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# N.M.Y.C. NEWS

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## Colored Sails Make Their Debut at NMYC



Friday mornings our DF-95 fleet gathers at the pond to race these super-fast one meter boats. The latest trend with our top sailors is to make their own sails using colored sail material. **The extra effort seems to worth it as these two boats won every race by a significant margin.** Maybe we all will be making our own sails soon, who knows?

What if we shot a video of “How to make your own sails”...would you be interested?

David Boulanger (pink) is barely ahead of Jack Wubbe (green) during a Friday morning DF-95 race at North Collier Regional Park.

## Tips From Your Sailing Coach, “Look, Don’t Stare” ...by Denis Blaise

**Case one:** You are sailing close-hauled to the windward mark but not quite making it. As you fixate on the buoy which you want to round, the boat slows down as you subconsciously bring it closer to the wind: you are **pinching**. You are now so close to rounding that buoy, one more desperate move to windward... and the boat stands up, sails flailing, dead in the water: you are now in **irons**.

**Case two:** You are paying close attention to your boat, trimming sails, making sure you are close-hauled, going fast with both sails drawing perfectly... and you foul a starboard tack boat you failed to notice.

In each case you have a **target fixation** problem: you **obsessed** on a buoy and you **stared** at your boat. You need to develop **situational awareness** by **scanning**. Granted, these little boats quickly wander off course if you don’t keep an eye on them, but **don’t stare**. Instead, **look** at the boat, look ahead; look at the boat, look behind; look at the boat, look to the sides, and you will gain a continuous picture of what goes on around your boat.

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## NMYC to Host Two National Championship Regattas...

November will bring two national championship regattas to Naples with our club hosting the STAR NCR on November 1, 2 & 3. The following weekend, November 8, 9, & 10 the SeaWind NCR will take place at our pond.

For details click on the **Star45 PDF** or the **SeaWind PDF** on our web site under the second tab “2019 Regattas at NMYC” . Our web site is located at [www.naplesmyc.org](http://www.naplesmyc.org) .

Key contacts for each regatta are Jack Wubbe for the STAR and Chuck Weaver for the SeaWind. All necessary information is on our web site.

Here is a peek at two other events your race team is working on. We have a DF65/95 event scheduled February 1-2. The second event would be a Mid-Winter Regatta for J-boats on January 24-25, 2020. Looks like an exciting season coming this fall.

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