

FAST Sailing Foundation, Inc.
Laser Team Newsletter
~~~ 2008 Year in Review ~~~

The intent of this newsletter is to provide all FAST sailors and their families with information about the training and racing opportunities which were available to FAST laser sailors throughout the past year.

**Spring 2008**

The FAST development laser team held six one-day clinics on Saturdays in April and May at Sail Newport, for both 4.7s and radials, all coached by Kathleen Tocke, Laser and Snipe sailor, former Hobart Sailing Team Captain and US Sailing Team member.

**Summer 2008**

The FAST summer laser team drew sailors from across southern New England as well from from Maine, New Jersey, and as far away as Michigan and California.

Seven FAST laser radial sailors were among the 19 laser sailors selected from applicants across the United States to attend the **Brooke Gonzalez Advanced Racing Clinic** at Sail Newport in mid-June.

In late June the development laser team of 13 sailors in 4.7s and radials headed to the **New Bedford Junior Regatta** coached by Kathleen Tocke and former URI Sailing Team Captain and laser sailor Jeff Kittredge. In mid-July the development team headed to **Laser ACCs** in Brant Beach, NJ coached by St. Petersburg (FL) Yacht Club Head Coach and National Team Coach Todd Fedyszyn, where they were joined by the advanced laser team coached by New Zealand National Team Coach John Morgan. In late July, the development team and advanced team combined once again as 11 FAST radial sailors raced at the **Hyannis Regatta**, coached by Kathleen Tocke and Jeff Kittredge. The development sailors finished their summer racing in radials at two local Cape regattas, the **Hyannis Youth Invitational** and the **Stone Horse Laser Regatta**, both coached by Genoa Griffin Fedyszyn, St. Pete YC Coach and 2008 Olympic Laser Radial Trials, 8<sup>th</sup> place finish. The advanced laser team of seven sailors competed in radials at **Buzzards Bay Regatta** coached by John Morgan and then a team of nine radials headed north to **CORK** in Kingston, Ontario for four days of racing in late August on Lake Ontario, once again coached by John Morgan.

Additionally five advanced laser clinics in radials were held throughout the summer in Jamestown, RI and on Pleasant Bay on Cape Cod, coached by John Morgan and Brown University Sailing Coach John Mollicone.

**Fall 2008**

The advanced and development groups combined for five one-day clinics at Sail Newport held on Sundays in September and October in 4.7s, radials, and standard rigs, coached by Chris Lash, Jeff Kittredge, Kathleen Tocke, Dave Nickerson, Pete Largess and Junior Coaches Jessica Clafin and Dan Nickerson. Additionally, a team of five development laser sailors raced at the Sail Newport Halloween Howl in 4.7s and radials, coached by Chris Lash, to wrap up the fall season.

Outside of FAST, many of our radial and standard rig laser sailors competed at the Healy Trophy, the New England High School Singlehanded Championships, where over 40% of the 45 participants were FAST sailors. The top four finishers in the radial rig and the standard rig advanced to represent New England at the national Cressy Cup.

Five of these top eight laser sailors from New England who went on to the Cressy Cup were FAST sailors and they were among the top 35 laser sailors in the country.

**Plans for 2009**

Sailor and parent feedback suggests that Sunday laser clinics are preferable to Saturday clinics in the spring and fall, and we will likely continue with that plan. Additionally, we plan to continue to focus on clinics in the spring and fall shoulder seasons, and offer coaching at select regattas during the summer months.

Please make sure to check the **North American Laser Class** website for 2009 laser regatta information here:

<http://www.nalaser.org>

The posted 2009 schedule includes **Laser ACCs** (standard rig only) May 2-3, and **Laser ACCs** (4.7 & Radial) June 6-7, both at Severn Sailing Association, Annapolis, MD;

**Laser North Americans** (4.7, radial, standard) at Buffalo Canoe Club, NY, June 25-28;

**Laser Nationals** (4.7, radial, standard) in Brant Beach, NJ, August 7-9,

and **CORK** (4.7, radial, standard), Kingston, Ontario, August 22-26.

FAST continually strives to make our programs as successful, fun, and safe as they can be for all our sailors.

We ask that all laser sailors who sailed with FAST this past year at our clinics and/or regattas to please take the time to consider what worked well and what could use improvement.

Please share any feedback on the FAST laser programs, schedules, clinics, regattas, coaching, etc. with FAST Laser Chair Kathy Howes at [kbhowes@msn.com](mailto:kbhowes@msn.com). Thank you!





*FAST Laser Team*

*Healy Trophy*

*North Kingston, RI*

*September 2008*