

Laser World



Dec 2011

MARIT BOUWMEESTER

PAIGE RALEY

EVI VAN ACKER

© Richard Langdon, Ocean Images



Laser Radial Worlds Winners

CLEAR SAIL LETTERS

AUSTRALIAN TRAINING CLINIC

RAILEY & MULTA INTERVIEWS



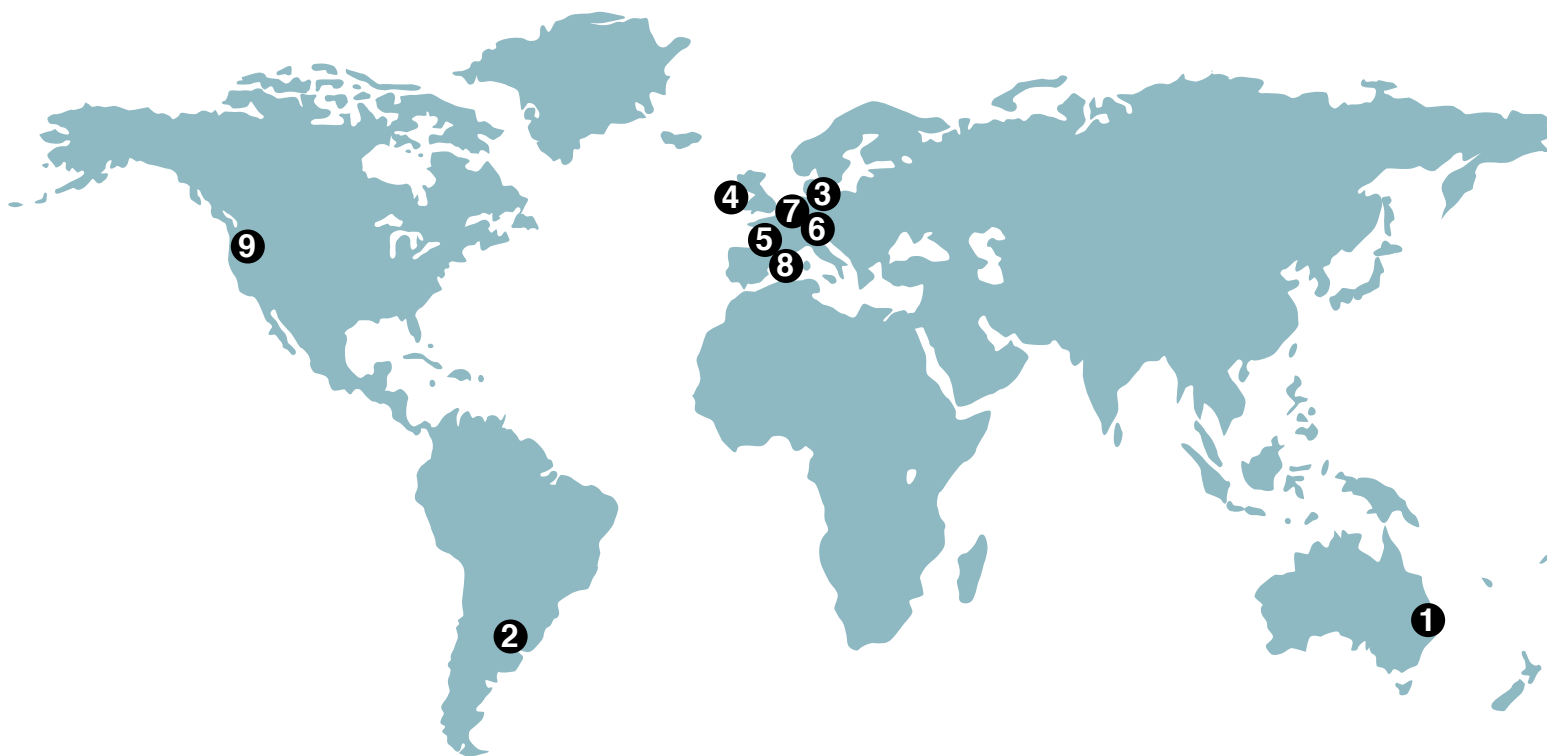
© SLMASC



© Fredrik Lassenius

COPYRIGHT AND LIABILITY No part of this publication may be reproduced without prior permission of the publishers. The articles and opinions in LaserWorld may not represent the official views of ILCA. The publishers do not accept any liability for their accuracy.

Major Laser Event Locations 2012



WORLD EVENTS

- 1** **Brisbane, Australia**
World Laser Masters Championship 2012
9th - 17th March

World Laser Radial Youth Championship 2012
28th June - 4th July

World Laser Radial Men's Championship 2012
11th - 17th July
- 2** **Buenos Aires, Argentina**
World Laser 4.7 Youth Championship 2012
31st March - 7th April

World Laser Standard Junior Championship 2012
8th - 15th April
- 3** **Boltenhagen, Germany**
World Laser Standard Seniors Championship 2012
4th - 10th May

World Laser Radial Women Championship 2012
15th June - 20th May
- 4** **Dun Laoghaire, Ireland**
ISAF Youth Worlds
12th - 21st July

EUROPEAN EVENTS

- 5** **Hourtin, France**
European Laser Standard Seniors Championship & Trophy 2012
30th June - 7th July

European Laser Radial Women Championship & Trophy 2012
30th June - 7th July

European Laser Radial Men Championship & Trophy 2012
30th June - 7th July
- 6** **Breitenbrunn, Austria**
European Laser 4.7 Youth Championship & Trophy 2012
11th - 18th August
- 7** **Nieuwpoort, Belgium**
European Laser Standard Under 21 Championship & Trophy 2012
18th - 25th August

European Laser Radial Women's Under 21 Championship & Trophy 2012
18th - 25th August

European Laser Radial Youth Championship & Trophy 2012
25th August - 2nd September
- 8** **Roses, Spain**
European Laser Masters Championship 2012
29th September - 5th October

ASIA PACIFIC EVENTS

- 1** **Brisbane, Australia**
Queensland Youth Week 2012
5th - 8th July

Asia Pacific Championships 2012
20th - 23rd July

For further information on Asia Pacific events please go to:
www.rqys.com.au

NORTH AMERICAN EVENTS

- 9** **Cascade Locks, Oregon**
North American Championship 2012
19-22 July 2012

For further information on North American events please go to:
<http://laser.org/>

Further information on all the events listed on this page can be found on the ILCA website at:
<http://www.laserinternational.org/>

Australian Ladies Training Weekend

Top Australian Laser Sailors initiative to encourage more Ladies into Laser Sailing by hosting a FREE Ladies Laser Training Weekend

The free ladies training weekend held at the South Lake Macquarie Amateur Sailing Club at Sunshine on Lake Macquarie in New South Wales on 17 and 18 September proved to be a highly successful, motivating and fun experience for participants and instructors alike.

With 6-10 knots of breeze, conditions were light for both days which suited the 20 ladies that took to the water, half of them having their first taste of Laser sailing. Sunshine lived up to its name and temperatures reached 25 degrees.

Former Olympian and NSW Emerging Talent Squad Coach Laura Baldwin coached the ladies along with Alex South (2010 Laser Radial Australian Youth and NSW champion and Australian Sailing Squad member) and Gabrielle King (two times Laser Radial Youth World Champion). PSA, the Australian Laser builder sponsored the event by providing 6 brand new Lasers for those trying the Laser for the first time. Plus 2 other boats were sourced from local sailors bringing the total to 8 sailors able to participate in a full weekend of training for the first time in a Laser.

Laura said "We tried to cover large areas of the sport. On Saturday we did a lot of land drills and we managed two on-water sessions each day after the wind filled in."

"Four local Sunshine Laser sailors took some of the beginner group, two-up initially, out onto the water and by the end of the day the girls were proud to be sailing with confidence on all points of sail."

Laura continued "Just having girls in the squad was great; we had fewer disruptions and no distractions from boys."

On Sunday Laura ran the Laser 4.7 squad, on the lookout for potential talent in the F11 and Sabot escapees. Laura, Alex and Gabrielle told their stories and they were highly motivating.

"There are a number of young girls transitioning from other dinghy classes and I was really pleased to see their potential".

And how did instructor Baldwin think the weekend went?

"Remarkably smoothly. Everyone had a good time, made new friends and learned new skills."

"We are just pleased to get more girls and ladies sailing, no matter what their age. This weekend we had girls from 13 to 67 years."

The event was an obvious success from both sides.

Glenys, the mother of one of the girls Kate McDonald commented "A wonderful weekend of sailing. Preparation, presentation, and facilitation was faultless. From the three page program and personal introductions, through classroom theory and actual sailing on the water, I couldn't help but notice how engaged the 'girls' were. From fifty-something Marilynne who will now embark on Learn-To-Sail lessons, to the teenage Kimberley, Alison, Ashley, Sam and Kate, who were just buzzing from the experience."

"Such engagement is a credit to Laura, Gabrielle and Alex because they are not just Olympic and world class sailors, and as such, fabulous role models for the girls, but charming and knowledgeable coaches willing to share that knowledge and experience to help other 'young ladies' become high achieving Laser sailors."

"In her five years of competitive sailing, it is the best sail training class that Kate has attended."

At the end of the weekend the big question was 'When is the next one?'

The answer - early in 2012.

Thanks go to the sponsors; Yachting NSW and NSW and ACT Laser Class Association who funded the coaching, Yachting NSW for sponsoring BBQ's on both days and to the New South Wales Institute of Sport for providing an extra coach boat.

South Lake Macquarie Amateur Sailing Club at Sunshine provided the catering, set up the Club projector and arranged the young male Laser squad, who were a great help in taking the beginners out for their first sail. The Club is also to be thanked for being great overall hosts.

Performance Sailcraft Australia provided the boats and Michael Mills helped with equipment requirements.



Classroom Theory



On the water practice!



Hiking Demonstration



Putting it into practice ...

Paige Railey

© USSTAG



Paige Railey, USA
World Ranked No.5
(23/11/11 ranking)

Name: Paige Railey

Age: 24

Championship Success:

- > 2002 ISAF Youth World Bronze
- > 2003 ISAF Youth World Gold
- > 2005 ISAF Youth World Gold
- > 2006 Laser Radial World
Champion
- > 2006 ISAF World Games Gold
- > 2006 Open European Champion
- > 2007 Pan American Gold Medal
- > 2009 Open European Champion
- > 2010 Laser Radial Worlds
Bronze
- > 2011 Pre-Olympics Bronze

Started Sailing?

8 years old

First Boat You Sailed?

Optimist dinghy

A minute with Paige Railey

Favourite Sailing Venue?

San Francisco USA.

Reasons Why?

Great wind and beautiful views. The city is right on the water, you get to sail under the infamous Golden Gate Bridge and the rolling hills all around the area have pretty houses and vegetation. The wind is also a major plus!!! We have been sailing in 15-25 knots for the past week.

Favourite Sport After Sailing?

Triathlons!

Food Prior To A Championship?

Protein and Carbs...lots of it because I am always trying to gain weight.

Championship Training?

LONG Hours on the water with my coach Luther Carpenter and lots of days in the gym.

Visits To Gym?

When I am not sailing I go 6 days a week and on four of those days I am doing 2 sessions.

Hours On Water / Week?

During a training week maybe 24.

First Thing You Do When Coming Ashore From A Race?

Talk to my brother!

Favourite Colour?

Turquoise and puke yellow!

Car Driven?

I drive a Toyota, but my real car that I cant drive everywhere is a 1964 1/2 Ford Mustang Convertible. It's a mean looking car...dark green/turquoise with black interior.

Dream Car? Audi R8.

Favourite Ice Cream? Don't really eat it, but chocolate!

Perfect Evening? Hanging out with friends on a beach while I lay in a hammock and the ocean waves crashing.

Favourite City? San Francisco

Best TV Show: Vampire Diaries

Music? Everything, but I love Rock

Favourite Drink? Coke

Favourite Holiday Destination?

Key West

Favourite Type of Holiday? Sporting

Perfect Meal? Cinnamon Rolls

Worst Food? Anything greasy - makes me feel sick!

Favourite Film? Because I Said So

Most Influential Person? Olivia Ceraolo

Other Interesting Facts / Stories?

I am one of the founders of Olivia Lives. Olivia Lives is a foundation that a team and I established in the memory of my dear friend Olivia Ceraolo. She died of a rare cancer at such a young age. Our foundation helps benefit the homeless around the local area and children with cancer.

I feel very privileged with my health and sport, which influences me to want to give back. Olivia taught me a lot about life. She inspired me to live it to the fullest, take advantage of opportunities and to enjoy every waking moment I have.

My goal for the year is to donate 10% of my bonuses for every podium finish in honor of Olivia Lives to the National Sarcoma Foundation of America chosen by Olivia's mom that will aid in curing the disease.

Currently, we have made a DVD section (where people have donated DVDs) at the children's hospital so the kids can have things to watch, we have made excursion days where kids who are in remission can come over to the local club and enjoy a day out on the water and we have had many items donated to the local homeless shelter. Lastly, I have been having a successful year so I am currently adding up the money that I will be donating at the end of the year towards research. Hopefully I have a good worlds and I can continue to add more money!

Please visit Olivias Site
www.olivialives.com

Sari Multala

© Fredrik Lassenius

and ...

Sari Multala

Favourite Sport After Sailing?

Cross Country Skiing

Food Prior To A Championship?

I eat the same stuff almost always.

Championship Training?

I normally have a long term and a short term plan. If there are specific conditions to be expected (like in Perth) I try to find similar conditions and train in them. Often I also train in the same location prior to the championship. And all training is aiming for me to become a better sailor in all kinds of conditions and of course the mental preparation is a big part of it.

Visits To Gym?

My workout consist of cardiovascular training, strength training and agility, core stability and flexibility training. I do cross country skiing in the winter and biking and running in the summer. I also do pilates, go to dance lesson and do some specific training for agility. How often I do it depends on the season, but during the training season I work out one to two times a day (depending if there's also sailing on the scheme). During competition season I do less workout and more recuperation.

Hours On Water / Week?

When I'm on a training camp (about half the time of the year), I spend two to four hours a day on the water, that means about 15-22 hours a week. At home I spend less time on the water, mostly because the season is so short in Finland so I have to find the sailing conditions elsewhere.

Favourite Colour?

Don't really have one. I like a lot of different colours, but I have a lot of red, white, black and purple clothes.

Car Driven?

Audi A4 Avant, 1.8l turbo engine.

Dream Car?

Depends a little when. Now I would like to have a little bit bigger car to be able to tow boat trailers better and fit all my stuff, which is often a lot. Audi Q5 would be nice for example. But in the future I'd like to have more of a business car. I love the Audi A5, it's sporty, but stylish.

Favourite City?

Sydney and New York.

Favourite Ice Cream? We have a couple of really good ice creams in Finland. One tastes like blueberry pie and the other is like apple pie. Traditional vanilla ice cream with a good chocolate sauce is always a good choice.

Perfect Evening? A good party with friends and my husband. There would be good food, music and dancing.

Music? Rock and pop mostly. But I like jazz and blues as well and try to visit the Pori Jazz festival every time we can. I've also started to like Finnish rap and reggae a lot. Our unique language and new, ambitious songwriters have made the rap scene interesting to follow. One of my big favourites is Jamiroquai, which I've never seen live.

Favourite Drink?

Champagne and wine in general

Favourite Holiday Destination?

New Zealand. I went to the South Island for the first time last year with my husband and was overwhelmed by the nature. I've visited the Auckland area many times before and have also loved that, but the landscape and the activities in the South where exactly what we like to have on our holiday.

Favourite Type of Holiday? We sometimes have difficulty taking it easy on our holidays, cause we'd like to do so many different kinds of activities. I love diving and would like to have more time for that. In New Zealand we went mountain biking, river rafting and canoeing. I also enjoy history and cities with shopping, museums, cafes and good food. One of my favourite ways of spending time off is to go cruising in the Finnish archipelago or spend some days in a summer cottage. So I guess a mix of a bit of everything would be the best!

Worst Food? I have to say that even though I've had some of the greatest meals in Japan, they also have some weird stuff that I'm really not used to. Like fish and seaweed for breakfast is really not my thing.

Favourite Film? Forrest Gump. I've seen it at least 10 times and still get choked if I see it again. There are not too many as capturing films I can remember. As a teenager Pretty Woman was a must.



© Monetary Finland

Sari Multala, FIN
2009 / 2010 World Champion

Name: Sari Multala

Age: 33

Championship Success:

- > 12 medals in championships since 2000 in the Olympic womens single handed dinghy
- > World Champion in Laser Radial 2009 and 2010
- > World Champion in Europe Dinghy 2001
- > European Champion in Europe Dinghy 2002
- > European Champion in Laser Radial 2008

Started Sailing? 8 years old

First Boat You Sailed?

Optimist dinghy

Favourite Sailing Venue?

Sydney, Australia.

Reasons Why?

It's a special place to sail with so much going on in the Sydney Harbour and the feeling is unique when you are sailing in the middle of the city. It's also very challenging and offers different conditions depending on which part of the harbour you sail on.

Coaching for Grants

© Cathy Vercoe LuvMyboat.com

A great idea to support top international sailors with benefits for club and inter-club sailors!



Four years ago the New Zealand Laser Association (NZLA) introduced a programme where our international sailors (excluding masters) competing at world Laser championships are given a cash grant from the Association to assist with their costs. In return NZLA asks for them to give a days coaching in NZ the following season.

The idea behind the scheme was that we were looking ways for the association to provide tangible benefits to the maximum number of NZ Laser sailors. The COACHING FOR GRANTS idea has been very successful as it provides positive benefits for both our top sailors 4.7, Radial and Standard Worlds competitors and for club and inter club sailors. It contributes to improving the general standard of Laser sailing in NZ and encourages more of our young sailors to succeed and carry on NZ's record of having top international Laser sailors. It gets our top sailors around to clubs they would never normally visit and it allows club sailors easy access to the senior sailors in an environment when the seniors are not under pressure. Coaching sessions are free but sailors must be members of NZLA.

Funding for the grants and coaching costs is one of the major annual expenses for NZLA and is funded from our subscriptions, regatta income and previous sponsorship funds.

This season we gave grants to 19 sailors from the NZ Standard, Radial and 4.7 teams including well know internationally ranked sailors such as Andrew Murdoch, Mike Bullot, Sam Meech, Josh Junior, Andy Maloney and Sara Winther. Each sailor was given a NZ\$500 cash grant from the association, roughly equivalent to the entry fee for their world championship.

To plan the coaching the association emails all Laser sailing clubs and fleets in the country (approximately 30) in spring each year to invite requests for a coaching session. We also publicize it on our website. NZLA generally provides the coach and pays their travel cost (if required) and the host club/fleet organises the event, provides a coach boat and support people and accommodation if applicable. We also encourage specific coaching sessions before our North Island, South Island and Nationals championship regattas. If we have more demand than grant recipients

available, which has sometimes been the case, we still try and assist the club and generally meet some of the coaches payment in these cases, even if no grant recipient is available. 4.7 grant sailors are often teamed up as coaches with senior sailors for clinics so that they not only meet their obligation to coach but also get to know and work with the seniors.

Once we have a list of requests NZLA then matches up coaches with sessions (sounds easy doesn't it!) and then the nominated coaches and club/fleet make all their own detailed arrangements. Depending on the location etc the coaching sessions are one or two days involving one to four coaches, depending on the expected sailor numbers. We would generally expect a minimum of 5 or 6 sailors to justify a clinic and have had in excess of 50 turn up for our pre nationals coaching which posed more than a few challenges.

Over the last two years we have facilitated about 10 coaching sessions each year all over the country. Examples include 3 senior sailors led by Andy Maloney undertaking a two day coaching clinic at Nelson Yacht Club in the South Island for about 20 predominantly 4.7 sailors; Josh Junior visiting the Christchurch fleet for a weekend coaching session for about a dozen mixed fleet sailors ; Max Andrews coaching a group of about 10 masters sailors at Wakatere Boating Club in Auckland for a morning and then observing and providing feedback following the club racing in the afternoon to the extreme of 50 sailors turning up for the pre Nationals session.

Our aim is that over two or three seasons almost every racing Laser sailor in NZ should have the direct opportunity to attend an NZLA subsidized clinic and thereby get direct personal on the water benefit from their NZLA membership. This initiative has been the most successful the NZLA has done in recent years and we get regular positive feedback from members on it. The coaches have regularly noted how much they enjoy the coaching as well as welcoming the cash grant. While only a small part of their budget it is seen as a real connection back to the NZ fleet as a whole.

Nick Page, NZLA Chairman
<http://www.nzlaser.org/>

President's Report

© ChuckLantz.com

Our class President, Heini Wellmann, gives a review of 2011: on the positive developments as well as the challenges the class faces!

Dear Laser friends,

Looking back to what happened within the International Laser Class Association during 2011, I see some bright sunshine, but also some quite dark clouds loom on the horizon.

The sunshine:

There was very **strong participation at regattas** all over the World, for example the Italian Europa Cup regatta on the Lake of Garda had 551 participants – a new record. The World Championships in La Rochelle (Radial Youth, Radial Men and Standard Junior Worlds) and in San Francisco (4.7 Youth and Master Worlds) were both very well run and memorable events. In summary: the Class is thriving.

All this would not have been possible without the **tireless effort of hundreds of volunteers all over the World**. I express my heartiest **thanks to all of them**.

The looming dark clouds:

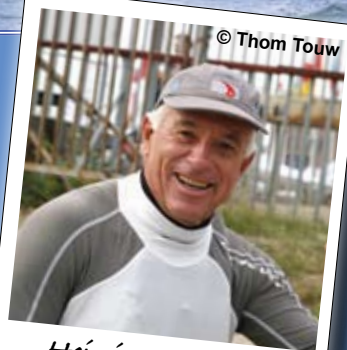
With an **overwhelming 89% voting "yes"** the ILCA membership has approved the **fundamental rule change**. Unfortunately, we are currently unable to enact it. The latest developments have created an extremely complex legal situation. The main stakeholders, namely ISAF, the Laser builders and the design rights holder, are totally at odds in their interpretation on the validity of the different agreements - even worse they have ceased to even communicate with each other, preferring to hold fast to their own contradictory positions rather than working to resolve their differences. As you know the conflict centres on the validity and existence of a licence contract between the design rights holder (it is currently not even clear who that is) and a builder. ILCA is not a party to this contract and does not even know its content, but in our current fundamental rule the existence of such a contract is one of the requirements for a recognised builder. ILCA is the victim of a conflict it has no direct influence on. We proposed several solutions, but they were all refused. Therefore the only way the class could get around that conflict, was the change in the fundamental class rule, which eliminates the necessity of a licence contract for a recognised builder.

It is terribly disappointing that those who do business with the Laser (the builders and the design rights holder) and ISAF, which is supposed to foster the sport of sailing, are currently either unable or unwilling to solve this conflict **thereby threatening the existence of the Laser Class**. Nevertheless, the officers of ILCA will continue to work towards a solution acceptable to all stakeholders concerned.

Another dark cloud is the existence in the market place of an increasing number of replica parts, including sails, spars, foils and even hulls. The big advantage of the Laser Class over all other sail boats/classes is the **"out-of-the-box"** principle: all boats, sails and parts are manufactured in strict adherence to the Laser Construction Manual, which has tight tolerances. The adherence is controlled by the ILCA Technical Officer. Therefore each Laser sailor can be sure when he participates at a regatta that the other sailors have no technical advantage over him because everybody has the quasi identical equipment. However, this system is costly. The tight tolerances lead to rejects in manufacturing. Inspection costs are higher. Copy parts are not controlled and can therefore be produced at lower cost. Most importantly: a sailor appearing at a Laser regatta with a copy sail might have a faster sail than you with your legal sail. **I strongly believe that the tolerance of copy sails, copy parts and even hulls - as it is fostered by some members - will destroy the one design aspect, which is the strongest advantage of the Laser Class. Is that really in the interest of our members? I do not think so.** Nevertheless, we cannot close our eyes to the fact that price differences between legal and copy parts are sometimes quite big and also that supply problems exist in certain countries. The ILCA World Council has and will continue to propose solutions on how these issues can be addressed by the builders. It also decided that the measurement structures on the District and Fleet level need to be reinforced.

I wish you and your families Merry Christmas and a happy and successful 2012.

Heini Wellmann



© Thom Touw
Heini Wellmann



© Breschi/Ricochets17.com
La Rochelle



© ChuckLantz.com
San Francisco



Assolaser
Torbole, Lake Garda

National Sail Letters and Numbers

by Jeff Martin

Jeff Martin, ILCA's Exeo Sec, discusses the problem of clarity with national sail letters and numbers

National letters and sail numbers shall be clearly legible

That is what racing rule 77 Appendix G paragraph 1.2 (a) requires. If your national letters or sail numbers are not clearly legible you can be protested by another sailor, the Race Committee (includes the race officer), a Protest Committee or Jury.

During this year Race Officers, Judges and measurers have reported a growing number of national letters that are not clearly legible. Many letters that are made by cutting a square form numeral 8 are not clearly legible as you can see in the photographs. They certainly do not meet the racing rule requirement that letters must give the same or better clarity than the Helvetica typeface. A sample of the Helvetica typeface in upper case (capital letters) is shown below:

A N R

At international events, where there are large fleets, illegal letters on a crowded start line or during a close finish may mke the job of the Race Committee more difficult and can give scoring problems. Both are an unnecessary waste of time for everyone and may be considered by some race officials of deliberately trying to obscure letters by using an unclear and therefore illegal typeface.

You may think that your letters are clear because you know what they are meant to represent. A race officer looking at 80 boats on a start line, some more than 300 metres away, does not have that luxury.

Class officers and race officials are being asked to take action against sailors who have unclear letters that do not confirm to the requirements of racing rule 77.

Take action before you go to your next international regatta as you may not get legal national letters at the event especially if your letters are not the same as the country hosting the event!



© Thom Touw



RUS or AUS ???



'R' in it's correct format



Not clear - mixture of upper and lower case!



A or R?



A or R?