



The Layline

The Official Newsletter of the Stanford Sailing Program • #38

New Assistant Coach

My name is Clinton Hayes and I am the new Assistant Sailing Coach here at Stanford. My first couple months here have been filled with great experiences and I'm looking forward to many more.

I know some of you but for everyone else here is a bit of information about myself. I grew up in East Haddam, CT and started sailing on the Connecticut River and Southeastern Long Island Sound. I am a 2010 graduate from the University of Vermont and two time All-American. After graduation I assistant coached for Vermont in the Fall and was Head Coach at Univeristy of Rhode Island last spring when their Women's Team won the National Championship. I'm very excited to take this job not only because of the great sailing program here at Stanford but also its unique location in the bay area. This is a new coast and new conference for me, as it was for John a few years back.

It seems like not too long ago that I met John on Campus for my first time in early September. Since then we've done so much, making the Fall season seem almost like a blur. I Traveled to Houston, TX for the US Team Race Championships both as a coach for the Cardinal and competitor with my own team. I got to enjoy two weeks back in my home conference up in New England for some fun fall regattas including a particularly interesting trip to Dartmouth (see Hans Henken's article). Beyond that, the team has competed in 5 Conference Championships (hosted 3 of those) and 3 National Championships. Fun but busy is the best way to describe the Stanford Sailing Program.

Before coming, I heard so much about all the great things here at Stanford and now I can safely say that they're even better then my already high expectations. The facilities and support here are second to none but what makes working here so great is the sailors. They are genuinely some of the nicest and most motivated I have ever worked with. They love being at Stanford University and being a part of the sailing team. It's the kind of contagious attitude that I know will lead to a lot of good things in future.

Thanks for all your support and I look forward to meeting many of you in the future.

-Clinton



Look for this and all future newsletters in electronic form on our website;

www.gostanford.com

We will also email a full link. Please email Coach Vandemoer, vandemoer@stanford.edu, with your email address if you are not already in our database.

From the Coach Boat

Dear Stanford Sailing Alum's, Parents, Fans and Friends,

This fall went by so fast! It feels like just yesterday I was meeting the Freshman parents and taking the new freshman to their first practice. The fall season was action packed with lots of events on both coasts and three national championships to sail for.

The fall of 2011 was our best season since I arrived here on the farm. We had great results but just as important I had the most fun I have ever had with a group of student-athletes. I just can't say enough about the team we have right now. They are fun, motivated, and just intelligent young men and women who are committed to being their best. These are exciting times at the farm with Women's Soccer being national champs and football reaching another BCS bowl and sailing putting up a great fall season. This year's team has already swept the three Conference championships, Men's and Women's singlehandeds and Match Racing. Stanford finished 1,2,3 at both singlehanded championships with the top two moving on to the singlehanded nationals in Chicago. Nationals in Chicago saw every condition possible but the team handled the conditions well and finished 4th and 10th in the men's and finished 10th and 11th in the women's. The match racing team did something that Stanford hasn't done since 1988 and won the Sloop conference championship. The match race team sailed well in this years championship against a really quality field in our conference. Nationals were equally as tough with hard rainy conditions but the Stanford team shined through to make it to the semi-final round where we faced the eventual national champion, Navy. The team fought hard but lost the semi-final and moved on to the petite final to race for 3rd against University of South Florida. The team beat the bulls soundly and clinched 3rd at this years nationals.

The regular season also was a huge success for Stanford, both the women's team and coed posted quality finishes and proved to be in the top 10 in the college rankings. The highlights were finishing 2nd and 3rd at Navy Fall



Women's and Coed respectively. In our own conference we swept the two PCC's winning Women's at Home in the last race and dominating the coed championship in Santa Barbara. The team capped the year off by soundly winning the Big Sail this year against Cal setting the tone for our football team at the Big Game.

The Fall season was a success with great results and great bonding as a team. We all have a lot to be thankful for this year and we are all thrusting for more next year! I am practically thankful for all the support and cheering the team gets from our parents alums and fans. Every note that gets sent to me I share with the team, they love hearing your support so keep it coming and we will keep working on bringing you good things to cheer about. Have a great Holiday season.

Go Card!!!

Your Coach ,

John Vandemoer

Layline

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THANK YOU TO OUR TEAM SPONSORS
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THANK YOU TO ALL WHO HAVE GIVEN TO BUCK/CARDINAL
AND LISTED SAILING AS YOUR PREFERRED SPORT;
WE TRULY APPRECIATE YOUR GENEROSITY NOW MORE THAN EVER

THANK YOU FOR HOSTING US, FEEDING US, AND BEING
THERE FOR US.

The Ortel's - Housing and Dinner Both Navy Regattas in Annapolis

The Toole's - Dinner and Snacks at both Fall UCSB Regattas

The Dugdale's- Housing and Dinner at St. Francis Match Race Events

All Family and Friends who follow Stanford Sailing!

(Spencer Allen Photo)

THE CARDINAL WIN BIG SAIL 7TH YEAR IN A ROW!

By Eliza Richartz '13

I had been looking forward to sailing in Big Sail since I was a freshman. The actual experience far surpassed my dreams of it. The 2011 Big Sail team consisted of Nick Dugdale, Cam Hutton, Kevin Laube, Oliver Toole, McKenzie Wilson and myself. For Nick, Kevin and McKenzie, this was their second time in the regatta and another match race regatta like the others they had been competing in all fall. As seasoned veterans they spent our day of practice integrating the other three of us into their normal big boat routine. Coming off our team's Pacific Coast Championship victory and a hard-fought berth into the College Match Racing Championship set for the following weekend, I could sense the excitement in all of us- that we were going to annihilate the Bears and give Stanford another victory to end the season.

In our recently rented luxurious ESCALADE, we rode in style for our one and only practice session before the regatta. With daylight savings time and general lack of wind toward the end of the fall, we were crossing our fingers for some time on the water. Once the boat was rigged (thank you McKenzie) we were off in a nice 5-10 knot breeze in roaring current. The three newbies were given job descriptions and we spent the next hour and a half hammering out communication, tasks and strategy. Our improvement from when we first got out there until the sunset was incredible. I remember Mrs. Toole telling us that Oliver's sister, Aubrey, who was sailing for Berkeley claimed they saw how bad we were and I believe it; too bad the rest of the Cal team could not see the end of our practice. Sailing on city front on a sunny warm day makes you realize why you truly love sailing; you feel invigorated and so lucky to be afforded the opportunity. We sailed until dark and the city lights became our only source of visibility. We all comfortably sailed downwind, surprised that there was still breeze until it shut off in the blink of an eye. We motored in toward the big bright city with the Golden Gate lit up behind us. So beautiful was the feeling and sight of being out there that McKenzie and I discussed dropping out of college and becoming sailing bums around the world...

The next day was more beautiful than the practice day despite



Big Sail Team ready to go. (from left) McKenzie Wilson '14, Cam Hutton '14, Kevin Laube '14, Eliza Richartz '13, Oliver Toole '14, Nick Dugdale '12

the lack of wind. However, we sailed out on time and a nice breeze picked up. After our practice session, we were like a well-oiled machine ready for battle. Luckily the coin toss during the skipper's meeting had landed in our favor so we were given an advantage by being able to enter the starting zone on starboard for the first race. We did a good job tailing Cal and were able to start with a lead. I was excited and nervous for our first race set but everything went off without a hitch; the kite went up un-twisted and never luffed. Though there was some close racing at the leeward mark, we were able to hold them off and force them to have a poor douse, -their kite almost went completely in the water-, which further increased our lead. At some point before or during the race, the Stanford and Cal bands had showed up and began playing music, which could be heard from all parts of the course. After the race, we decided to sail over to the yacht club to wave to everyone watching; it was interesting to see what it was like looking up to land from the boat since I had spent the last two years watching the giant blue and red spinnakers from the balcony of St. Francis Yacht Club.

To put it mildly, the second race was a cakewalk and Cam, McKenzie and I, who were the forward crewmembers, were able to sit over the rail, enjoy the view, and do our best to "hike out" since the breeze had picked up. It was so nice to work with five other teammates and carry out Stanford's only victory for the day; both Stanford's young alumni and master's divisions had lost to those of Cal. Once we crossed the finish line we opted to do a little victory lap, Cam and myself being the main proponents of that. We sailed up to the yacht club, set the kite and made our way in happily chatting. As we leisurely sailed in, the photo boat was like a pestering fly trying to get cool shots- as my teammates can imagine, I was not opposed to this in the least. At one point, we all thought that boat was going to run into us or run us into the rocks! At the docks cheers, cameras, and some of our teammates who had smartly opted to ditch campus and come to the city to watch the racing greeted us. Having not really eaten lunch, we were ravenous and the giant buffet provided by SFYC never ceases to amaze. We spent the next hour eating, relishing the domination of Cal and receiving the Big Sail trophy for the 7th year in a row. After the awards and food, we went back out to de-rig but were short Nick, Kevin and McKenzie as they were going back out to practice in a J22 for nationals. Cam, Oliver and I drove home in the setting sun, excited from the beautiful day of racing and end of the fall season. After arriving on campus and on my walk home, I held the bouquet of flowers a couple at the yacht club had given me while I had been hanging out on the bow of the boat that morning; I was beaming after living out the experience I had dreamed of and was extremely happy to be on Stanford's sailing team.



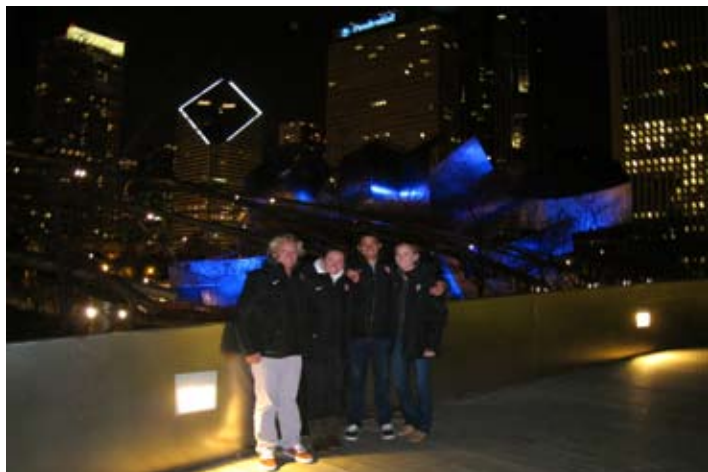
Cardinal hard at work during this years big sail. (Left to right) Skipper Nick Dugdale '12, Kevin Laube '14, Eliza Richartz '13, Oliver Toole '14

STANFORD COMPETES IN ALL 3 FALL NATIONALS

ICSA Singlehanded Nationals

By Mateo Vargas

Chicago held up to its name as the windy city for this year's ICSA Single Handed Nationals. After a very strong showing by the team at the PCCSC singlehanded qualifier, we were lucky enough to occupy all four spots from the west coast and bring a strong contingent of Stanford sailors to the Midwest



Seeing the sights in downtown Chicago

to sail on the cold waters of Lake Michigan.

This three-day regatta is the first national championship of the year and is split up into two fleets with 18 the girls in the laser radial and 18 guys in full rigs. It was nice to have a strong two boat presence in each fleet and we made our intentions to take the regatta by storm clear on day one, as we arrived in our matching black Stanford jackets and pants.

Day one of the event brought temps around 50 degrees, sun, a light breeze, and to top it all off, water temps in the low 50s. After a little while convincing ourselves that we would not freeze in these "frigid" conditions we headed out to what were some of the most challenging conditions imaginable. After a night of strong onshore wind, the lake was similar to a blender with waves bouncing off the seawall and rebounding in every imaginable direction. This coupled with a dying and shifty breeze limited us to four trying races before we were sent in for the day. Our results for the day were mixed, but we all knew that it was not a sprint and the consistency throughout the event would be the key to success.

Knowing day two would be much longer, we mentally prepared ourselves for a marathon day on the water and headed out in slightly warmer temps and a bit more breeze. The freshening conditions made for a great day of sailing in which we were able to get in 10 very competitive races, allowing the whole team to move themselves up nicely in the standings.

As we arrived Sunday morning we immediately realized our last four races of the event were in serious jeopardy. The wind had continued to build overnight and the conditions on the lake were fierce. The RC sent us out anyway for a race of absolute chaos, in which I personally flipped 3 times. With gusts

hitting 36 knots the regatta was called and we headed in to pack up our boats and seek warmer temperatures.

Overall, our first national championship of the year was a success with everyone on the team finishing in the top 11 in both fleets and representing Stanford well. It was a trip of really competitive sailing mixed with evenings of authentic Chicagoan experiences, all of which made for a really great time. The fire to improve next year is going strong and the team is excited to keep growing and getting better. Go Stanford!

ICSA Match Race Nationals

By McKenzie Wilson

Having grown up sailing all over the East Coast, I've had the pleasure of sailing in some amazing venues--Block Island, Newport, they're all dramatic and fun to sail--yet I had yet to compete at the city front before coming to Stanford. The St. Francis Yacht Club city front is a venue that should be on every sailor's bucket list--a unique mélange of tricky current and breeze that keeps sailors and spectators on the edge of their seats. So it was not a surprise to anyone that ICSA Match Race Nationals saw an unusual set of conditions that presented sailors and race committee with some unique challenges throughout the long weekend.

Nick Dugdale, Kevin Laube, and I arrived at the club Friday morning confident that our hard work and practice at the city front had prepared us for almost any set of conditions. With Dugdale, our seasoned city front veteran at the helm, we had a confident plan of attack going into the first round robin to deal with the strong flooding current and sea breeze. But the city front was not going to take it easy on us, or any of the other teams. Instead of filling from the regular westerly direction, as the typical sea breeze comes under the Golden Gate, a cold and rainy frontal system brought a more southerly breeze off the beach, pushing the start line farther towards the center of the bay and into stronger current. The frontal conditions put a higher than usual premium on course management, especially since the left side of the course, with lefties off the beach and a weaker flood, was heavily favored. The strong flood made starting especially interesting, with the flood making it difficult to even make the pin end of the line from above the boat--this of course made it relatively easy to shut your opponent out to leeward below pin layline, but made it equally difficult for one to also miss the line in the process--a truly unique city front starting experience! Still, we were able to end the first day with a 6-3 record, putting us in a comfortable fourth place overall, and guaranteeing our spot in the gold round robin.

After a stormy Friday night, we were greeted by a becalmed city front, with strong easterly flow preventing the regular westerly from filling all day. And in after an unusual weather pattern all morning, we eventually saw a shifty and puffy southerly breeze fill in, something not even Dugdale, who grew up racing on the city front, had ever seen. But by the time we sailed out, the breeze was dying and the clock was ticking, and the RC decided to bypass the gold round robin and sail the repechage round to determine the last two berths in the round robin. Finally, around four-thirty we were able to race St. Mary's College of Maryland in the first race of the quarterfinals--a tough

Success at Fall Nationals Qualifiers

PCCSC Singlehanded Championships

By Molly Mckinney '14

The Laser sailors were privileged to have pre-season with Anna Tunnicliffe and Mike Kalin. We learned so much about fine tuning our boat handling and especially about mental preparation for big events. All of our coaches combined provided a great team of support to prepare us for the conference championship. This year the event started the weekend before classes.

On Friday the girls were scheduled to race and on Saturday and Sunday the boys were to race. We girls were lucky to have our teammates support on Friday on and off the water. Most everyone not racing helped run the regatta, helped us de-rig, and took care of the dollies. I remember Mateo on a mark boat having to set and reset the pin end and leeward gates at least ten times because of the ripping current. The event was sailed at Stanford's venue in Redwood City but outside the area we usually sail.

To prepare we practiced in the open water during laser pre-season. Every day, the wind was pretty light and steady while the water was flat. However, for the women's actual racing, conditions were a bit different. Often, downwind is thought of as a time to relax, but most racers know that is not the case. For the women on that particular Friday, we had to put most if not all of our effort into the downwind. It was definitely the hardest and most intense part of racing because of the chop and current, but also because the finish was downwind. That last leg literally could make or break your regatta. Stanford women crossed the finish line 1, 2, and 3 almost every single race, finishing with minimal distance between each boat and often within a second. The Stanford men were just as successful, also crossing 1, 2, and 3 almost every race. From what I hear the men's races were very close and difficult partly because it was very windy. I wish I was there to watch the excitement because as Mateo said, "[It] was windy with a strong ebb directly against the breeze that was making waves almost break in place!" Basically, all of the roll tacks that were perfected during pre-season could not be shown off in the crazy conditions. Poor Michael apparently got sea sick. Both days of racing Stanford was battling for the top spots. The boys ended up finishing on Saturday and did not have to race a second day. After the event Mateo, Kieran, Kaitlyn, and I qualified for nationals in Chicago. Stanford was quite accomplished with four sailors qualifying - more than any other team!

PCCSC Match Race Championships

By Nick Dugdale

While their classmates were reveling in football glory at USC or celebrating Halloween on campus, senior Nick Dugdale (Corte Madera, CA) and sophomores Kevin Laube (San Diego, CA) and McKenzie Wilson (Rowayton, CT) were busy competing at the 2011 PCCSC Match Race Championship held at the St Francis YC on October 29-30. The nine teams that showed up were vying for a single qualifying berth for the 2011 ICSCA Match Race Nationals, which will also be sailed in the St Francis' fleet of J22s on November 18-20.

This is Nick's report from the event:

draw since they had beat us in the round robin. After starting in a stable leeward and close position, we both tacked onto starboard to put our bows into the strong flooding current, but St. Mary's came out with better speed and was able to pull ahead, and stayed there for the rest of the race. Luckily, that was the end of racing for the day, so we had a night to sleep and come back fired up and ready to go on the third and final day.

To make it through to semi-finals, we needed to win both of our races against St. Mary's in the morning. Riding on the positive energy of Stanford football's dramatic victory over Cal in the Big Game the night before, we were determined to make it a Cardinal Sunday on the city front and did not let the unusual easterly breeze and cross current nor a pre-start penalty in the first race halt our momentum. We kept calm and were able to comfortably play the shifts and extend in both races to put ourselves in the semifinals against the Naval Academy. However, despite our confidence from the morning's first two matches, the Naval Academy proved too swift and smooth in their boat handling for us to make it through to the finals, and we were left to race against University of South Florida in the petit-finals



Kevin, McKenzie, and Nick receiving their third place trophies

Determined to end the regatta, and fall season, on a positive note, we focused on sailing the race course well, staying in phase with the shifts and playing the current, to win our two matches against USF and earning THIRD overall! While we were a little disappointed about our semifinals against the Naval Academy, who went on to deservedly win the event, we were proud of our work ethic, determination, and perseverance. A third place at nationals is definitely worth being proud of, and it shows how far Stanford Sailing has come just this fall! It was our first time making it to sloop nationals since 1988, and to not only make it, but finish third is a result of the entire team's support and efforts. After a well earned winter break, we'll be looking towards next year's qualifiers and will be making an effort to match race next summer and fall leading up to qualifiers and hopefully nationals so we can continue on Stanford Sailing's upward climb!

PARENTS WEEKEND 2012

March 2-4, 2012

“One of my personal goals this year was to win PCCSC’s and thus have a shot at winning college match race nationals, so this was a pretty important event for me. After working at the Chicago Match Race Center and competing at a number of match race regattas this summer, I felt pretty confident in our chances going in to the weekend. We had also used the St Francis Match Race Championship in September and the SDYC Invitational in early October as tune-up events, so we were about as well prepared as we could be.

Saturday of the event was a pretty typical Fall day on the bay. The lingering easterly kept us waiting until around 2 PM for the true breeze to fill, but when it came in we had a great afternoon of sailing. We easily won most of our matches thanks to good positioning at the start, clean boathandling, and good speed. Our one loss of the day was against UC Irvine. That race had been a flurry of penalty flags, with us entering the starting box a second early, UCI getting a penalty for not keeping clear in the prestart, and then us getting an offsetting penalty for forcing contact. We lead most of the race and cleared our penalty on the second beat, but a rushed gybe at the finish handed UCI the win. Despite racing us until it was so dark that we were using the running lights on the finish boat as a reference, the race committee was unable to get a full round robin in.

On day 2, we found ourselves at the top of the leaderboard in a 3-way tie with UCI and the California Maritime Academy, on 5 wins each. If we had been unable to complete the round robin we would have lost the tiebreaker, so we needed the wind to fill in early so as to get enough races in. Luckily for us the westerly came in around 1, so we had another chance to move up. Both of our remaining races in the round robin were must-wins: if we lost either race and CMA and UCI won both of their matches we would be out of qualifying range. In our first race of the day against USC everything went to plan: our start was great, sets and douses went well, and everything was generally ‘clicking’. This positive energy carried into our last race of the round robin against the yet-undefeated Cal Maritime Keelhaulers, and we beat them by an easy margin to assure ourselves a rematch against CMA in the finals.

With the 4 PM cutoff time fast approaching, the race committee shortened the course up until it became a 10 minute sprint, which meant there were very few opportunities for error and only one or two passing opportunities at most each race. Luckily we had practiced our short-course boathandling until McKenzie wanted to kill me/toss me off the boat, and after out-manuevering them all the way around the course we left Cal Maritime flustered and one point down in the first-to-two-point finals series. In the second race we were port entry and didn’t get the start we wanted to, but we kept the race close enough to pass CMA at the leeward mark. We extended on the next beat and cruised home to our second win, and in doing so clinched the championship title and a berth to the ICSA Nationals in November!

PCCSC Final Results:	5.	Hawaii	
1.	Stanford	6.	USC
2.	Cal Maritime	7.	Santa Clara
3.	UC Irvine	8.	UCSD
4.	UCLA	9.	UC Berkeley

Come watch your sons and daughters sail in the McIntyre Team Race and meet the team and fellow parents.

Events:

Friday Evening 5:30-7pm Cocktail Party at John’s House on campus. Hear from the coaching staff and team captains.

Saturday and Sunday Racing all day! Come down and cheer the team on at the Boathouse.

Saturday Night Join the regatta dinner at the Sequoia YC in Redwood City.

Cost: \$10.00 per person and Cash Bar.

Please RSVP with John at Vandemoer@stanford.edu



Battle of the Bands on the Race Deck at St. Francis Yacht Club during the 2011 Big Sail

FALL 2011 REGATTA REPORTS



Danmark Trophy

By *Natalie Urban and Kieran Chung '15*

We began the weekend as two naïve young freshman sailors, unsure of what to expect from our first east coast college sailing experience, and ended the regatta only slightly less confused. After our first Thursday night red-eye, John treated us to a hearty breakfast in downtown Boston. Kieran found the squirrels an entertaining distraction from his jet lag as we spent the morning walking the Boston Park. After nearly getting lost because of our very sleepy navigator, we finally arrived in New London for practice at the Coast Guard Academy. The Academy is a well-equipped sailing venue in a lush ravine with a full fleet of FJs and 420s and a luxurious red-roofed boathouse. We suited up and hit the water with a 12-knot seabreeze for a lovely afternoon of practice. Sadly, the consistent wind conditions did not hold up. Conditions Saturday were less satisfactory, to say the least. We began the regatta in a foggy drizzle with shifty and inconsistent off-shore breeze. Disregarding our results, we learned how challenging the top tier of college sailing is. The format introduced new challenges to which we were not accustomed from our youth sailing backgrounds. As the only freshman boat in our fleet, we struggled to comprehend the unpredictable shifts and current. After our first day and an evening of debrief, we were fired up and ready for a massive comeback the next day. Though our enthusiasm did not

necessarily pay off in terms of results, we still learned how to remain calm in conditions of extreme confusion and frustration, and work together as a unified team, psycho plus psychotherapist. The regatta was a challenge to say the least. However, we took away the burning desire to vastly improve our sailing skills and redeem ourselves throughout the rest of the college sailing season.

Byson Women's

By *Kaitlyn Baab '15*

I approached my first double-



Navy Women's Team touring Washington DC

handed college sailing with both excitement and nervousness. Prior to Stanford, I solely focused on laser radial sailing so college was a transition for me complete with much shorter racecourses, new boats, and a new role. I started this fall season sailing as a crew, which allowed me to get used to the new boat and learn the different jobs in a double-handed boat.

Though I had some anxieties, they were definitely calmed by the relaxing nature of a west coast regatta with no more than 6 boats on the line. There were two other schools at the regatta, USC and University of Hawaii. Due to the small fleet, A and B were sailed together which created a little Stanford competition between our own A boat, Eliza and Helena, and the B boat, Sally and I. The blasting music from the Redwood City fair added to the regatta's laid back feel, which I think we all enjoyed.

Saturday and Sunday were typical fall days at Stanford with breeze not filling in until around noon. But once the lunchtime breeze hit, we were able to sail a couple of light races. By the end of the day, the breeze built to a steady 15 knots.

I had a great time sailing with Sally. We had a couple bullets, while also having some deeper results due to a couple mistakes we made. I learned the importance of teamwork and communication at this regatta, which is essential in order to be successful. One of my most memorable experiences of the event is when Sally and I had a lead on the pack in one of the races but on the last downwind leg gybed and capsized. Luckily, we righted the boat with astonishing speed, without losing our lead by too much. Though embarrassing, it made for some laughs and a learning experience.

With 11 races on Saturday and 4 on Sunday, Stanford finished the regatta with a 1st place overall. This regatta served as a great warm up for the many more to come that season.

Thanks so much to Nicole Breault for both running race committee

and coaching the Stanford team. She gave us great insights on the course helping us get our heads around the racing. Also thanks to freshmen, Michael and Brittany, for helping run the races.

Navy Women's

By: Sally Mace '14

There aren't many times when I wish for bad weather, but during the weekend of the Navy Fall Women's Regatta, the worse the weather the better the sailing. Every year, Navy Fall Women's coincides with the Annapolis sailboat show, which means that every boat owner is on the water that weekend! This year was no different. The sun was shining, and the motorboats were out in full force creating massive wakes for us to navigate around.

This regatta is always fun because it is the women's team's first East Coast regatta, and it is also one of the most competitive regattas of the season. After getting off the plane red-eyed on Friday morning, John took us to the famous diner (John is pretty much a local there) for breakfast. While Eliza enjoyed her pancakes, the rest of us were basically eating in our sleep. Our team consisted of Molly McKinney in C division, Eliza Richartz and Kaitlyn Baab in B division, and myself and Helena Scutt in A division. McKenzie Wilson came as an alternate for the team, and provided us with amazing support! On Saturday, the wind tested our patience, and light and lumpy was the best way to describe the conditions. Sunday was more of the same. Although we never got the big breeze that I love, the race committee got off seven solid races per division.

Despite the challenging conditions, we finished the regatta in second place overall, with all three of our divisions in the top five! Seeing all of our hard work pay off at that regatta really got us pumped up for the rest of the season. After the regatta we were talking about how much of an advantage it has been, particularly for our women's team, to have such competitive practices at home and about the incredible support from our teammates. All of that really made the fall season special.

Captain Hurst

By Hans Henken '15

When I first saw my name on the board for the Captain Hurst Bowl at Dartmouth, I knew I was in for a wild ride. I had heard many stories from the previous Captain Hurst Team that the conditions were crazy and somewhat unexplainable in words,



Captain Hurst Team on the runway in Boston before a turbulent flight to West Lebanon, NH

so I was eager to find out for myself. The team this year consisted of Clinton Hayes as coach, Oliver Toole '14/Haley Kirk '15 in A Division, Hans Henken '15/ Natalie Urban '15 in B, and Cameron Hutton as an alternate. Continuing with the ritual for East Coast Regattas, we left Stanford Thursday night on a redeye and arrived in Boston the next morning wide-eyed and bushy tailed. Instead of driving the rest of the way, we then proceeded to take a 10-person plane to a small airport near Dartmouth. Seeing how our team consisted of 6 people, we practically had a private one-hour plane flight. Upon arriving at the venue in pouring rain and no wind later that same day, we decided to go for a supermarket run and stock up on food for the weekends racing. Saturday morning came with a bang. The conditions were overcast with a little rain. The wind was ranging anywhere from 0 knots to 20 knots from over the land. This wind condition created a very shifty and puffy breeze, which made the racing almost a guessing game. The majority of the time, boats would sail to the edges of the course and either come out way ahead or very far behind. Oliver and Haley were able to sail very consistently in A division, finishing with in the top of the

fleet the majority of the day. Natalie and I were able to set the pace really early in B Division, winning the first three races of the day. Sunday, however, was a different story.

Sunday once again brought puffy and shifty conditions from over the land. The wind was a little lighter, ranging from 0 knots to 13 knots. The one exception was that on Sunday, there were two different breezes fighting each other all day and the racecourse was in the middle. This created huge one shift beats that either allowed you to fetch the mark on starboard off the line or port. The shifts were so dramatic that Natalie and I auto-tacked in a 13-knot puff and almost capsized as we were sailing upwind. I would have to say that the best tactic for Sunday's racing was to not have one. For example, when Oliver and Haley were checking the line to

see where they wanted to start, they would check the boat and notice that they were pointing at the windward mark. Any person in their right mind would then conclude to start at the boat. However, after seeing this, they concluded that they were going to start at the pin, knowing that by the time the start gun went off, the pin could easily be heavily favored instead. Overall, we felt like we sailed a great event given the challenging conditions presented to us. We finished 6th overall after 14 races with 22 teams present.

Navy Fall

By Jack Ortel '15

For my first double-handed college regatta I had the pleasure sailing at my home venue in Annapolis for the Navy Fall Regatta. It was a familiar experience because the Stanford team had stayed at my house the previous year for the same regatta, as my sister, Kelly, is a sophomore on the sailing team here at Stanford.

The breeze on both days was shifty and generally out of the West, ranging from 8 to 25 knots. It was a great learning experience because I had the opportunity of sailing almost all day on the first day as a "heavy" crew in B division with Kevin, in my preferred boat, the 420, and on the second day I was able to watch the lighter, shifter racing, learning from John's coaching as

a spectator. I was especially excited when sailing because although Kevin and I occasionally made mistakes like not laying the pin at the start, we could rely on the fact that our boat speed would bring us to the front of the fleet before the end of the race. His confidence really made an impact on my sailing for the remainder of the fall season.

In the end our hard work at practice showed, as we ended up placing 2nd in B division and 3rd overall, exceeding our goal of top 5. This regatta really solidified my confidence in our team as a whole, and it leaves me extremely excited to get back on the water this spring.

Stoney Burke

By Michael Dahl '15

The Stoney Burke Regatta at Treasure Island is one of the biggest west coast regattas in the Fall and this year was no exception. With well over 30 teams there, it was a regatta to look forward to. I was filled with exhilaration as well as nervousness the night before the regatta. I had everything ready to go the night before the regatta but I still woke up 45 minutes before it was time to meet with the team for the hour long drive awaiting us.

This was my first time going to Treasure Island therefore the drive was a new sight, and a beautiful one at that. When we arrived at the parking lot where all the boats were being unloaded we immediately hopped out of the car and began unloading and rigging the boats. After this was quickly done we went and met up with some of our old sailing friends, since this was the first regatta any of us had done so we had not seen many of our sailing friends since the summer (or longer!).

We changed, launched our boats and went out for a great day of sailing. The sun was shining and the breeze was on. We sailed all day and got plenty of races off. The team had a great showing and we all had a fun learning experience sailing in most of our first collegiate regatta. The second day was equally fun sailing; however the wind was not as

pleasant. It was full of many shifts and puffs which created difficult sailing. The team pulled it together and we finished off the weekend with a 7th place finish!

Sherman Hoyt

By Oliver Toole '14

As the final east coast trip of the fall season, my crew Kaitlyn Baab and I, along with our A division team Mateo Vargas and Tally Buckstaff, headed to Brown University to compete for the Sherman Hoyt Trophy. After a long



Great costumes at the annual Halloween 2 vs. 2

season and many trips across the country, we were excited to race against the top teams one more time before the season ended. On the plane flight over, I relived last year's event when I was forced to wear a dry suit for the first time because of the frigid wind. My desire for some better weather was met when I woke up to 65 degree sunshine the morning of the regatta. Unfortunately for this competition, we spent more time doing homework in the car than competing on the water. There was no wind for most of weekend, and the race committee worked hard to get in 6 races. Each start seemed extra competitive due to all the waiting. One thing I will never forget; however, was the camaraderie in the parking lot in between sets. With all the free time, we were able to throw the football around, or juggle a soccer ball with our friends from other schools. It was an experience our team will never forget, and it taught me that no matter how competitive things get during a race, on land we are all friends. We finished seventh place in the

regatta, and headed back to Stanford with an appreciation for our competitors, an excitement to get back on the water, and completely caught up in school!

Stu Nelson

By Yuri Namikawa '14

After being unable to sail all of last spring because of a torn ACL, I was aching to get back into the boat and start racing again. When I finally got the clearance from my physical therapist that I could sail, I was ecstatic. After a few weeks of practice, I was able to get back into it very quickly, and it felt like I had never even left. I was very excited when I was to sail my first regatta since I had injured myself, the Stu Nelson Intersectional at Conn College. We were staying in the same place as the Hoyt Trophy sailors were, too, so it was fun that we were traveling with such a big group.

We arrived at the airport on Friday morning after our Red-Eye flight from San Francisco. Our coach, Clinton, took us to a little diner for breakfast that was featured in Anthony Bourdain's No Reservations on The Food Network. It was a delicious meal after a long plane flight. And as always, there's a lot of eating with the Stanford sailing team at regattas. We then drove to the hotel, checked in, and headed straight for Conn College to practice. Driving to practice, it looked pretty gloomy and cold, and I realized we were not in sunny California anymore!

Our Stu Nelson team consisted of Sally Mace and Helena Scutt in A Division, and Molly McKinney and I in B Division. Molly and I had been practicing for a couple of weeks at this point, and we felt very fast together. Our Friday practice went very well, too, even with the notorious shifty conditions of east coast college venues. We had really good communication in the boat, and by the end of practice on Friday, we had all the puffs and shifts down. We were very excited to sail the regatta, ready for a Cardinal domination.

The next day, when we woke up and drove down to the boathouse, the wind didn't look very promising. We were only able to get two races off with the conditions being much lighter and shiftier than Friday. All four of us went to bed that night, hoping for more wind the next day so we could

get some more racing in.

However, Sunday morning was even lighter, with the water completely glassed over. We had to wait for a couple of hours for the wind to pick up, as we all tried to stay warm in the car. We also tried to get some schoolwork done like the Stanford nerds that we are, although we did take a couple breaks to belt out some songs together. Finally, when there was a little bit of breeze, they sent B Division out, hoping to get just a couple of races in. The wind was extremely light, but they would start us anyway when there was even the slightest bit of breeze. They ended up attempting to do two races, both of which had to be called because the wind just shut off. This was a bummer for us, since we were in the top three for one of the races and winning the other, although we did agree that it was completely unsailable conditions.

Unfortunately, B Division didn't get three races off, the minimum for it to count as a college regatta, and the whole regatta was called on Sunday afternoon. I guess we could say Mother Nature won this regatta. Even though it didn't count as a regatta, I was happy that I was even able to sail a regatta and do relatively well. I am now excited to move forward into the spring season!

Victorian Urn

By Helena Scutt '14

When Sally Mace and I arrived at the Boston airport just four and a half days after leaving it, we weren't too thrilled to see the airport TV screens flashing headlines like, "Beware the major Nor'Easter" and "Halloween storm to slam the Bay State." Everyone in Boston was aghast at the predictions of snow before Halloween for the first time in decades. After the lack of breeze at Connecticut College the previous weekend led to the cancellation of the event, we were raring to get some sailing action. More specifically, we did not want weather to overthrow another regatta, this time the Victorian Urn at Harvard.

The Charles River is an iconic college sailing spot known for its shifty conditions. It definitely lived up to its reputation. I crewed for Sally Mace in B Division and Eliza Richartz and Natalie Urban sailed A Division, with Brittany Hallawell as our alternate.

After suiting up in drysuits, Sally and

I had a successful day on Friday practicing against some Harvard and MIT teams. We had a chance to see how fluky the shifts were and adjust our tactics and boat-handling. It was a beautiful, clear winter day. Saturday, on the other hand, was not so picturesque. The sky was grey and we saw virtually all forms of precipitation – rain, sleet, hail, freezing rain, and other kinds that East Coasters love to differentiate between. Really, it's all the same when it's hitting your face and stinging like bees. Now, I'm from Seattle, so precipitation isn't exactly foreign to me, but having balls of ice pound your face as you hike upwind and get splashed by rogue waves was chilly to say the least.

However, we were willing to take it because we were so happy to have good breeze (5-17 knots) and get lots of races off. With the left side favored, Sally and I had the boatspeed to start at the pin, pull away from the fleet, tack, and cross other boats. Being in good physical shape allowed us to hike hard and grind over people and it all made for a solid day. Besides sailing in the snow, another new thing for me was having my parents at a college regatta. They were on vacation in the area and were fortunate enough to see Sally and I sail to a 3rd, 1st, 2nd, and a 1st all in a row. On Saturday night some of the team went to see friends from MIT and Harvard while Sally and I went out to dinner with my parents for some skipper-crew family bonding and delicious food thanks to John's local knowledge. Then the Stanford vs. USC game was on and we all stayed up late watching Stanford win in triple overtime!

The report time for Sunday was moved back to help everyone cope with the storm. The breeze was crazy, ranging from 5 to 25+ knots. Some puffs covered most of the course while others were just short but intense lines and they came from all over the place. In one race a huge wind shift auto-capsized us to windward in the blink of an eye. That was a huge bummer (and surprise!) but at least John said all the coaches on the coach-boat were very impressed with how fast we got the boat up and going again! Sunday was challenging to say the least, but we learned a lot about anticipation and how to play extreme shifts.

The Victorian Urn was the



Big Breakfast at a little dinner in South Boston after a long red eye flight. Pretty normal weekend for the Stanford Sailing Team

Atlantic Coast Women's Championship qualifier for NEISA so competition was tight. Stanford came 10th in A Division and 4th in B Division to round out at 8th place overall. We felt that most races went well but some mistakes in both divisions dug us a couple of deep races.

All fall we have been practicing the "win your group" drill which definitely paid in these shifty venues. It is so rewarding to know that the training all fall was paying off. This was perhaps my favorite weekend of college sailing ever. I couldn't have asked for a better way to end my sailing on the East Coast for the fall.

Santa Barbara Team Race

By Brittany Hallawell '15

The team race scrimmage in Santa Barbara was a unique way for us to practice our team racing against some other west coast teams. Stanford sent two teams (making 12 sailors) down, which, coupled with a six hour drive and a lot of down time after racing, made for some great team bonding opportunities. I was really happy to be able to get closer with the team in a different setting than the typical practice, workout, or rushed meal. The venue we race out of in Santa Barbara is known for being pretty breezy, and this weekend was no exception. I haven't done much team racing before, so this regatta was already a chance for me to get some experience and learn as much as I could about the tactics and the racing. But the wind also gave me the opportunity to practice my boat-handling in a condition

Victory at Coed and Women's Pacific Coast Champs

that I hadn't had very much experience in previously—Redwood City is normally pretty perfect, and my hometown, Coronado, is usually light.

After a day's racing on Saturday, we got the chance to go back to the hotels and work on some homework before we enjoyed a home cooked meal of delicious lasagna at the Toole's house. I would especially like to thank them for their wonderful hospitality; it was really a refreshing taste of what it is like to be in a real home after my first two months away at school.

The regatta itself, in the end, got off a decent amount of racing. We particularly enjoyed the races against our own team, because that was when we could really be aggressive and practice hard. Because it was just a scrimmage, there are no real results to report, just, for me, a lot of learning about my own sailing, my teammates, and team racing itself.

Coed PCC's

By Tally Buckstaff '14

Friday afternoon I found myself strategically trying to sit in the best van for the five hour car ride down to Santa Barbara along with twenty of my teammates. I knew I didn't want the excursion with the surfboards taking up most of the backseat and the bad-smelling wetsuits.

The car without an ipod input is also a bummer – no one want to listen to the radio for five hours. And then there's the question – who is going to be a fast (and hopefully safe) driver? Quickly calculating all of these factors, I picked a car and hopped in. Not surprisingly, in the car that I had selected for its desirable qualities, I found most of the other sophomores sitting next to me. It's amazing what a difference a year of experience makes. At our dinner stop in Paso Robles, one of the freshmen called us out, "You guys have the car with the ipod player! AND we have all of your surfboards sitting over our heads!" We all laughed. Coming into this year I thought I would forever feel like a freshman. It's amazing how quickly I've already come to feel like a senior.

Anyways, back to the regatta. Fall PCCs is one of the best events we go to all fall. It's amazing to see the whole team rolling up to the venue in our matching Nike tracksuits and six shiny FJs. After a long fall season of 7:45 AM workouts, over ten hours of practice a week, and several East Coast trips, our team is ready and confident for this event. When we pulled into the parking lot on Saturday, there was a huge swell and the breeze was on. However, by the time the first race got off the line and working the boat through the swells and chop. Sunday morning

was completely flat and most of the team could be found in the cars working on that p-set (problem set) or essay. A few hours later the wind picked up from the West and we got some good racing in. Our team's preparation all fall paid off – we won the Varsity division by 22 points and placed 1, 2, 3 in the JV division. After some time off this winter, our team is ready to build on what we have done this fall and work towards qualifying for Nationals.

Women's PCC's

By Haley Kirk '15

The regatta began with nervous jitters from the pit of my stomach as I realized I had to skipper for the B division. Normally a crew, O approached the regatta with suspected nerves not wanting to let the team down. But at the sight of light breeze both days, I had the feeling our team could win.

Eliza and McKenzie sailing A division crushing almost every race, definitely winning their division. Kelly and I sailed B division and tried our best to improve our tacks, gybes, and boatspeed every race. In between sets the majority of the girls found themselves sunbathing on the dock and soaking up the last few

warm days of winter.

Sunday looked almost too light to sail. The key word being almost. We were postponed on land till about 1pm when John made the call to send B division out for a race. This meant that since we were currently tied with USC for the win all Kelly and I needed to do was beat them. The race started out with a clean start, Kelly and I just to windward of the USC boat. Throughout the race we decided to loosely cover their boat, but kept some distance so that their boathandling couldn't get to us. We sailed hard all the way to the finish and ended up winning the race and placing 2nd in B division.

In the end we ended up with the win and walked away feeling confident in our team and our ability to look out and step up for each other. Though not a skipper, I learned to be a team player and look forward to the spring to be reunited with my sailing family.



The Cardinal at Fall PCCs in Beautiful Santa Barbara.

Thank You to everyone who attended the Big Sail

From top to bottom: Stanford Sailors at the Big Sail supporting their teammates, the 40 and under alumni team sailing downwind, the 41 and over alumni team setting the kite.



Happy Holidays, From Your Stanford Sailing Team

Stanford Varsity Sailing Team Roster – Fall 2011

Seniors

Nicholas Dugdale

Madera, CA

McKenzie Wilson

Rowayton, CT

Juniors

Iris Clayter*

Rebecca King*

Eliza Richartz

Katie Riklin*

Pacifica, CA

Santa Monica, CA

Old Lyme, CT

London, UK

Freshmen

Kaitlyn Baab

Kieran Chung

Michael Dahl

Britney Hallawell

Hans Henken

Haley Kirk

Jack Ortel

Natalie Urban

Max Kohrman

* Abroad for the fall

**Team Captains

Saratoga, CA

Newport Beach, CA

Newport Beach, CA

Coronado, CA

Coronado, CA

Long Beach, CA

Annapolis, MD

San Rafeal, CA

Miami, FL

Sophomore

Tally Buckstaff

Cam Hutton

Kevin Laube

Sally Mace

Molly McKinney

Yuri Namikawa

Kelly Ortel

Helena Scutt**

Oliver Toole

Mateo Vargas**

Belvedere, CA

Menlo Park, CA

San Diego, CA

Newport Beach, CA

Sarasota, FL

Palos Verdes, CA

Annapolis, MD

Seattle, WA

Santa Barbara, CA

Treasure Island, FL

2012 Spring Competition Schedule

Date	Regatta	Host	Boats
Week #1			
Feb 11-12	North #1 and #2 Bryson Women's	Stanford University Stanford University	CFJ's CFJ's
Week #2			
Feb 18-19	Spring Intersectional	College of Charleston	420's
Feb 18th	Otter Invite	CSUMB	CFJ's
Week #4			
Feb 25-26	South #3 and #4 Series Bob Bavier Team Race	UC Irvine College of Charleston	CFJ's 420+FJ
Feb 25th	Davis Invite	UC Davis	CFJ's
Week #5-- Stanford Sailing Parents Weekend			
Mar 3-4	McIntyre Team Race	Stanford University	CFJ+420
Week #6			
Mar 10-11	Navy Women's Spring St. Mary's Team Race John Jackson Team Race*	Navy St. Mary's College, MD Georgetown	FJ+420 FJ+420 FJ+420
Mar 10th	Cal Invite	Cal	CFJ's
Week #7-Spring Break			
Mar 24-25	South Designate Boston Dinghy Cup Aaron Szambecki Team Race*	USC Harvard/MIT Old Dominion	CFJ's 2 FJ+Firefly FJ
Week #8-Spring Break			
Mar 31-1	St. Francis Intersectional Dellenbaugh Women's Southern NE Team Race* Ted Farrarone Team Race*	Stanford/St.FYC Brown Conn College Yale	CFJ's 420 FJ+420 420
Week #9			
April 14-15	Carter Ford Team Race Emily Wick Trophy	Stanford University Coast Guard Academy	CFJ+420 FJ+420
Week #10			
April 21-22	Women's Conference Champs Admiral's Cup	University of Hawaii Kings Point	FJ FJ/420/Laser
Week #11			
April 28-29	Healy Trophy Coed Fleet Race	UC Santa Barbara	CFJ's
Postseason-ICSA National Championships			
May 12-13	ICSA Coed Dinghy National Championship First Round Semifinal	Miami	FJ+420
May 30-June 2	Women's National Championship	University of Texas	FJ
June 3-5	Team Race National Championship	University of Texas	FJ
June 6-8	Coed Dinghy National Championship	University of Texas	FJ

*Awaiting Invite

Bold Denotes Conference Championship