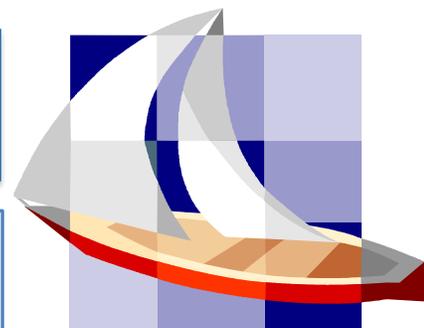


# Women in Wind Spring 2018 Conference

## Workshops and Presenters

**Saturday, April 28, 2018**  
Britannia Yacht Club  
2777 Cassels Street, Ottawa



### 1. Transitioning from Crew to Boat Owner

**Angela Hussey:** *Took her first Basic Cruising lesson through Advantage Boating in July of 2007, Angela followed this by many "opportunities for continued growth" in sailing knowledge and skill which included: membership in the Ottawa Sailing School Sail Share program, participating in the BYC Coached Boat Program during Monday night PHRF racing, and inter-club class racing on Wednesdays and Thursdays (BYC and NSC), as well as racing in various regattas (like the NOD, CORK, Shark Worlds, and CYA Women's National Keelboat), completing standards courses (including VHF, Coastal Navigation, and Intermediate Cruising), and most recently completing a bareboat charter experience in the BVI's in 2018.*

How does one go from ZERO experience on any kind of sailboat to racing keelboats, owning sailboats, and finally chartering in exotic locations? It happens in VERY achievable steps! Purchasing a Shark 24 (Sail #1088 No More Hobbies) in 2012, and recently adding a Mirage 29 in 2017, was simply a natural extension of the quest to learn more about, and enjoy, the wonderful world of sailing. If this rural, land-locked, farm girl can do it...anyone can!

### 2. Using Racing Qs App

**David O'Sullivan:** A BYC member and avid racer, David was born and raised sailing and racing on the Ottawa river. David brings 35+ years of local and out of town success with 4 World, 2 North American and 5 Canadian Shark championships to his credit along with being boat of the year 7 times.

*Want to relive your sailing adventures or analyze your performance from a race? "Races Qs" – is a tool to record one boat or an entire fleet in order to watch the replay and evaluate your performance in 3D. There is no need for any special equipment to get started, just a GPS or a smart phone. Through a demonstration you will see how easy it is to get started, how to record and replay an outing and some of the key features used for evaluating performance.*

### 3. Starting Strategies

**Michele Cimon:** *Sailing for 30 years, with a focus on one design racing in many different fleets, including CC41s, J24s, Sharks, and now J22s. Also races Wed nights on a Nacra 17 catamaran. Has attended three International Women's Keelboat Championships, many Canadian National Women's keelboat Championships over a 20-year period and was part of the practice squad for the Canadian Match Racing Team challenging for the London Summer Olympics, which took her across the USA and all the way to Busan, South Korea. Currently races her J22 locally, nationally, and internationally. Most recently, in 2017, Michele and Team won the J22 Canadian National Championship, was top Canadian at the J22 North America Championship, and placed 7th at the J22 World Championship in The Netherlands. Some of Michele's upcoming events include the J22 European Championship in France (May) and the J22 World Championship in Annapolis (September).*

An overview of rules (NOT an exhaustive review - people REALLY need to read their rule books!)  
Pre-Start - Checking Wind, Line, Speed, Approach, etc.  
Starting Options/Strategies - Get off the line, with speed, heading in the right direction.  
Post Start - Now What?

**Please contact the BYC office before April 20th to register - Tel: 613-828-5167 Email: [info@byc.ca](mailto:info@byc.ca)**

#### 4. Guide to Lac Deschenes: Wind, Hazards & more

**Ron Schute:** *Ron is a member of both Britannia Yacht Club and Nepean Sailing Club. Having been born to sail, Ron got his first taste for sailing at 6 years old before moving on to refine his sailing skills at BYC's junior club and practicing whenever he could on his Laser or his parent's Shark. A few boxes of silverware have been collected over the past 40+ years of racing at the local, national and international level on a variety of boats big and small, including on the Laser, Albacore, 505, K-25, J-24, Shark, Kirby Custom 1 Ton, Viking 33, Laser 28 and the Viper 640. Ron also splits his time enjoying cruising on Lake Ontario or down in the Caribbean during the winter months. As the owner of Advantage Boating for over 25 years, Ron's energy is spent turning as many people as possible on to the sailing lifestyle, exposing them to racing, cruising and everything in between.*

Get to know the Ottawa River and more specifically Lac Deschenes like the back of your hand. Learn more about:

- The local sailing area and staying off the rocks
- Taking advantage of online resources before you leave the harbour to stay safe and gain a competitive edge
- Determining how to get ahead of the pack during a persistent or oscillating breeze

#### 5. Rounding a Mark, Rules & Strategies

**Marg Hurley:** *Marg is currently a member of the Nepean Sailing Club and actively races an International 505 and a J24. Results include Ontario 505 Champion 2014, Canadian 505 Champion 2013, 2nd Canadian at the 505 North American Championships 2013, 3rd at the 505 Eastern Ontario in 2012, Canadian Women's Keelboat Champion in 2008 and second in 2013, 2012, 2011, 2009. Sailed in 3 Women's Rolex Regattas. Won the 1992 CYA Women's Keel Boat Match Racing Championship. Attended other events such as the Lady Liberty Regatta in J24s in New York City in 2007, Bermuda Race Week, Chester Race Week (2005), Annapolis to Newport Race (1995), Polaris Cup Match Racing Regatta in C&C 30s in Halifax (1992), Annapolis to Bermuda Race in an Ericson 38 (1992), 505 World Championships (1990) and the J24 Canadians in Vancouver.*

A discussion of the rules and strategies on rounding marks on the race course with particular attention to the weather mark, choosing which of the downwind marks to round and selecting which end of the finish line is the favoured end.

#### 6. Teamwork & Learning to Communicate

**Leah Horner & Devon Bartley:** *Leah took up sailing as an adult and has been competing for 13 seasons primarily on C&C27 in both PHRF and One Design, performing several crew positions from foredeck through cockpit to driver. Has participated in NOD, Canadian Women's Sailing Championship in Ottawa and OYS Regatta on Lake Ontario. Devon started sailing as a BYC junior sailor and has been an instructor for Advantage Boating. She has raced in the Women's series for over 20 years on a variety of boats and positions. She has also raced in a number of regattas but has recently shifted focus to joining in race committees for local regattas.*

When re-building a crew with new or seasoned crew members, how does communication aboard lead to better teamwork and better results? The Thumper Ladies Crew was faced with this challenge a few years ago when our seasoned skipper moved on to pursue new adventures. We'll talk about how we picked up the pieces and re-built our crew, building new skills and stronger friendships through the process.

#### 7. Racing with Limited Experience

**Glenna Gray:** *20 years of club racing at NSC on J-24, Tanzer, Mirage + Shark, in Women's, PHRF, One-Design and JAM. Participation in NOD, CYA Women's National Keelboat, Tanzer Canadians & North Americans, and various Shark regattas including Worlds.*

A discussion on how to race when you don't have knowledge & experience on board, to help new or inexperienced crews with boat preparation, setting realistic goals, crew responsibilities & interactions, and on water tactics like starts, mark rounding, etc.

## 8. When to File a Protest & How to do it Right

**Hugh Morrin:** *Originally from Kingston, ON, Hugh has won 8 Canadian Championships and numerous provincial and regional championships, in both dinghy and keelboat classes. He has competed in World Championships in 6 different classes, on 4 different continents. He has been continually involved in race management, acting as PRO/RO for several World Championships, and has done extensive protest committee work. He now races C&C 27 "Blue Zulu" out of NSC and remains intimately involved in the organization of the local sailing scene.*

First, addressing the alternatives to protesting, including Post-Race Penalties and Scoring Inquiries, and how to *avoid* ending up in the protest room. Then, for those situations when a protest or request for redress is appropriate, what is necessary to ensure its validity? If valid, what are the mechanics of filing the protest/RFR, how is a protest hearing conducted, what should people expect, and how to win your protest.

## 9. Sail Trim: getting from bad to good

**Kirsten Carroll Somoza & Shona Weldon:** *Kirsten has raced (and sometimes cruised) on a J24 for the past 15+ years. She's dabbled in every crew position but spends the bulk of her time at foredeck. Kirsten has participated in regattas as far away as Newport, RI and was a member of the 2nd-place 2005 Women's National Keelboat Championship crew. She mostly keeps to the river now, enjoying the Monday night PHRF series (and post-race nachos), and always trying to make the boat go faster.*

*Shona owns and skippers both an International 505 and a J/24. She has raced for over 20 years in various classes: 505, J/24, J/22, C&C 27, Lazer 28, C&C 35 in various positions, pit, "twings & things", foredeck and skipper. Shona has participated in 2 national women's keel boat championships in J/24s, an international invitational in J/24s in New York, North American championships in 505s and J/22s as well as numerous more local regattas in various boats. Racing isn't the primary passion for Shona, in fact it's simply sailing...ideally fast :)*

Participants working in small & larger groups will use pictures of various sails (spins, mains and genoas / jibs) to determine what contributes to good or bad sail trim and how to achieve good sail trim.

## 10. My Journey from Cruising to the Lunenburg Championships

**Doris Parolin:** *Doris is the sailing school director of Advantage Boating and also a Sail Canada Cruising Instructor. She learned how to sail with her Father and Brother almost 35 years ago in a Laser II on Dow's Lake. As she grew in confidence and tired of scraping Rideau Canal sludge off the top third of her mainsail, it was not long before she moved over to the "bigger & scarier waters" of the Ottawa River at Lac Deschenes Sailing Club. It was some of Ottawa's finest sailors (Bernie, Lynn, Ted, Evelyn & JP) who helped her catch the racing bug and encouraged, mentored and helped her take her sailing skills to the next level. Since then Doris has raced PHRF and One Design at the Club, National and International Levels. She has participated (as either skipper or crew) in regattas such as CORK, NOD, several Sail Canada Women's National Keelboat Regattas and a Women's Rolex International Regatta in Newport RI. Doris has raced, Laser and Laser II dinghies, Laser 28, Kirby, J24, Shark, Tanzer 26, Tanzer 22, C&C 41, Sonars and most recently her own C&C 27 sailboat. When not on the race course Doris enjoys cruising especially on the St Laurence and in the Caribbean.*

What do you call two boats on the river? A RACE! Yes, if you've ever cruised your boat or even thought, "Hey, we can beat that guy (the one with his fenders on, BBQ handing off the back and tender dragging behind)" you already have part of what it takes to be a racer. You don't need to be a sailing expert to race sailboats beyond the Ottawa River, just the right formula: the right attitude & an enthusiastic crew & and some basic racing knowledge. Racing is about having fun on the boat – and putting together a crew who want to have fun, don't take things too serious but still want to work together to beat the boat ahead is the key – even if it means putting your daughter on the other end of the boat!

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