

# THE MAIN SHEET

The Hampton Sailing Club Newsletter

www.hsc.yachting.org.au



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DECEMBER 2014

## **Newsletter Editor's Note**

It's nearly half way through the 2014/2015 season. The good news is we have only lost one Sunday's racing to bad weather before the Christmas break. Unfortunately, we lost an additional Sunday due to the Sail Melbourne regatta being extended one day longer than usual. We need to make sure our club racing is not adversely affected in this way in the future.

On the upside, a number of Club members volunteered to help out at the Sail Melbourne regatta again this year. By all reports the regatta was a great success with a very large number of entries from overseas and interstate. The outcome of this sort of event relies very much on volunteers giving their time for free to make everything work the way it should.

The most recent social event at the Club was the Christmas Party. Catering was again *par excellence* and provided by Fiona, Leanne, Shiela and a small band of willing helpers. Great food and a great atmosphere. Thank you, ladies (and others) for a wonderful night!

Finally, I would like to wish all members a happy Christmas and a safe New Year. I hope to see more members out on the water next year.

**William Brown**  
Newsletter Editor

## **Race Management Course**

Hampton Sailing Club in conjunction with Yachting Victoria will be running a Club Race Management Course at the Club on January 31<sup>st</sup>. There will be 8 places available and the Club is looking to fill as many of the places with Club members as possible.

Members will receive a \$35 discount on the cost of the course. Members can apply online via the Yachting Victoria training event page.



## **Glenn Ashby: More Views About Sailing and Racing**

In the August 2014 edition of the Main Sheet newsletter I reported on the key note address given by Glenn Ashby at the annual Yachting Victoria club conference. In that article I covered his background to becoming involved in competitive yachting at the highest levels. There were a range of other topics that he covered and these might be of interest to members of Hampton Sailing Club.

Glenn Ashby concentrates a lot of his time these days on high performance catamaran sailing. But originally he learned to sail in dinghies on Lake Eppalock near Bendigo. Glenn says 'it is hard to beat dinghy sailing'. Rather than starting out on sailboards or catamarans, Glenn insists that dinghies are the best craft to learn the basics of sailing and competitive racing.

On the subject of racing, Glen mentioned it was important to lose – his view is that you learn when you lose – you must work out why you were going slower or why you were

beaten by the winner. This process of analysis does not happen when you win!

Glenn talked briefly about 4 important areas of racing:

- Equipment – have the right equipment on your boat.
- Preparation – make sure all the equipment on your boat is in perfect working order and you know how to use it properly.
- The Start – The most important moment in a race. Make sure you can judge the timing and placement (of your boat) on the line to perfection every time.
- Speed – Understand how to make your boat go fast on all legs and in all conditions.

At the professional level, proper training is critical to top performance on the water. In addition to sailing, Glenn undertakes a range of training regimes such as stand-up boarding, rowing, bike riding, and kayaking. This helps prevent him from getting bored and cuts out wasted time. If you can't do one sort of training, do another – train efficiently.

Finally, Glenn talked about confidence. His view is that life (and sailing) is about taking risks. However, you always need to calculate and estimate each situation. The more experience you get sailing and racing, the more confidence you gain. The more 'automatic' your responses become and you develop what he called "peripheral vision" when situations arise where quick thinking and action is required.

**Russell Brown**



Glenn Ashby sailing an A Class catamaran

### **BIC Open Nationals**

From January 19<sup>th</sup> – 22<sup>nd</sup> Hampton Sailing Club will be assisting Sandringham Yacht Club in running the 2015 BIC Open National Championships. We are lending them Lady Isa and Hampton Red. If any members are interested in assisting please let the sailing secretary Stewart Simmons know.

### **Licence and Life Jacket Reminder**



All members are reminded to carry their marine licences on them whenever they are out on a power boat this summer. Authorities are gearing up for a major summer safety push this summer. This will involve more licence checks as well as issuing fines for any boat operators and passengers not wearing life jackets when they should.

### **Club Security**



An article in the Bayside Leader in November brings an important issue up for all clubs in the bayside area. Theft is an issue that can affect any club. All members are encouraged to remain vigilant and take precautions with their valuable items. The Club takes precautions by providing Duty Officers to watch over the club while it is open. If you see any suspicious activity please report it to an appropriate authority or committee member within the club so action can be

taken. If you have any suggestions the Committee would be pleased to have feedback regarding improvements that can be made to security at the Club.

### **Finn and 505 National Titles**

From January 17 – 24 Blackrock Yacht Club is hosting the 2015 Finn and 505 National titles. They are currently looking for volunteers who would be interested in supporting this event. Any club members who would be interested should contact Mark Taylor – Vice Commodore on 0417 832 000



### **ISAF World Cup: The People You Meet at Sail Melbourne**



Volunteering at Sail Melbourne can be hard work and sometimes involves long hours. But it has its rewards and these can come from unexpected sources. I have volunteered at Sail Melbourne for three years now working on the competitor sign on/sign off desk. During this time I have stood opposite several World Champion and Olympic Champion sailors. Often these people are prepared to chat at the end of racing when they are signing off for the day.

This year I struck up a conversation with Jak, father of a Laser sailor from Denmark. I asked him about one my all time heroes of the sailing world: Paul Elvstrom. Now there probably isn't a Finn dinghy sailor alive who doesn't know who Paul Elvstrom is. To those who don't know, Paul was a Danish sailor who won four successive Olympic Gold medals from 1948 to 1960, the last three in Finns. He developed a successful sail making business in the 1960's with lofts around the world (there was one in Sydney). In addition to sailing in Finns, Paul Elvstrom won several World Championships in other classes of boats.

Jak told me that Paul Elvstrom has been a national hero in Denmark since winning Olympic Gold medals in the 1950's. Apparently Paul encouraged junior sailor training in Denmark for decades after his Olympic sailing career. The books that Paul wrote were the inspiration for Jak to take up racing in dinghies. Jak now supports his son in sailing Lasers at the international level of competition. That's why Jak and his son were both at Sail Melbourne this year.

Jak does not know Paul Elvstrom personally but has a relative who sees him occasionally. Paul is now in his 80's and unfortunately is suffering from Parkinson's disease. The following link will take you to a video showing highlights of Paul Elvstrom winning his gold medal at the Melbourne Olympics in 1956; <http://www.olympic.org/videos/paul-elvstrom-claim-back-to-back-gold-medals>

**Russell Brown**



Paul Elvstrom

**News on the website**

Work on the Club website is continuing strongly with more improvements to the layout and content.

Members are encouraged to go to the website for all relevant information relating to activities around the club, the calendar will be continually updated with relevant events. The newsletter and results will be posted regularly. The notice board will also be constantly updated with the latest and most important information that members need to know.

Feedback from members on the web site is welcomed. Let us know what additional useful information could be included and if the current content could be improved.

**Newsletter Items**

Contributions/items to my email address:  
william\_brown.1992@yahoo.com

Newsletters are published every 2 months and distribution timing depends on the month of publication.

**William Brown**  
**Newsletter Editor**

**Hampton Sailing Club Racing Calendar – 2014/2015 Season****Briefing: – 1:00pm****Start: – 2:00pm**

Date	Event	Handicap	Comments	Race Controller	Isa Crew	Hampton Red	Rescue Crew
21-Dec-14	Spring 5	PH		William Brown	Russell Brown	Stewart Simmons	Lex Cusin
28-Dec-14	Christmas	-	No Racing Scheduled				
04-Jan-15	Christmas	-	No Racing Scheduled				
11-Jan-15	Autumn 1	PH		Michael Cook	Andrew Cook	Jorn Rose	Ralph Brown
18-Jan-15	Club Champ 5	YV		Stewart Simmons	Aurelie Chabrol	David Seymour	Dawn Clark
25-Jan-15		-	Australia Day Holiday - No Racing Scheduled				
01-Feb-15	Autumn 2	PH		Frank Leipper	Sheila O'Shea	Neil Watson	Jim Shaw
08-Feb-15	Club Champ 6	YV		Stewart Simmons	Tim Ede	Steve Moller	Michelle Moller
15-Feb-15	Autumn 3	PH		David Thompson	Nick Smith	Paul Johnson	Claude Vergez
22-Feb-15	Club Champ 7	YV		William Brown	Russell Brown	Lex Cusin	Jorn Rose
01-Mar-15	Autumn 4	PH	COMMODORE'S CUP	Greg Clark	Glenys Hitchen	Angus Wilson	Ken Trotter
08-Mar-15			Labour Day Holiday - No Racing Scheduled				
15-Mar-15	Club Champ 8	YV		Frank Leipper	Emmanuel Skoutas	Neil Watson	Alexis Chabrol
22-Mar-15	Autumn 5	PH		Michael Cook	Andrew Cook	David Seymour	Alan Lees
29-Mar-15	Club Champ 9	YV		William Brown	Russell Brown	Charles Bagossy	Dawn Clark
05-Apr-15			Easter Sunday - No racing scheduled				
12-Apr-15	Autumn 6	PH		Blaise Vinot	Kate Vinot	Andrew Gruby	Matthew Gruby
19-Apr-15	Club Champ 10	YV		Stewart Simmons	Sue Hatton	Paul Johnson	Jean-Pierre Chabrol
26-Apr-15	Shipwreck Classic	PH		Frank Leipper	Sheila O'Shea	Bruce Haddock	Fiona Bennett
3-May-15	Sprint Series 2	PH	Short course races	William Brown	Russell Brown	Stewart Simmons	Charles Bagossy

