

NANCY COX WISC & RACE SCHEDULE OF EVENTS –

Saturday, November 10 2018

(the below schedule is still a work in progress and may change)



8am - 8:45am **Yoga** - presented by TBD Meet us early on the dock for a morning yoga and centering practice. This activity is meant to bring mindfulness and serenity to prepare you for the day's events. The yoga style is gentle and slow, with inspiring verbal cues geared to invigorate the Spirit as well as the body. Let's get focused and flexible before we head out on the water! Bring your mat. Some mats will be available if you don't have one.

9am - 9:30am **Breakfast & Meet and Greet / Welcome** - The Boathouse Restaurant (back room). We will have coffee, muffins and fruit salad. Naomi will introduce the day's events, and participants will introduce themselves and their interest in sailing.

9:30am - 10:15am **Own Your Power, Show Your Pride, You Are The Female Sailor!** - presenter: Kathy St Amant. Kathy shares her experience as a long time racer and what the challenges are participating in what is still mostly considered a man's sport. How do we gain confidence in "taking the helm" and finding our place in sailing.

10:15am - 11am **BVI Bareboat Blunders & Best Practices: My First Charter**- presenter: Naomi Emmerson. Naomi comes clean on some of her big mistakes and some perfect pearls of wisdom when chartering her first bareboat yacht, a Beneteau 38 in the British Virgin Islands. What to bring; budgeting; how prepared do you really need to be, and how well do you need to sail to be able to charter.

11am-11:15am **Break**

11:15am - 12pm **Starting Behind? Get out in front at the gun** - presenter: Kathy St Amant. Kathy demystifies the race start by breaking down different approaches to the line and tricks to getting there on time!

12pm - 1pm **Lunch and boat assignments**

1:15pm **Head out on the water**

1:30 - 3pm **Races with Clay Ostrom on the Race Committee Boat** - if you are more interested in seeing how a race is run from the committee boat, join him! There is room for 3 assistants.

3:30pm - 5pm **Rum Raft-Up and Awards** - we meet at Boulder islands mooring ball and share a celebratory beverage and award prizes to winners of the races and participants. If weather does not permit (too windy or cold), we will meet back at the Boathouse.

Host: Nevada Yacht Club - Naomi (512) 903-0317 info@nevadayachtclub.org