



2017 OFFICERS

COMMODORE	Dave Whealon	(920) 960-8457
VICE COMMODORE	Dave Dochterman	(319) 855-8753
SECRETARY	Mike Mahnke	(224) 406-3139
TREASURER	Marty Witt	(920) 642-3305

MISSION STATEMENT - *The mission of the Fond du Lac Sailing Club is to provide sailing events for the recreation, challenge, and pleasure of the membership, while promoting safety, fellowship and an opportunity to improve sailing skills and knowledge.*

COMMODORE'S COMMENTS

I was going to be real clever and say when the boats needed to be in the water but it didn't sound as good as I thought (103 Days). So then I thought a better approach would be check and see when they were all put away (77 Days). That's even worse. As I digress after the Winter Ice Party at the YC coordinated by the Sailing Club Feb 18th we will be more than half way done with winter. That's the ticket.

Sorry we weren't able to have a Board meeting this month but we did have a Trans Winnebago meeting and that weekend is all coming together beautifully.

Winter Ice Party scheduled for Feb 18th Setup will begin Friday Feb 17th at 11:00 am. Expect the weather to be subzero or 55 degrees. It has been a great family event for the YC hope you can attend.

Dave Dochterman will be bringing up the subject of guest speakers at the upcoming meetings. He has a bunch of great topics and his enthusiasm is great for the club.

Fleet Meetings will be started at 6:30 this month

-Dave W

EDITORS NOTE

If you would like anything included in the Mainsheet or posted on our website, please email Hank Lieurance henrilieurance@gmail.com

NEXT MEETING

***Sailing Club Meeting
Feburary 2th @ 7:00pm***

SPECIAL NOTE:

Please bring snacks or treats to share after the meeting



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Minutes of the FDL sailing club meeting

December 8th, 2016

The meeting was called to order at 7:06 p.m. by Commodore Dave Whealon. 15 club members were in attendance. No guests in attendance.

Secretary's minutes

A motion to accept the Minutes of the December Sailing club meeting was made by Dan Thornton and seconded by Jack Boatman. The motion carried and the minutes were approved as written. Note: The date of the meeting as it appeared in the Mainsheet was changed inadvertently in the process of adding it to the mainsheet.

Treasurer's report

Treasurer Marty Witt provided an overview of the Sailing club finances. Given the balance, several members suggested the club assemble a priority list of upcoming expenses for improvements and needs of the club for planning and budget purposes. Scott Baccus moved to accept the treasurer's report and Sally Boatman seconded the motion. The motion carried and treasurer's report was accepted.

Committee Reports

Day Sailors: Jack Boatman reported the Day Sailors had a meeting at 6:30pm prior to the general membership meeting. Members discussed upcoming Regattas. The Lighthouse will be June 3rd - 4th and will need volunteers to help again this year. Jack will also contact the ILYA.

Cruisers: Scott Baccus reported on cruiser progress. Racing sheets are put together and racing rules are being reviewed. A correction sheet is being worked on so that PHRF ratings are accurate at the start of the racing season. Hank Lieurance will send an electronic version of last year's racing schedule.

Youth Sailing: Dan Thornton reported that they are planning to get a parents meeting arranged to begin plans for this year. That will include looking for a volunteer administrator, so that Kevin and other instructors can focus full time on the teaching aspect for youth sailing.

Old Business

Chicago Boat Show: The boat show was mentioned again. Several members were planning on attending. Commodore Whealon suggested any other members that wanted to go to touch bases with those already committed to attend to see about carpooling.

Ice Boating: Any club members interested in learning about sailing on ice, should contact Dave Lallier. Dave provided his address and phone number for any members interested in coming out to see and experience ice sailing. He invited people to contact him at 920-948-9465 and at 714 Lake shore drive.

New Business:

Opportunities for 2017: Commodore Dave Whealon solicited ideas for further outreach to sailors in the marina that are not members of the sailing club. Discussion ensued. Ideas that surfaced:

- * Holding a poker run on the same weekend as Walleye weekend.
- * Holding a "workshop" for sailors (something that would be informational, training and possibly help with rigging, etc. Offering "how-to's that would offer value to their skill sets and/or knowledge. Should we do this on a Saturday - in early July?
- * A concentrated effort by current sailing club members to get to know their sailing neighbors on their docks. The idea is to bring more sailors (in the marina) to join the sailing club by creating opportunities for sailors to interact with the FDLSC in fun events other than racing.
- * Should we look at doing more of a Sunday series in 2017?

No motions were made regarding the discussions. Commodore Whealon suggested we discuss more about it at the February meeting and solidify efforts if the club wants to pursue.

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Trans Winnebago: In 2017 we'll be starting in Fond du Lac and finishing in Neenah/Menasha. Commodore Whealon indicated that Neenah/Menasha will be taking a more active role in the planning and operation of the race this year. It will be held on June 24th this year.

Winter Ice Party February 18th: The Yacht Club will celebrate the Third Annual Winter Ice Party with the sailing club hosting it again. Some volunteers will be needed for setting up the tent, etc. More discussion at the February meeting.

Yacht club meeting meal: Dan Thornton reported that the Sailing Club will do the meal for the Yacht club meeting in March or April.

For the Good of the Club:

Paul Kaestner wanted to thank the sailing club members on behalf of all the boy scouts who purchased the sailboat that was auctioned by the Yacht club. The scouts are excited to get the boat and get it ready for the water. He also mentioned that any donations of excess sailing gear and etc. can be a tax deduction as the scouts are a 5013C organization.

Adjourned: A motion to adjourn was made by Dan Thornton and seconded by Scott Baccus. The motion carried and the meeting adjourned at 8:03pm.

Respectfully submitted,

Mike Mahnke

Sailing Adventure Anyone???

A group of FDLSC sailors are planning to sail a week-long race at Lake of the Woods, Aug 5 through 12, and are looking for another four people to go along with another boat(s). The Grattons, Dochtermans, and Aaron Lynn are taking an Olsen 25 and an E scow to this race, staying aboard a 49' houseboat when not racing. Each day's race is about 20 miles, the many islands in the lake are the marks. Ideally 12 people would be on this adventure. We also need a dedicated (designated?) driver. If you are interested and want more information please contact Andy Gratton, 920-231-3015.

Training Your Brain in the Off-Season

Published on January 30th, 2017
by Dr. Tim Herzog, SpinSheet

If you take some time off this winter, that doesn't mean that you have to stop training altogether. Serious sailors do physical conditioning in the off-season, but what about mental conditioning?

One skill I frequently tackle with sailors is mental imagery: seeing in your mind's eye what it is you want to do, whether it's big picture strategy, sailing new venues, remembering old venues, overcoming adversity, boat-on-boat tactics, or boatspeed and boathandling.

Good imagery is not just visual. As a good book does, it vividly taps into all the senses. Imagery combined with long exhales is also a good way to rehearse being habitually amped enough to focus without drowning in anxiety.

There's no substitute for actual practice, but adding imagery to your regimen can help. Classic sport psych experiments show us that folks perform better with physical practice than with no practice, better with imaginary practice than with no practice, but best when combining physical practice with imaginary practice.

The old-school approach to imagery is to close your eyes and either self-generate images or be guided through self-generating images with a recorded script. One problem with self-generated images, however, is that your brain doesn't have to generate images nearly as often during actual racing.

Sure, there are times when you soak up the scene in front of you, quickly size up what you see, and create an image to work with. For instance, Lightning World Champion Geoff Becker says that he has honed the ability to take a mental snapshot of what he sees on a race course leg, quickly creating a moving aerial view in his mind so that he's able to clearly see how things will play out.

Starts and mark roundings are other places where momentary/spontaneous on-the-water imagery can help with making sound, fast tactical decisions. But much of successful racing

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boils down to habitually being present with what's in front of you.

How can you train your mind to focus on what's most relevant? Off-the-water imagery training can make it a habit. Sometimes, using a whiteboard or notebook for strategy/tactics or video for boathandling can help make an image more vivid. Most any prop can be used.

Many years ago, when Annapolitan Robbie Deane went off to sail for Boston University, he reported learning breakthroughs through dialogue with coach and teammates in between billiard games, where pool balls represented "sailboats." This helped him develop that knack for being able to "see" tactical situations via an aerial view.

Twelve years ago, for my dissertation, I created "video-imagery," whereby sailors could watch sailing video while also listening to an imagery script. The video uses a third person perspective (from the coach boat) and a first person one (from the sailor's head). The viewer is able to passively soak up some material (as we do in real life), while memorizing what to reproduce, hopefully with less mental effort, through imagery. Sailors are encouraged to then use it with eyes closed, listening to a script with fewer words.

We found that sailors had more confidence in this approach than with the old-school method, and we found that with both approaches, sailors' imagery ability improved after just a few sessions.

In 2004 to get the footage, I was duct-taping a video-camera in a drybag on to a snowboarding helmet. My technique was "cutting edge." Now, in this era of GoPro cameras on the boat and filming from drones above, getting images of what happened around the race course is easier than ever! Software, such as RaceQs, allows us to visually review how a race went tactically, moment to moment. With the video-game SailX, we can also practice having to make quick tactical decisions, and learn from good or bad consequences.

These tools can be combined with aspects of other imagery. As you watch replays of inside the boat or from above, you can engage what you see as if you're doing it yourself right now, "feeling" the actions, such as driving, communicating to the helmsperson, and experiencing all the sights, sounds, and smells that make it feel a little more real. Even better, you can pause it and practice many more imagery repetitions of how you wanted it to play out (rather than how it actually went), to drill in what you're learning.

You can even take it a step further with exercise. Consider Jimmy Spithill's quote: "...if you can't anticipate and make decisions under stress and exhaustion and think ahead, then you won't be able to cut it."

We've moved a long way from billiard balls and duct-taped cameras. Try some video-imagery with your smart phone at the gym. Or with a small laptop, why not have some SailX time on the exercise bike, to practice making good decisions while fatigued? Just as I did with video-imagery in 2004, you can think outside the box in 2016-17.

MAINSHEET EDITOR

Hank Lieurance - Mainsheet Editor
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FOND DU LAC SAIL CLUB WEBSITE

<http://www.fdsail.com>

See the calendar, past mainsheets, race results, and more.

FOND DU LAC YACHT CLUB WEBSITE

To see the YC calendar and other things going on at FDLYC, go to:

<http://www.fdyachtclub.com/>

CLUB REMINDERS:



***Happy Hour @ the Club 1/2 price drinks!**
(4-7pm every Wednesday) & (4-8pm every Friday)



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Buy a Boat – Sell a Boat
Get a Boat for FREE ~

For Sale: 1978 Catalina 25 with swing keel and trailer



We have had the pleasure of sailing our Catalina 25 for the past 11 years but it is now time to move on. The Catalina is just the right size and price for someone interested in sailing a keelboat. It is reasonably priced and solidly built. The swing keel allows the boat to get in and out of shallow waters inaccessible to boats with a fixed keel. The 4 stroke 9.9 Mercury with electric start and remote controls simplifies motoring when the wind dies down.



Hull specifications:

- Manufacturer: Catalina Yachts
- Year built: 1978
- Length overall: 25'
- Waterline length: 22' 2"
- Beam: 8 feet
- Draft: Keel up 2' 8", down 5'
- Steering type: tiller
- Hull construction: fiberglass

Sails:

- Sail area: 294 square feet
- Main: Loose footed
- Head sail: 155% on roller furler
- Spinnaker

Motor:

- 2005 9.9 Mercury 4 stroke
- Electric start
- Remote controls in cockpit
- Removable gas container

Miscellaneous:

- Cockpit cushions
- VHF Marine radio
- Depth gauge
- GPS mount
- Radio
- Automatic bilge pump
- Deep discharge battery and charger
- Shore power cable
- Docking lines
- Fenders
- Life jackets

Trailer:

- EZ Loader dual axle

Location: Fond du Lac, WI

More info?

Call Pat at (920)923-5982

FOR SALE: Miscellaneous Sailboat parts. Some are specific to Lightning's. Pictures and more information at:

http://www.elmoandbig Sue.com/For_Sale/For_Sale.htm

or call Mike Elmergreen at 920.872.5079 or

email at elmo@centurytel.net

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FOR SALE: Columbia 29 MK II

Into the Wind is a classic sloop that is a treat to sail. The beautiful hand laid teak deck receives admiring looks in any harbor. The rigging makes single-handed a breeze. The Universal Kubota diesel engine is a great upgrade with only 249 hours.



Includes:

Universal (Kubota) diesel engine M3-20B (249 hours). Schaffer Roller Fuller. Boom kicker with boom vang. Hoyt jib boom. 3 Roller blocks. Harken jib tracks. All lines led aft. Spinlock cam cleats. Lazy Jacks. Garhauser 2-speed 6/1 3/1 on main sheet. Three blade feathering prop. Lightning arrestor. ICom VHS radio. Auto Helm. Dripless shaft seal. Fuel polishing system. Leather wrapped Edison wheel w/ engine controls. Depth and speed gauges. Pedestal compass. Jabsco head. Permanently mounted boarding ladder. Danforth anchor. Four berths. Draft 4'. Microwave. Located in Fond du Lac, WI. Asking \$8,900
Earl Jewett 204-1299 or earljewett5@gmail.com

SELLING A BOAT?

If you are selling a boat, Mike Elmergreen will put it on his website at no-charge: www.elmoandbig Sue.com (navigate to "Boats for Sale"). Just send pictures and a write-up by email to elmo@centurytel.net.

