Cellular: \_\_\_\_\_

E-mail: \_\_\_\_\_

#### Membership Level:

Crew (\$75)

Annual (\$300)

Partners: \_\_\_\_\_

**Note:** A crew membership to the Wayzata Yacht Club is \$75. If a non-member wants to attend all nine WYC sessions, he or she may purchase a CREW membership for \$70 and get ALL nine sessions at the membership rates of \$85- a savings of \$35. So, the crew membership cost becomes \$35 instead of \$75, and with the crew membership you receive mailings and a parking sticker.

Make checks payable to:

**Wayzata Yacht Club  
c/o Seminars**

PO Box 585

Wayzata, MN 55391

## Advanced Race Crew Training

*Three consecutive Wednesday evenings*

**Dates:** June 6, June 13, June 20

**Time:** 6:00 p.m. - 8:30 p.m.

**Member Cost:** \$10 per session, or  
\$25 for all three

**Non-Mem. Cost:** \$15 per session or  
\$35 for all three

You asked, and we delivered! The **NEWLY UPDATED ADVANCED RACE CREW TRAINING** is truly an advanced course, geared for experienced crew members who want to take sailing to the next level.

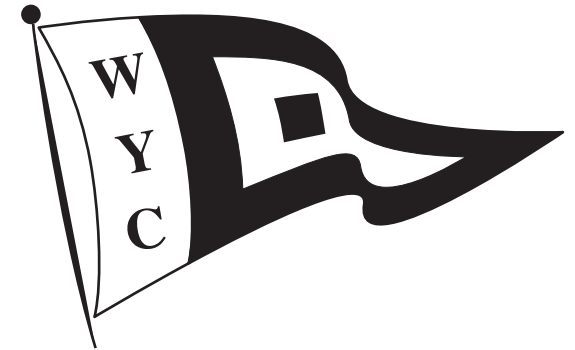
Terry Foster describes the critical components of a winning sailing program. Participants are introduced to details of boat set-up and gear that will make a real difference on the race course. Terry discusses the roles and responsibilities for each position on the boat, and demonstrates the proper form and timing for various assigned tasks. Next, he describes the coordination of those boat positions to ensure smooth execution of critical racing maneuvers. Topics covered include roll tacks, roll gibes and speed sets. After on-shore discussions and demonstrations, participants will practice each maneuver while receiving constant feedback to ensure proper form and timing. Best of all, participants will find out about the amazing particle accelerator, the technique guaranteed to pass other boats at the windward mark!

#### Note to Skippers:

This is an opportunity to fine-tune your team's performance: simply bring your own boat and crew and practice together.

# Wayzata Yacht Club

## 2007 Training Series



## Sailboat Racing Seminars

May 1, May 8, May 15

## On-the-Water Training

May 5, May 12, May 19

## Advanced Crew Training

June 6, June 13, June 20

## Sailboat Racing Seminars

*Three consecutive Tuesday evenings*

**Dates:** May 1, May 8, May 15  
**Time:** 7:30 p.m. - 9:30 p.m.  
**Member Cost:** \$10 per session, or  
\$25 for all three  
**Non-Mem. Cost:** \$15 per session or  
\$35 for all three

*The RACING SEMINARS are directed toward adult beginner and intermediate racers, but are also helpful to experienced racers to prepare for the upcoming season.*

The **FIRST TWO** sessions are presented by Bert Foster, a United States Sailing Association certified senior race officer and judge. Bert is a longtime judge and has taught many seminars about racing rules, tactics and strategy.

The **FIRST** session is on Rules, Tactics, and Strategy of "Starting", Sailing the "Windward Leg" and Rounding the Windward mark.

The **SECOND** Session is on Rules, Tactics, and Strategy of Reaching legs, Downwind legs and off wind buoy roundings.

The **THIRD** session is a Sail Shape and Trim seminar by Terry Foster and Gordy Bowers. Terry has given numerous seminars for many yacht clubs and competed nationally. Gordy is a sailmaker, former coach of the US Olympic team and winner of many national titles in many different class boats.

## On the Water Training

*Three consecutive Saturday mornings*

**Dates:** May 5, May 12, May 19  
**Time:** 8:30 a.m. - 1:00 p.m.  
**Member Cost:** \$15 per session, or  
\$35 for all three  
**Non-Mem. Cost:** \$20 per session, or  
\$50 for all three

The **ON THE WATER** training program is an opportunity for inexperienced or even non-sailors to try sailboat racing and have a lot of FUN, either crewing or just riding on a WYC member boat during the training drills. Many people exposed to racing in this way have become "dye in the wool" racers. So invite your friends and associates to come as "Crew looking for a Ride" and we will assign them to a racing sailboat. If you have a sailboat, bring it to the WYC and we will assign an experienced racer as your guest instructor for the session.

The program begins at 8:00 a.m., with juice, coffee, and bagels, followed by a short lecture about the rules that apply to the training drill for that day. At about 9:30, crew and guest instructor assignments are made and the "on the water" drill begins.

The drills end at around noon when everyone gathers at the clubhouse for BBQ brats and liquid refreshments and to review the drills for that day.

The **FIRST** "On the Water" session is two hours of practice starts at three-minute intervals. This is more practice than most skippers get in an entire season!

The **SECOND** session is a short course, perpendicular to the wind, in which boats practice Overtaking, Luffing, and Mark Rounding.

The **THIRD** session begins with spinnaker packing and flying demonstrations and then you will be assigned to a boat for the Training Cup Race. This is an actual race with trophies. Lunch and trophy presentation after the race.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

### Sailboat Racing Seminars

Tuesdays 7:30 p.m. - 9:30 p.m.

Dates Attending: Member Cost:  
 May 1 \$10 per session, or  
 May 8 \$25 for all three  
 May 15 Non-Member Cost  
\$15 per session, or  
Total \$\_\_\_\_\_ \$35 for all three

### On-the-Water Training

Saturdays 8:30 a.m. - 1:00 p.m.

Dates Attending: Member Cost:  
 May 5 \$15 per session, or  
 May 12 \$35 for all three  
 May 19 Non-Member Cost  
\$20 per session, or  
Total \$\_\_\_\_\_ \$50 for all three

Will you bring your own boat? \_\_\_\_\_

Will you be "Crew looking for a ride"? \_\_\_\_\_

### Advanced Crew Training

Wednesdays 6:00 p.m. - 8:30 p.m.

Dates Attending: Member Cost:  
 June 6 \$15 per session, or  
 June 13 \$35 for all three  
 June 20 Non-Member Cost  
\$20 per session, or  
Total \$\_\_\_\_\_ \$50 for all three

Make checks payable to:

**Wayzata Yacht Club**

c/o Seminars

PO Box 585

Wayzata, MN 55391