

The 2019 LYC Fall Laser Program is yet another step up! This page is to give you all the info you need so you can make your plans easily and effectively! Below, you will find your 2019 Fall Season explained! The 2019 Program includes five supported events, plus the added bonus of an ODP Clinic at LYC! One important piece of information to know is there is an overlap of District 13s and Naples Cup. Since D13s is the District Championship, LYC is heading to Jacksonville for D13s. This change left a void in the number of supported regattas, so we are adding Gulf Coast Champs in the supported regatta list.

The LYC season kicks off on August 31st! Training weekends include a 10 AM rigged and ready time on Saturday and 9 AM rigged and ready time on Sunday. Practice ends at 5 PM Saturday and 4 PM Sunday. Practices can include a workout, debrief, filming, tracking and most importantly, plenty of sailing.

August 31st at 11AM is Parent Brunch Orientation at LYC. After a meet & greet brunch, the Fleet Captain, Laser Chair and Sailing Director will explain team expectations, logistics, House Rules, safety and how to efficiently manage your racing season as a parent. We are planning other Team events throughout the season, so be on the lookout!

The first regatta of the season is **September 14-15- Gulf Coast Championships at Christian Pass YC, Mississippi**. Attendance is important for Grand Prix Points! Remember to bring your trailers to LYC the weekend before the regatta to load your boats! For every event, please notify JC a week in advance if you are bringing a trailer on property. Space will be very limited at LYC due to construction of a new Clubhouse.

**September 20-21 is Cressy Qualifier at Ransom Everglades School, Miami, FL**. There will be no practice at LYC.

October 19-20 is [River Romp at Edison Sailing Center](#). We are sending one coach, so the first eight sailors registered will receive coaching. This regatta is recommended for sailors who need course racing experience or are new to the Laser. We will have regular practice at LYC for those not attending River Romp.

[Cressy Nationals November 2-3, 2019](#) sparks a heated November. This is an unsupported event. If LYC has qualified sailors we will send a coach. It will be an added fee. It is in California this year. Sailors who qualify at their District Championship contact John Casey for directions to be on the list for coaching. It is regular practice for the rest of the Team November 2-3!

**November 16-17 is District 13s at Florida Yacht Club in Jacksonville**. This is a supported regatta and is the District Championship. Good luck!

**November 22-24 is the ODP Clinic/Regatta in Miami**. This is a semi-supported event. It is one extra coaching day at a fee of \$75 if the sailor is accepted to sail. LYC wants to send many Radial sailors from the Laser Team to this! This is an excellent opportunity to train with ODP coaches who have different perspectives! The sailor can sign up for this event on the Fall 2019 Sign Up Sheet.

LYC will host its own ODP weekend on the last weekend of practice, December 7-8. This is a can't miss event with more Olympic caliber coaches at LYC to help raise the bar!

There will be an **Orange Bowl Clinic with Erika Reineke and Erik Bowers December 21-23** for selected sailors. Sailor selection will be based on fall participation, attitude and fall regatta performance. Sailors can sign up for this event on the Fall 2019 Sign Up Sheet.

Our fall pinnacle regatta, **Orange Bowl, will be December 26-30**. There will be a half day practice on December 26 to get warmed up for the event.

See you August 31st!