



# Masters Matters

Volume 20, Issue 2

Spring 2010

## President's Spring Message

By Lauri Gregg, CAN 2578

The warm weather is truly here and it's time to be out windsurfing again! Have you been out yet? Some Masters have been sailing during the winter at events like the Mid-Winters in Florida. I've just returned from 21 days of continuous jibing in beautiful Lac Bay in wonderful Bonaire. The CMWA Spring Get-together and Women's Clinic has happened as usual at the

Burgess cottages in Port Bolster. The season is rolling with many more activities listed on the schedule!! These all can be found on the recently upgraded CMWA website.

Of course, the summer's highlight will be the CMWA Championships being held at Dryden, Ontario on the 6 to 8 of August. Woody has been working very hard to make this a fantastic event. If you get Windsurfing Magazine or Windsport you've already seen the 1 page advertisements. We may see more boards on the start line than we've seen in a long time. Fun is the bottom line. Check out our website for registration details and join us in Dryden.

Have fun windsurfing this summer and I'll be seeing you on the water. ❖

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**Please note:** Contrary to our custom, the 2010 event in Dryden will **not** be held on the August long weekend. It will be held Friday, Saturday and Sunday, **August 6, 7 and 8, 2010.**

## The 2010 CMWA championship in Dryden is approaching!

Northwest Ontario Windsurfing along with the City of Dryden will be your hosts for the 2010 CMWA Canadian Windsurfing Championship this summer! This event will run from Aug 5-8 with competition taking place from the 6<sup>th</sup>-8<sup>th</sup>. Along with the big regatta, our city will be celebrating its Centennial Birthday with the windsurfing even wrapping up a week full of celebrations. Windsurfers can expect to see large crowds as Sandy Beach Park provides the perfect place to watch of all the action with an overlooking view of Wabigoon Lake. There will be bleachers set up for spectators along with PA system announcements of the action taking place on the water. Other highlights include children's playground equipment located at event site, large grassy park for pets (please keep leashed), beautiful lake side golf course beside Sandy Beach Park, fireworks, live bands, parties, beer tent, give-aways! And don't forget the CAN-AM challenge! Over TWO THOUSAND dollars in cash awarded to the top 5 sailors from the winning team!!

The schedule of events is as follows:

### Thursday

- all day registration at event site
- learn to race clinic with Andrée Gauthier
- evening welcoming party at the Riverview Lodge

### Friday

- racers breakfast at Eagles Landing
- all day racing (max 5 races)
- lunch provided at event site
- cocktails & dinner at The Center
- live band at event site

### Saturday

- racers breakfast at Eagles Landing
- all day racing (max 5 races)
- lunch provided at event site
- cocktails & dinner at Eagles Landing
- Surfer Dance at Eagles Landing

### Sunday

- racers breakfast at Eagles Landing
- racing (max 4 races)
- lunch provided at event site
- awards in event tent at Sandy Beach Park
- CAN-AM team challenge awarded \$2010.00
- Sunday night fireworks display

Make your plans to come to Dryden and experience this unforgettable event! Bring the whole family; there will be lots to do for everyone!

Visit [www.experiencedryden.ca](http://www.experiencedryden.ca) and click on the link "plan your trip" for Places to Stay.

Visit [www.dryden2010.com](http://www.dryden2010.com) for a list of events during the week.

Visit [www.windsurfwoody.ca](http://www.windsurfwoody.ca) for race information

Questions? Feel free to contact me by email: [windsurfwoody@shaw.ca](mailto:windsurfwoody@shaw.ca)

# Dryden - Ontario AUGUST 6 - 8 2010



## CANADIAN WINDSURFING CHAMPIONSHIPS

**CAN-AM CHALLENGE** On Wabigoon Lake  
@ SANDY BEACH PARK

-  WINDSURFING LESSONS
-  PRO-SHOP & RENTALS
-  BEER GARDENS

### FEATURING

-  WORLD FAMOUS BUSTER'S BBQ RIBS
-  CANADIAN PURE WILD RICE
-  HAGEN'S DRESSING
-  THE CHIP BOX
-  LOCAL FOOD, ART MARKETS  
& ENTERTAINMENT



[www.ExperienceDryden.ca](http://www.ExperienceDryden.ca)



## Trip to Bonaire 2010

*Respectfully submitted by  
Stephanie Todd, CMWA Clinics & Social Director*

Life on the island changes little and we are becoming a part of the island culture with our visits to Lac Bay Villa, Bonaire Windsurf Place and Jibe City. Lauri has now learned the local language and can now speak Papiamentu to the crew at Bonaire Windsurf Place. I can at least say the greetings and the wind is “good” or “shit”!

We now have one new and two renewing members join the CMWA from Bonaire and all three are sponsoring the CMWA. Bonaire Windsurf Place ([www.bonairewindsurfplace.com](http://www.bonairewindsurfplace.com)) offers discounts to CMWA members. Kon Tiki Beach Club ([www.kontikibonaire.com](http://www.kontikibonaire.com)) and Jibe City ([www.jibecity.com](http://www.jibecity.com)) are sponsoring prizes for the Championships. We are hoping that more Canadians who want a safe and fun place to windsurf and/or snorkel will be able to make the trek. You won't be disappointed as there are plenty of other things to do on the island.

Lauri windsurfed every day though we did have a couple of days when the winds were low enough for me to say, “I think I will take the time to discover other things on the island”. I drove along the coast and found great shots of the waves along the shores, wild donkeys on the roadside along with goats, flamingos as well as picturesque old buildings. We did take one afternoon off and went snorkelling along the reef inside the windsurfing area the coral and the fish are amazing.

What was new this year for me? I had purchased the 111 L iSonic from one of the local racers, Monique Meijer, and had the opportunity to sail and then race with the locals. I did a lot of training on this board, going very scary fast as the boys had kept a couple of race sails which are cambered for me. The one disadvantage to these sails is if you drop them in the deep water they are hard to water start and up hauling reminded me of the formula sails. I tried a non-cambered sail and of course was disappointed with the performance so I toughed it out and sailed a 7.3, 6.6 or 6.0 when I was on my iSonic. I raced with the locals in the Kuppa Jullia and finished 2<sup>nd</sup> to Beth Wrinkler from Florida. I look forward to doing it again next year.

The one great thing about renting gear on site is, it is rigged and ready to go. The best part is you have an opportunity to test out different gear. We did get to sail smaller boards and sails as well. Lauri was out on 111 L and 94 L Starboards and really liked the latter which was the Kode so once home he will order one. I, on the other hand, loved my iSonic and will likely order a 111 L if I can get my hands on one.

Thank you to our 2010 sponsors!



## Silent Sports

**Bonaire Windsurf Place  
Jibe City  
Kon Tiki Beach Club  
and all the ones on listed on page 3**

We had a couple of dinner parties where we had the owners of the Kon Tiki one night for a delicious mango pork feed and the other was a couple from Switzerland who we have met in previous years for a shrimp and rib feed along with Roger from Bonaire Windsurf Place. Needless to say you meet new people as well and Edison and Sylvia from Brazil will likely be joining our guest list next year along with another couple from Montreal.

It didn't take long for me to book the Villa for another year, April 30<sup>th</sup> – May 22<sup>nd</sup>, 2011. We are expecting our son, Wesley, to join us next year as well as Gail & Henry, who were unable to join us due to Henry fracturing his elbow. We hope that others wishing to come to Bonaire will either stay at the Kon Tiki right beside us or on the other side of the island at Edith Trépanier's place.

For further information on travelling to Bonaire check out the sponsors web pages or contact me for information. Till next year... ❖



*Lauri Gregg and Stephanie Todd in Bonaire.*





## KonTiki Beach Bonaire

KonTiki (literally “God of the sun”) is a relaxing place on a beautiful spot on Bonaire, where everyone receives a warm welcome and feels absolutely at home... KonTiki Beach Bonaire is located at Lac Bay Lagoon, a surfer’s paradise and also protected nature reserve. In front of KonTiki you’ll find a beach with chaise lounges and palm tree roofs. The water is warm and shallow. The windsurf places Jibe City and the Place are “just around the corner...”

In the restaurant you will enjoy international, reasonably priced food and at the cozy bar you can try fresh fruit shakes and tropical cocktails. You can eat inside or outside and gaze at the stars, or enjoy the beautiful colors of the bay...Exhibitions from local artists are held at KonTiki year round.

The KonTiki apartments have a private deck where you can look over the bay and its beautiful colors. One room has a double bed and view over the bay. The other, air conditioned room has a double bed, living area, kitchen and dining corner. Bathroom with hot shower. Free wireless internet.

The Lac Bay apartments are located in a separate building next to the restaurant. There are one and two bedroom apartments and studios. Every unit has a private deck with bay view, air conditioning, separate bedroom(s) with queen size beds, living room, kitchen and dining corner. Bathroom with hot tub.

The Mangrove View apartments are located in separate buildings next to the restaurant. There are one and two bedroom apartments. Every unit has a private deck with bay view, air conditioning, separate bedroom (s) with queen size beds, living room, kitchen and dining corner. Bathroom with hot shower. Free wireless internet.

Extra’s:

- Award winning restaurant and bar with breakfast, lunch and dinner
- Free wireless internet in office, restaurant and apartments
- Free snorkel gear, free baby-chair, bed and toys available
- Assistance with rental of specially priced cars, dive-and windsurf packages
- Beach
- Local art

**Contact information: KonTiki Beach Bonaire**, P.O. Box 261, Kaminda Sorobon 64, Bonaire, Netherlands Antilles  
Tel / Fax: 599 717 5369, Email: [info@kontikibonaire.com](mailto:info@kontikibonaire.com), Webpage: [www.kontikibonaire.com](http://www.kontikibonaire.com)



## Spring Get-Together 2010

*Respectfully submitted by  
Stephanie Todd, CMWA Clinics & Social Director*

What a way to start the weekend by missing Friday night as my honey and I attended the Carol King and James Taylor concert. It was fabulous but I did hear tales of how they all waited for Adam and Bob to get there Friday night so Adam could make the pizzas then proceeded to put the premade ones in the oven. No smoked salmon either! Hum, there are just some things that I have to be there to make sure it gets done. Actually, thanks to Bob Shuttleworth for getting there early and getting the party started without me.

Saturday I arrived in sunshine and light winds and lots of waves. Joe Piazza got his second opportunity to sail in the waves. He was more successful in the afternoon when they settled down. Andrée came with Cola so she could play with Laku in the water. That was entertaining as it was Laku's first time and he almost drowned in the waves but soon figured it out. As many dog will do though, he also found the dead fish bones so Lauri took him back home. The rest of us, Bob, Nick, Andrée, Adam, Mike, John, Akim, Barry, Graham and myself, did sail the day away with only a stop for my famous homemade soup and sandwich fixings. Bob Sorensen opted to watch as with his new knees he didn't want to chance an injury just yet. Maybe, in the fall he will be able to join us on the water.

The evening was great with Dr. Joe providing us with entrainments on the Executive deck while the sun was setting. A fun filled evening until we discovered the racoon family housed in the white cottage bathroom. Bob and Andrée blocked them in with a cookie sheet. We were able to enjoy our potluck dinner along with wine and beers.

Sunday we awoke to still waters so we all headed for breakfast near Bob's boat. Lots of laughs as usual. Back to the Burgess Enclave and did some paddling in bathing suits that's how warm the water and air were. We wrapped up the weekend with the leftovers and sandwiches. Still no wind so packing began. Bob, Joe and I wrapped up the end of the day with a beer on the Executive Deck.

It was wonderful to have some day guests arrive while we were there and hope that people will feel welcomed to come up for the day. There is a fee if you launch and also for lunch but it is minimal so please do join us at the next event in the fall, September 10-12<sup>th</sup>.

For information, check the website: [www.windsurf.ca](http://www.windsurf.ca) and click on events tab at top of page. ❖



*Joe Piazza almost underway!*



*Adam trying the one handed sailing.  
Photo by Stephanie Todd.*



*Nick Cox and Bob Shuttleworth  
watching the action!*

## TWC SAILORS SURVIVE THE CHILL & WIN SOME TROPHIES AT THE FLORIDA 2010 MID-WINTERS

*By John Darling*

Bitter cold breezes direct from the Arctic Circle blew across the Banana River at Cocoa Beach Florida most of the week as Toronto Windsurfing Club (TWC) Bic 293 sailors trained for the first 5 days and we all raced the 25th annual Calema Mid-Winters, March 5-6-7, 2010.

Along with drivers Andrée Gauthier, Colin Campbell and John Darling were Jessica Campbell, Eric O'Brien, Jack Waine and Max Robinson.

One day of warm SW winds 20 knots gusting to 25-plus got the adults out on shortboards for a few great sessions. The big news was the kids sailing shortboards in high winds: Jessica and Jack beach-starting, Eric adding to his skills, and Max -- well, Max was blasting around so fast he parted company with his Tuttle weed fin.

Then came the racing at Calema: 9 races in challenging gusty shifty offshore winds over 3 days, with the results:

First place A Fleet Hybrid by Max Robinson on his RSX  
First place Sport Fleet by Chris Hope on a chartered Kona  
Fourth Place A Fleet by Andrée Gauthier on a chartered Kona

Andrée put in a very strong performance against a fleet of 17 mostly expert Kona sailors, winning 3 bullets on the first day and threatening to win the fleet until higher gusty cold winds upset her gameplan on Day 2 putting her into 3rd place. Then an OCS bumped her down to 4th on the last day. TWCers Colin Campbell and John Darling placed well back, being new to the highly technical Kona.

Chris Hope beat out 9 other Konas and raceboards to stick in there despite frigid water to win his Sport fleet trophy. Max won 3 bullets in 9 races against 6 other RS:X and 8 longboards for an impressive A fleet division win.

Eric, Jessica and Jack were pitted against 14 boys and 6 girls in the Bic 293 fleet, including many "veterans" from Cape Cod and Quebec under the tutelage of Nevin Sayre and Dominique Vallée. Top winners included the Mexican boys, an American girl and a Canadian girl, who qualified their countries for the 293 Junior Olympics in Singapore this fall.

With wind every day, the 5 fleets which included 32 Formulas (11 Pro Formulas, with Brazil and Argentina and Poland's Woyjek 4th winning top spots) gave us lots of competition and camaraderie, making it a great surfari indeed.

Photo galleries & videos at [www.calema.com](http://www.calema.com) (click on Mid-Winters)!

Andrée is stoked; she's looking forward to the Kona Worlds in Miami, November 1-7, 2010. Registration is \$100 USD before May 15; charter boards \$200 USD by Sept. 15. Contact: [www.Kona-windsurfing.com](http://www.Kona-windsurfing.com) or for more information, [johndarling130@hotmail.com](mailto:johndarling130@hotmail.com) or [andree.gauthier@rogers.com](mailto:andree.gauthier@rogers.com) ❖

## Jibing in Style with Trevor Hibdige – Part 2

### **Introduction by Lauri Gregg**

For those of you who have been waiting patiently all winter for Part 2 of Trevor's jibing with style here it is!! After my Bonaire sessions in May I was able to get to the foot change on my way to the Trevor jibe. I know what I need to do but I can't execute it. I'll keep practising over the summer. Have fun learning to jibe with style.

### **Trevor's Guide to falling with style..... PART 2**

#### **MAJOR LEARNING CURVE JUMP HERE**

The sail transition and body and weight position are what messes everybody up NOW!!! Most people manage most of the above. The biggest block to completing the jibe at speed STARTS NOW.

In Bonaire you will be forced to do the above and fall in after the above with no attempt to flip the sail. When the steps above are good enough we move on!!!

12. Preparation for the Sail Flip is VITAL. It can be learned on the beach but on the water it is critical. The exact time of the sail flip is an on the spot decision all the way through to perhaps a clew first exit which we used to do on long boards with a flare jibe... But the intent is to wait until the sail will flip itself. In Bonaire you will jibe until the sail flips and fall in until you flip it properly...

FEET POSITIONS HAVE TO BE WORKED ON SEPARATELY DURING THIS BUT THE GOAL IS NEVER TO STRAY FAR FROM THAT IMAGINARY LINE DOWN THE CENTRE OF THE BOARD AND NEVER BE TOO FAR BACK!!!

By the length of this section you may begin to understand why it is so crucial to a decent jibe. Most people's jibes improve with correct hand position... In fact, ALL people's jibes improve with correct hand position!!!

The front hand moves forward closer to the mast. The idea being that when the sail flips it (the sail) will be in the right position for the new tack, slightly forward to stop luffing up.

INTERMEDIATE LEARNING POINT ALSO USED WHEN GROSSLY OVERPOWERED!!!!

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The BACK hand can reach over and be placed on the mast just above the boom. The idea being that you will use the back hand on the mast to help the mast stay at the right angle and the boom will rotate AROUND the mast and the mast will NOT be pulled away from you. YOUR ARMS ARE CROSSED AT THIS POINT BUT NOT FOR LONG.

LET GO WITH THE FRONT HAND AND LET THE SAIL ROTATE AROUND THE MAST HOLDING THE MAST FIRMLY...

As the sail rotates, the mast is pulled across the body to a long way forward and the old front hand grabs the boom and sheets in - other hand still on the mast. THIS PREVENTS LUFFING UP. You will be on the new tack not heading up and the rig can be quickly centred and trimmed without turning too far in to the wind.

IF YOU DO NOT PULL THE MAST ACROSS THE BODY, when you flip the sail, the board will luff up, drop off the plane and you will look like 90% of jibers trying to bear away after the jibe having lost too much speed...

#### **ALTERNATIVE HAND POSITIONS...**

The typical jiber will enter the jibe and move the front hand on to the mast. Let go with the back hand. Move the back hand also on the mast. Let go with the front hand as the sail rotates using the WRONG HAND TO HOLD THE MAST. Reach back with the old front hand to grab the boom. Sheet in (BUT THE MAST ANGLE IS TOO FAR



BACK) and luff up. Transfer the mast hand on to the boom as the new front hand. Rake the rig forward to compensate for applying the power with the rig angle too far back. Drop off the plane. Rake the rig right forward and start off again on the new tack. It works. But it is NOT the way to jibe. Mind you sometimes there may be a very good reason. Every step has a very good reason NOT to do it. But that comes with practice. I can f\*ck up a jibe in 100 different ways but there are only maybe 10 different ways to do it right!!!

#### ADVANCED HAND POSITIONS...

The proper mast jibe is a really good fall back position. If you f\*ck up you can recover. But it is not the fastest way of getting the power on again.

#### ALL JIBES ON THE PLANE REQUIRE POWER TO BE APPLIED AS SOON AS THE RIG IS FLIPPED AND BEFORE THE TURN IS FULLY COMPLETE.

If the rig is in the right position, it can actually rotate on its own axis and the mast does not actually need supporting. The further away from optimum, the more effort is required to keep it on track. The no handed jibe is actually just a matter of finding that optimal angle and letting go. There is only room for a few millimetres of error but there are a few tricks for feeling when it is in the right position. It can't be written down but it can be "felt".

So a better advanced hand position is a boom to boom hand transition as the sail flips...

This is how it goes...

Front hand moves a little forward, underhand grip is best....

Rig is raked over a lot...

Back hand lets go at the right time...

Front hand pulls the rig across the body and sail rotates AS you pull the rig across your body with the front hand moving as the boom moves and the thumb (top) and fore finger(bottom) acting as the rotation point pulling the sail across as it rotates... If you get the rig across the body quick enough, the forces on the front hand are zero and the rig just rotates... The back hand reaches across the chest and grabs the boom as the new front hand and the other hand lets go, comes under the new front hand and grabs the boom and sheets in on the new tack.

The whole transition is fast and fluid and power is applied on the new tack early enough and with the rig far enough forward to immediately lower the nose and power the board out of the jibe.

#### NO HANDED TRANSITION

If you throw the rig forwards fast enough at the right time above, the rig will rotate whether or not you are holding it. In fact it is better to let go.

#### IT DOES NOT ROTATE FAST

In fact what actually happens if seen from above is that the rig actually stays in the same position but you turn underneath it as it appears to rotate. The wind moves from one side to the other as it is weightless and Bob's Your Uncle you are on the new tack.

#### FEET TRANSITIONS

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So we have taken our foot out of the back strap and placed it on the board, near the rail and forward enough, near the front foot strap.

The board is turning and the hands are doing the rig flip but where you place your feet as you turn will either stop the board dead, sink the tail, spin it in to the wind or keep it smoothly planing.

As the board turns and the rig flips, the front foot has to come out of the front foot strap or it will get trapped in there all the way to the new tack. It feels weird but it happens sometimes!!!

However, most people take the front foot out and place it on the back of the board ready to get in the rear strap on the new tack....

**ALL THIS DOES IS PUT THE WEIGHT ON THE TAIL OF THE BOARD....**

Result ? The brakes are applied on the inside rail and the board turns in to the wind faster than the rig is telling the board to bear away. The correct move is a balance between rig and feet. If the power is on early, the board can handle the weight further back without slowing but the optimum is to shuffle your feet....

Front foot comes out of strap and is placed in the MIDDLE of the board on the imaginary line...

Back foot is still making the board turn but not so rapidly....

Back foot kind of rotates so that the toes are now facing what is to become the new tack front strap since we only placed it a little back from that strap when we initiated the jibe. Another good reason for not placing it too far back. It is almost ready for the new position....

However, at this point the body is very upright and steering is limited. If the entry speed is sufficient and the rig position is good, the board is actually steering by the rig position, albeit on the plane!!!

A lot of directional wobbling occurs whilst conquering this milestone. As panic sets in and you stand first on one leg then the other the board receives conflicting signals to turn first one way a bit, and then the other!!! So by getting the rig flip off pat first, the foot position can be over-ruled by the rig and you can get away with a few errors.

**VOLUME IN THE TAIL ALSO HELPS.**

Depending upon body weight, the jibing board MUST have volume in the tail for learning. If it is thin and pointy or thin and wide or thin and thin then it will sink unless you have the momentum of a wave.

So contrary to popular current design, a tail needs to be FAT!!!

My best board for jibing - you will get to sail it - is 130 litres and is 2.85 metres. I designed it and it jibes itself. You can get away with loads of mistakes and it still goes round!!!

Why?

It has volume UNDER the mastfoot and volume in the tail and the rail shape is very forgiving. No sharp racy edges but the overall effect is like sailing on cream...

So we twist the inner foot to face the strap and placing AS MUCH WEIGHT ON THE BOOM AS POSSIBLE, we move the centre foot back to the back strap.

**IF YOU DO NOT TAKE THE WEIGHT OFF YOUR LEGS AT THIS POINT THE ONLY THING IN CONTACT WITH THE BOARD AS YOU MOVE THAT CENTRE FOOT IS THE NEW FRONT FOOT WAITING TO GO IN IT'S STRAP...**

The result is that the signal to the board is to turn in to the wind!!! That is the classic reason for luffing up. The sail is too far back telling the board to turn in to the wind and the foot pressure is telling the board to turn in to the wind. The result? The board turns in to the wind. No surprise there then!!!

To counter this foot tendency it is not unusual to slide the centre foot towards the back on the FAR SIDE of the imaginary centre line. Putting more weight on that foot as you move it will keep the board level and not luff up...

As the rig flips, the power on the new tack WILL RIP YOU OFF THE FRONT OF THE BOARD so it is essential to be ready for the power as you sheet in on the new tack.

If you have not got your feet sorted as the rig flips, sheeting in on the new tack simply splats you forward and so the balance between sheeting in and committing yourself to the boom is essential.

New back foot slips in to back strap. New front foot is tickling the front strap and can be slipped in or you can weight a bit for that until you have hooked in on the new tack and got your weight on harness which pushes the nose down and stops the board luffing up.

As you can see it is all about stopping the board luffing up!!! So it's easy eh???? ❖

\* \* \* \* \*

## CANADIAN MASTERS WINDSURFING ASSOCIATION'S SPRING WOMEN'S CLINIC

*By Jessica Campbell*

On the weekend of June 18<sup>th</sup>, I had the opportunity to assist and teach the Canadian Masters Windsurfing Association's annual Women's Clinic, in Port Bolster. I had a wonderful time instructing the women who came out to try the sport and continue to build the skill level some already possessed. It was my first time teaching, as I was a newly certified instructor, and I had a blast! The women were so attentive and driven to improve their skills by the end of the weekend. Everyone was out on the water trying new things, like fast tacks and gybes. Many worked on staying upwind and even just balancing on the board. All in all, I would have to say that the clinic was a success. It was unfortunate that I had an exam the following morning as I would have loved to spend more time on the water working with the girls, but with the short time I spent with them, it was evident that the windsurfing community can be expecting some great new female talent in the not too distant future. I would like to thank Stephanie Todd and Andrée Gauthier for organizing yet another successful CMWA event, as well as the many women who came out to the clinic to learn. I hope the women [will join us again](#) at the next Women's Clinic in the fall (September 10<sup>th</sup>-12<sup>th</sup>)! ❖

## 2009 was a great year for the Ontario Sailing/WC Windsurf race series!

*By Tom Mae, President, Windsurfing Canada*

People of all ages, all skill levels came out to participate in the series. We saw many new faces in attendance this past year. Seasoned racers are only too happy to help those new to racing. They help with encouragement, rigging tips, racing pointers to all who ask. It is a great way to meet new windsurfers and share in the comradery among the veterans in a sport we all love.

OS Windsurf racing is the best way to practise your windsurfing skills, as you can directly gauge your improvement by those sailing around you (who momentarily become your training partners during the race). From sheeting in or out or mimicking a faster boards board angle or strategy, you can gain greater knowledge to a better stance and knowledge of how to best harness and control the wind to take you to your desired destination (not let the wind control you).

2009 OS race series consisted of a total of 5 races in 4 different venues: Toronto Windsurfing Club (TWC), Rondeau, Scugog, Britannia Yacht Club and back to the TWC. This year there will also be a learn to race clinic on July 2, before the Rondeau race on July 3, to help improve windsurfing skills prior to the race.

The 2009 OS season saw great enthusiasm from the youth, who will ultimately help carry the sport forward to the next generation.

Over 32 people competed in some of the OS races/clinics this past season, some as young as 8 or 9 years old. One never knows if race day will bring light or strong winds, but rest assured that over the OS racing season your windsurfing will improve.

2009 Overall winners were picked from those that attended at least 3 OS races.

Their three best scores were used to determine the overall winners.

### Under 15

2nd place - Jamie Keltz  
1st place - Artem Jr

### Under 17

2nd place - Katy Combaluzier  
1st place - Jessie Campbell

### Under 19

Honorable mention - Will Combaluzier one of our up and coming windsurfers.  
Will did very well in 2 races but unfortunately was away from southern Ontario working during most of the 2009 race season.  
1st place - Max Robinson

Competition was fierce in the Over 19 category that ended in a tie for 3rd place.

### Overall Winner Over 19

tied for 3rd - Bob Shuttleworth and Mike Keltz  
2nd - Andrée Gauthier  
1st - Nick Cox

Remember that Wednesday night racing at TWC is a great primer for OS racing. Youth that would like to participate in 2010 clinics and races can contact Andrée Gauthier or Tom Mae for further details of upcoming clinics.

Thanks to all the many volunteers who helped with the 2009 OS races series: Chris hope, Margaret and David Combaluzier, Reet Mae, Murray Mckercher, Dori Itzhaki, Nick Antonevych, David Hayes, and many others.

Come out and join in on the fun for the 2010 OS race series, windsurfing is truly a fit for life sport as attested to by some of the master racers (some in their 70's) that we all try to keep up with. ❖



## Windsurfing 2010 Schedule

- July 3 – OS #2, Rondeau Yacht Club
- July 17 – OS #3, Lake Scugog (wind day July 18)
- August 6-8 - **CMWA** Neil Pryde Canadian Masters Championships, Dryden, Ontario. Info: Brad “Woody” Woodworth, 807-216-6759 or [windsurfwoody@shaw.ca](mailto:windsurfwoody@shaw.ca)
- August 14-15 - National Capital Regatta/OSA#4, Britannia Yacht Club, Ottawa (Raceboard & Formula). Info: [www.byc.ca](http://www.byc.ca)
- August 21-23 – WC Eastern Canadian Championships, Kingston, Ontario
- Sept. 10-12 - **CMWA** Fall Wrap-up/Women's Clinic, Port Bolster. Stephanie Todd [surfit@sympatico.ca](mailto:surfit@sympatico.ca) or 905-953-8331
- Sept. 18, OS #5, Toronto Windsurfing Club (Tentative)
- Sept. 19 (TBC) - TWC Mammoth Marathon, Cherry Beach. Open to all, long & short courses. Info: 416-461-7078 or [www.torontowindsurfingclub.com](http://www.torontowindsurfingclub.com)
- Fall **CMWA** trip to Hatteras, Oct. 23-30 and Oct. 30-Nov. 6 - contact David Culliford, [d.culliford@rogers.com](mailto:d.culliford@rogers.com) for availability.

## How to Reach Us

**Voice:** (416) 269-7534 Mike Keltz

**Website:** [www.windsurf.ca/contact/](http://www.windsurf.ca/contact/)

**Or contact any member of the Board.**

## CMWA Board of Directors

| <b>Position</b>                   | <b>Contact</b>   |
|-----------------------------------|--|
| <i>President</i> *                | Lauri Gregg<br>905-953-8302  |
| <i>Vice-President</i> *           | Bob Shuttleworth<br>905-841-2262                                     |
| <i>Secretary</i> *                | Suzanne Roberge<br>613-225-4216                                      |
| <i>Treasurer</i> *                | Mike Keltz<br>416-269-7534   |
| <i>Director, Public Relations</i> | Nick Cox<br>905-838-3803   |
| <i>Women's Director</i>           | Stephanie Todd<br>905-953-8302                                       |
| <i>Technical Advisor</i>          | Bob Shuttleworth<br>905-841-2262<br>Geoff Mitchinson<br>705-739-7175 |
| <i>Clinics Director</i>           | Stephanie Todd<br>905-953-8302                                       |
| <i>Social Events Director</i>     | Stephanie Todd<br>905-953-8302                                       |
| <i>Newsletter Editor</i>          | Suzanne Roberge<br>613-225-4216                                      |
| <i>Webmaster</i>                  | Suzanne Roberge<br>613-225-4216                                      |
| <i>Membership Director</i>        | Mike Keltz<br>416-269-7534   |
| <i>Maritimes Director</i>         | Roch Chiasson<br>506-393-6171  |
| <i>Québec Director</i>            | Philippe Dormoy<br>514-620-8124                                      |
| <i>Ontario Director</i>           | John Darling<br>416-928-3086   |
| <i>Manitoba Director</i>          | Vacant   |
| <i>Alberta Director</i>           | Vacant   |
| <i>BC Director</i>                | Vacant   |
| <i>US Director</i>                | Vacant   |
| <i>2010 Championships</i>         | Woody Woodworth<br>807-216-6759                                      |
| <i>Past President</i>             | Suzanne Roberge<br>613-225-4216                                      |

\* Indicates members of the Executive Committee.

## NEXT NEWSLETTER

The next newsletter should be published in the fall 2010. We welcome all contributions. Please e-mail your articles and pertinent pictures to [roberge811@sympatico.ca](mailto:roberge811@sympatico.ca).

## Moving?

Please send us your new address, etc. by contacting us via [www.windsurf.ca/contact/](http://www.windsurf.ca/contact/).