

Subj: **#533 SOUTHERN BAY RACING NEWS YOU CAN USE**  
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## **Southern Bay Racing News You Can Use #533**

*SBRNYCU* is an independent weekly publication of southern Chesapeake Bay racing happenings. Founded in April, 2000.

*Try sailing - it's NOT easy!* - Bill Schanen, *SAILING Magazine*

### **SPRING HAS SPRUNG!!! And, she was escorted by a honkin' breeze. Music to racers' ears!** (Spring Equinox, 11:20AM EDT on Sunday, March 20, 2011)

**Really, DO THE MAN OVERBOARD DRILL!** As they say about voting, do it early and do it often! **Barry Wickre**, a southern Bay and beyond racer who lives in Manteo, NC, sent along interesting info on people's reaction to cold water. Remember, too, that the water does not have to be cold for bad stuff to happen if you are unprepared. **PRACTICE THE MOB.**

Barry said, "Most people don't realize how crazy things get during a MOB and as most sailors seem to be getting older, how hard it is to get someone back on board. I attended the US Sailing National Sailing Programs Symposium this year and one of the break-out sessions was called **Cool Water Boot Camp**. A group received a grant to study how you react when in cold water. It is really interesting info; all of the study victims were USCG and wildlife rescue swimmers and when in the water with little or no gear, they became helpless. The original study is *Cold Water Boot Camp* and the newer study is *Beyond Cold Water Boot Camp*. Most of the video is at the web site [www.coldwaterbootcamp.com](http://www.coldwaterbootcamp.com) "

**CCV Distribution of the 2011 CCV Racing Guide is set for Tuesday, March 29th, (6:30 - 8:30pm) at The Mariners Museum, Newport News, VA.** This is the annual CCV season-opening gathering where folks can join CCV and/or pick up the *2011 CCV Racing Guide* which is included in everyone's membership. **OPEN TO ALL.** There is no, nada, nil, zero admission fee to the gathering.

**SAVE \$\$\$\$ , ORDER NOW! CORAL REEF SAILING APPAREL has Southern Bay Race Week 2011 stuff NOW** - shirts, jackets, shorts, bags, and anything else the well clad racing sailor needs - on display at the CRSA website. Crews can personalize gear with boat name, number, etc. Click here [http://coralreefsailing.net/southern\\_bay\\_race\\_week](http://coralreefsailing.net/southern_bay_race_week) or go to [www.blacksealcup.com](http://www.blacksealcup.com), click on the CRSA logo on the right, and place your order. **Orders received by May 20th get a 10% discount** - be sure to put the **SEAL10** discount code on your order. And, you can save shipping by picking your advance ordered gear up at the regatta. Save some buks, be sure to get the size you want, and be the best dressed dude or dudette at SBRW 2011!

The 18 boats currently entered in the **DOWN THE BAY RACE fleet** are close to evenly divided between southern Bay boats and northern Bay boats. So, logistics-wise half will put in the delivery time up front, southern Bay boats going to the start in Annapolis, and the northern Bay half will deliver home after the race or after staying for Southern Bay Race Week the following weekend (June 3-5). The start for DTB is on Friday, May 27. For info and to register, go to [www.hamptonyc.com](http://www.hamptonyc.com) and click on the DTB logo on the right side of the page.

**SPINSHEET SOCK BURNING AND CREW LISTING PARTY** - Saturday, April 2, 5PM - 7PM, at Marker 20 (downtown Hampton) - beer provided by SAILTIME VIRGINIA BEACH. Burn your socks, list on the skipper and crew sites, and nob some hobs! A racers gathering - **OPEN TO ALL.**

**Collegiate Update:** Seven (7) collegiate teams sailed in sunny and windy conditions on the James River this past weekend at the **Christopher Newport University 2on2 Invitational** team racing regatta. **Hampton University won (8-1)**, William and Mary was 2nd with a tally of (6-3), and Villanova 3rd with (5-4). Host CNU was 4th(5-4), followed by Salisbury State (4-4), UVA(2-6) and CNU-2nd team (0-8).

**Food for thought.** A lot of the value in Summer Sailing Programs for Juniors is the **independence it affords kids**. The kid is in charge of and responsible for his or her boat - mess up a tack, the kid ends up in the drink; sail the wrong way, the kid does poorly in the race. Racers call such errors (and the inevitable results) "instance reinforcement"! **Chris Caswell**, *SAILING Magazine*, "On the Wind", page 9 of the current issue, tackles the damage done by overly zealous adults in "Mommy boats" trailing after juniors on the race course. Caswell

mentions hearing from a Fortune 500 executive recruiter who says his job is difficult because today young people coming into the talent market ". . . are weak when it [comes] to independent decision making. They simply are incapable of relying on their own experience and instincts." So, yes, sign your kid up for summer sailing. . . and let him or her do the sailing and learn from making and correcting his own mistakes. *Self-reliance is a gift that keeps on giving!*

**SBRW FLEET UPDATE:** **Hank Giffin**, who sails and races his Crealock 37, *Coeur 'd Alene*, out of Norfolk, has entered the newly revised SBRW Cruising fleet. And, two more PHRF C fleet boats have entered SBRW 2011. **Trevor Harney**, from Leesburg, VA, is doing the Down The Bay Race and staying over for SBRW. This is Trevor's second year of doing the double in his Merit 25, *Audrey*. **Steve Taylor** returns for SBRW and will have his Columbia 10.7, *Insolvent*, on the C Fleet starting line. [www.blacksealcup.com](http://www.blacksealcup.com)

**MURPHY'S LAW:** *Yrs Truly, the Racing Beagle*, after experiencing the *BREEZY* conditions on Saturday, is hunting up some spring racing gear. A fleece vest with a squirrel fur lined hoodie (with embroidered SBRW Black Seal Cup logo) is what comes to mind. Hooooowlin' good lookin'! /S/ *Murphy the Racing Beagle, the sailing spirit in us all.*

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SOUTHERN BAY RACING NEWS YOU CAN USE, Lin McCarthy, Editor