



South African Sailing

ENCOURAGING PARTICIPATION AND PROMOTING EXCELLENCE IN SAILING

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Newsletter

- April 2009

South African Sailing, Youth Worlds Team

The 2009 Volvo Youth Sailing ISAF World Championship is on course to be a record breaker with 59 nations and 280 sailors entered to compete in Buzios, Brazil from 9-18 July. The 39th edition of the Volvo Youth Sailing ISAF World Championship is the first to visit South America and the host city of Armação de Buzios is gearing up for a huge entry of top youth sailors from right around the world.

South African Sailing is proud to announce the names of the Youth team who will be participating in the 39th Volvo Youth Sailing ISAF World Championship 2009.

2 Person Dinghy Boys

Brevan Thompson and Callum Kilpin .

Multihull Open

Matthew Whitehead & Calene Loubser

One Person Dinghy girl

Claire Walker

One Person Dinghy boy

Matthew Shaw

The team will be accompanied by South African Sailing Head Coach David Rae and Team Manager, Colin Whitehead.

We would like to wish our team the best of luck for this prestigious youth event. South African Sailing and all our members are extremely proud of you. SAS would also like to thank Sport and Recreation South Africa for their ongoing support.

To those young sailors who were not successful, we wish to encourage you to keep trying and to actively participate in the SAS Youth Development Programme.

			
Brevan Thompson Helm	Callum Kilpin Crew	Matt Whitehead Skipper	Calene Loubser Crew
			
Matthew Shaw	Claire Walker	Colin Whitehead Team Manager	David Rae Team Coach

29er Nationals at Hermanus Y. C.

Winners: Neil Malan (crew) & Taariq Jacobs (Skipper)



WANTED - News

Please remember that if the Regions, Classes, and Clubs do not send us their News, especially pre event publicity, results and reports, they can't complain that we have not published it.

What you read in this Newsletter is what was sent to us.

Please send News/Pics. To
Roger Bartholomew at rbartholomew@isat.co.za

29er National Class Championship 2009 HERMANUS YACHT CLUB 14 and 15 March 2009

Pos	Sail No.	Club	Helmman	Crew	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8	R 9	R 10	R 11	R 12	Total DNF	Total	Discard 1	Discard 2	Total Less Discard
1	RSA13	ZVYC	T Jacobs	N Malan	2	4	3	1	1	2	6	3	1	1	3	1	0	28	6	4	18
2	RSA1194	ZVYC	D Rae	D Rae	1	1	1	2	3	1	1	5	2	4	4	5	0	30	5	5	20
3	RSA401	HYC	D James	N James	3	2	2	3	2	5	2	1	3	2	1	3	0	29	5	3	21
4	RSA533/38	ZVYC	M Hall	A Hall	5	3	5	5	7	6	3	2	4	3	2	4	0	49	7	6	36
5	RSA531	ZVYC	J Waters	S Allison	4	5	4	4	4	4	5	6	6	5	5	2	0	54	6	6	42
6	RSA1402	HMYC	A Tarboton	M Ovenstone	DNS	6	7	7	5	3	4	4	5	6	6	6	11	70	DNS	7	52
7	RSA261	ZVYC	C Joubert	N Carstens	DNF	RET	6	6	8	8	7	7	8	7	8	8	22	95	DNF	RET	73
8	RSA262	ZVYC	M Rickard	F Fitzimons	DNS	7	8	8	6	7	8	8	7	8	7	7	11	92	DNS	8	73
9	RSA264	HYC	C Kets	T Nortier	6	8	9	9	9	9	DNF	9	9	10	9	9	11	107	DNF	10	86
10	RSA265	FBYC	H Mantz	L Mantz	DNF	DNF	10	10	10	10	DNF	10	10	9	10	10	33	122	DNF	DNF	100

Finn Nationals Results - Sailed at Saldanha Bay over Easter

Finn Class

Sailed:10, Discards:2, To count:8, Entries:15, Scoring system:Appendix A

Rank	Fleet	Class	SailNo	Club	HelmName	CrewName	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	Total	Nett
1st	Finn	Finn	1	ZVYC	Davis Greg		(3.0)	(3.0)	1.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	15.0	9.0
2nd	Finn	Finn	669	ZYC	Leigh David		1.0	1.0	2.0	2.0	(4.0)	3.0	2.0	3.0	(4.0)	3.0	25.0	17.0
3rd	Finn	Finn	567		Serritslev Ali		(4.0)	2.0	3.0	3.0	3.0	2.0	(5.0)	1.0	3.0	4.0	30.0	21.0
4th	Finn	Finn	51	AYC	Baum Philip		2.0	(5.0)	(4.0)	4.0	2.0	4.0	3.0	4.0	2.0	2.0	32.0	23.0
5th	Finn	Finn	540	AYC	Tucker Alan		5.0	4.0	5.0	5.0	5.0	5.0	(16.0 DNC)	(16.0 DNC)	6.0	5.0	72.0	40.0
6th	Finn	Finn	539	ZVYC	Weixelbaumer Klaus		6.0	(8.0)	6.0	6.0	6.0	7.0	7.0	(16.0 DNC)	5.0	6.0	73.0	49.0
7th	Finn	Finn	504	ZVYC	Barbour Barry		8.0	9.0	7.0	7.0	(16.0 DNC)	(16.0 DNC)	4.0	5.0	7.0	7.0	86.0	54.0
8th	Finn	Finn	12	UCTYC	James Andrew		(11.0)	(12.0)	10.0	8.0	8.0	6.0	6.0	6.0	8.0	8.0	83.0	60.0
9th	Finn	Finn	503	PSC	Verhij Randolph		9.0	6.0	8.0	10.0	7.0	9.0	9.0	(16.0 DNC)	(16.0 DNC)	16.0 DNC	106.0	74.0
10th	Finn	Finn	563	PSC	Reynolds Ken		12.0	11.0	11.0	11.0	9.0	8.0	8.0	7.0	(16.0 DNC)	(16.0 DNC)	109.0	77.0
11th	Finn	Finn	570	FYC	Bohnsack Gerd		7.0	7.0	9.0	12.0	10.0	(16.0 DNC)	(16.0 DNC)	16.0 DNC	9.0	9.0	111.0	79.0
12th	Finn	Finn	14	RYC	Onlee Robert		10.0	10.0	12.0	9.0	(16.0 DNC)	(16.0 DNC)	16.0 DNC	16.0 DNC	16.0 DNC	16.0 DNC	137.0	105.0
13th	Finn	Finn	289	POYC	Geach Adrian		13.0	13.0	(16.0 DNC)	(16.0 DNC)	11.0	16.0 DNC	16.0 DNC	16.0 DNC	10.0	10.0	137.0	105.0
14th	Finn	Finn	506	PSC	Hodgen Ralph		14.0	14.0	13.0	(16.0 DNC)	12.0	10.0	10.0	(16.0 DNC)	16.0 DNC	16.0 DNC	137.0	105.0
15th	Finn	Finn	214	POYC	Vermeulen JB		15.0	15.0	(16.0 DNC)	(16.0 DNC)	16.0 DNC	16.0 DNC	16.0 DNC	16.0 DNC	11.0	11.0	148.0	116.0

South African Sailing Coaching Seminars

South African Sailing recently sent a team of its top coaches to conduct training courses for South African Sailing local coaches in the Eastern Cape, Gauteng and Kwazulu Natal.

The courses were facilitated by Dale Rae who has an international sailing background and has post-graduate Sport Training qualifications from the renowned UCT Sports Medicine Department of Tim Noakes... Dale who currently heads the Western Cape Youth development portfolio of the is actively engaged in an innovative sailing training programme on Zeekoeivlei which draws its students from the nearby, previously disadvantaged community of Grassy Park in Cape Town Her passion for sailing and growing our sport is legendary.. The original coaching seminar that was offered to Western Cape coaches was so well received that South African Sailing asked Dale to present the seminar to coaches in all the SAS regions. Dale was assisted by her husband, SAS Head Coach David, who is a professional yachtsman best known for his role as mainsail trimmer on Shosholoza. Part of David's portfolio is the development of High Performance Sailing in South Africa. Bringing long experience into the mix, her other assistant presenter was Springbok yachtsman "silver bullet" Sailor of the Year 2008 Dave Hudson. Dave first obtained his national colours in the 1960's and 1970's notably in the Flying Dutchman class. He has just completed a very successful season on the European sailing circuit where he came second in the World Championships of the exciting new Laser SB3 class. The Race Ahead Foundation, one of Dave's initiatives for sailing is aimed at making the sport of sailing, with all of the benefits and opportunities it offers, more accessible to young South Africans from previously disadvantaged communities.

The wealth of experience shared by the three presenters was evident in the comprehensive and professional presentation and by the ability of the team to handle a wide range of topics and of coaching problems at all levels. Although the seminar was aimed at the club-coach level, the new skills introduced will undoubtedly benefit all levels of sailing instruction from trainer level through to provincial coach level.

The two-day seminar covered topics such as The Role of the Coach, successful coaching programmes, coaching resources, race preparation, getting round the course fast and beating the fleet.

Eastern Cape – 7/8 March 2009

Twenty club coaches and their assistant's coaches attended the course, some from as far away as East London and Port Elizabeth.

Keeping pace with a growing market for skilled people in the international yachting industry and with the firm reputation being established by South Africans as skippers or crews of ocean racing yachts, half of the coaches who attended the course were fresh from school or else completing their schooling. They are all planning to make sailing and sail coaching their profession.

An unusual course-goer was Cedric Buys from the Seven Passes Project which assists with the academic needs of the children of farm workers along the Seven Passes Road. Cedric's project assists these children with supervised homework sessions and guides them into healthy sporting and extra-mural activities. Cedric is not himself even a sailor, let alone a sailing coach, but he has recognised the value of sailing as a healthy outdoor activity that teaches useful water –safety skills. Where he has been able to obtain sponsorship, he has been bringing his children to the George Lakes Sailing School. Because of his value in introducing sailing to a wider community, S. A. Sailing S. Cape encouraged Cedric to attend the course to learn more about the sport and sponsored his course fee.

Gauteng 28/29 March 2009

Thirty seven club coaches and their assistant's coaches attended the course. Most NSA clubs were represented and course participants included veterans such as Bill Webster who has been teaching sailing for many years, to young sailing enthusiasts such as David Rowbotham, whose presentation on roll tacking was most impressive. The tremendous turn-out from NSA showed that there is a huge interest in developing sailing in the region. Presentations done by participants indicated that there is a huge resource of competent coaches in the NSA.

Kwa-Zulu Natal 4/5 April 2009-04-21

The final coaching seminar at Royal Natal Yacht Club was attended by twenty three coaches. Participants ranged from novice coaches such as ISAF Youth Worlds sailor Claire Walker to expert coaches like Craig Millar from Sail Africa. The presentations done on the second day of the seminar were of an extremely high standard. Participants went to a lot of trouble to prepare their presentations and topics ranged from "How to introduce youngsters to sailing" to "How to bridge the gap between High School and University sailing". The quality of the presentations as well as the discussions that followed showed that the KZN coaches have a lot to offer to develop all levels of sailing in the region. An active participant in the course was Phiko Mbuqe from SRSA

Contd. On next page

Course feedback

Comments received from participants were a clear indication to South African Sailing that we are on the right track with coach development:

“The course exceeded my expectations. I never imagined that it would be at such a high standard.”

“The lectures were excellently run and helped my sailing as well as improving my ability to effectively coach persons on any level of sailing.”

“A thoroughly well-constructed coaching course covering drills, rules, tactics, goals, motivation, and Oppie settings. Dave Hudson, and David & Dale Rae are to be complimented on their professional presentations, and are thanked sincerely for sharing their enthusiasm, expertise and hard-won sailing knowledge with us.”

“The week-end gave me hope for sailing in South Africa”

“It was great to see the latest drive to get sailing back on the map and getting the coaches on the same page”

Thank you

South African Sailing would like to thank a number of stakeholders for making the seminars possible:

- _ Sport and Recreation South Africa for their financial support for the seminars
- _ Presenters David and Dale Rae and David Hudson for sharing their expertise and enthusiasm with us
- _ Lake Pleasant, Pretoria Sailing Club and Royal Natal Yacht Club for hosting the seminars
- _ Dee, Donald, Paul Pettitt and Daphne for coordinating the seminars in their respective regions

The way forward:

The initial coaching seminars were the start of a development process that will be beneficial to all sailing trainers and coaches. Based on the presentations done by participants as well as the sailing CV's received, participants will be accredited as trainers or club coaches, depending on their level of experience. In order to address further development needs South African Sailing will be offering a series of club trainer courses in the next few months to assist trainers who work with beginner sailors. Information with regard to future coach development seminars will be posted on the South African Sailing Website on the South African Sailing Academy webpage from 1 May 2009. We hope that this initiative will be beneficial to all those who have a passion for our sport and that sailing in South Africa will over the next few years regain its rightful place in the international sailing arena.



The enthusiastic group of club sail coaches and assistant coaches seen with their course presenters after completion of a very successful sail-coaching course held at Lake Pleasant Hotel over the weekend of 7 – 8 March. Chief presenter, Dale Rae is standing far left with one of her assistant presenters, Dave Hudson, kneeling immediately in front of her. Her other team mate, husband David Rae, is standing far right.



Craig Millar from Sail Africa shares ideas on "weighty issues: and boat balance at the KZN coaching Seminar on 5/5 April



NSA course participants at the coaching seminar learn about the role of the coach.
NSA Coaching seminar
28/29 March 2009



Ricky Robinson from Wits Sailing Club shares his start line expertise with participants

NSA Coaching seminar
28/29 March 2009



A special thank you to Jane Hudson and Junior Head Coach James Rae for sharing their coaching skills with us. James's expression says it all – watch this space!

NSA Coaching seminar
28/29 March 2009

SAS Youth Training Clinic

Over the 21st and 22nd March 2009 the SASWC Youth Committee hosted a training clinic at Langebaan lagoon specifically to coach young sailors about racing in current. 59 sailors in the Optimist, Dabchick, Laser 4.7, Radial and Full rig, 420, Dragoon and Hobie 16 classes descended upon Langebaan yacht club on Saturday morning – much to the alarm of the regular power boaters at the club. Under the guidance of the best coaches/sailors we have in the country (Andrea Giovanini, Rudy McNeill, Markus Progli, Gareth Blanckenberg, Pete Shaw, David Rae, Brad Stemmet, Colin Whitehead, Steve Arnold and William Edwards) the sailors listened to the theory behind sailing and racing in current, spent two substantial sessions training on the water, teamed up with sailors in other classes for a Rules Quiz and finally raced a mini-regatta. Di Hutton-Squire ran three full length races and it was wonderful to see the lessons in current surfacing in the racing. The regatta winners were Heidi Burger (Optimist), Alex Thompson (Laser 4.7), Leo Davis (Laser Full/Radial), Brevan Thompson and Callum Kilpin (420), Petrus and Bridgett Smith (Dragoon) and Matthew Whitehead and Calene Laubser (Hobie 16).

This was the first training clinic catering for junior and youth, as well as mono- and multi-hull sailors. Not only was the mentorship between the junior and youth sailors evident, but it was also great to see the interaction between our young mono- and multi-hull sailors, whose paths unfortunately rarely cross. Langebaan is an ideal training venue, and the lagoon - with its swift current and numerous sandbars - provided the perfect environment to learn about racing in current.

Thank you South African Sailing for allocating WC Youth Sailing the Department of Sport and Recreation grant that made the training clinic possible. Concentrated bursts of training, such as provided for by this clinic, are invaluable. Having seen the benefit of such an event, we hope that we will be able to run more in the future. Thanks to Langebaan Yacht Club and it's members for tolerating so many "foreigners" for the weekend; to Tracy Whitehead, Sally Shaw, Dale and Dave Rae for organizing and overseeing the running of the clinic; to Johnny Hutton-Squire and Josh Selig for helping run the racing; to Greg Davis for lending us his Cat for the bridge boat; and finally to all the parents and sailors for making the effort to get up to Langebaan – I am sure you will agree that the lagoon is a great sailing venue and that training on a different and challenging piece of water is hugely beneficial.

A very useful Website Link

HOBIE CAT YOUTH CLUB

Updates since January 25, 2009

Welcome to the **HOBIE CAT YOUTH CLUB** Web site Digest! Below you will find the pages and sections that have changed since your last Digest email.

To see the latest updates, visit the site address: <http://hobiecatyouthclub.shutterfly.com/>

Some comments received about the SAS WC Training Clinic Weekend

Hi Roger

Just to let you know, the Langebaan weekend by all accounts was a great success. The Rae's and Andrea put on a great programme, which the kids really enjoyed. I can see the standard of Oppies improving already in the few weeks since Andrea's return. Let's hope SAS can keep him in SA.

I think these weekends are really fun and enjoyable from the kid's perspective and will become more and more popular. They also enjoyed sailing at a different venue. Hopefully, we'll see more weekends like this in the future. (Hopefully at HYC)

Regards

Brian Willcocks

Dear Dale, David, Tracy and Roger

On behalf of all the Junior Sailors at Zeekoei Vlei Yacht Club I would like to thank you and SAS for the outstanding training weekend at Langebaan Yacht Club. The event was well run and professional and all the sailors gained a huge amount out of the training clinic.

A clinic of this nature takes an enormous amount of time and effort to organise and the sailors appreciated every aspect of the event. Please also thank all the coaches as their input was outstanding.

Tracy please thanks your yacht club for hosting the event and we hope next year we can come back again.

Kind regards

Sally Shaw

ZVYC Junior Rep.

Hi Dale / Tracy

I truly was an awesome weekend and as expected we had a few members feeling distressed about the fact that they had to share "their" club for a change but there were more prizes than complaints. The kids showed that they can behave and respect the Club facilities. We would have to make specific arrangements wrt "Keeping the ablutions clean" aspect next time. This proved to be our only problem area.

We would like to have events like this in the future again.

Best Regards

Jaco Smith - Langebaan Yacht Club – Rear Commodore, Sailing

(This letter has been shortened)

Advertising on the SAS Website

We are still looking for someone who has an interest in Sailing and able to sell advertising on our Website. It would

Suit someone who likes to work for a few hours a week from home and has a need to earn a few extra Rands.

If you are interested in discussing this please contact Roger Bartholomew at rbartholomew@isat.co.za or his cell 082 924 4553 or home, 023-342.4668

Letters to the Editor

Do you have something to say? Do you want to share your opinion and hear from others as well? Send us your comments in 250 words or less. Include your name and e-mail address.

Let's get some discussion going.

Roger Bartholomew at rbartholomew@isat.co.za or his cell 082 924 4553 or home, 023-342.4668.

STOP PRESS!!!!

Email from Tracey Whitehead of Hobie Cat Youth Club to Sue McWha, SAS Hi Performance Administrator

Sue

I just realized a few things & thought it would be nice to pass this info on. Out of the top 5 places in the SA Hobie 16 National Champs – (10 sailors) 4 were youth.

Kelli Whitehead (2 nd) crew WP	Blaine Louden (4 th) crew KZN
Matt Whitehead (5 th) skipper WP	Calene Loubser (5 th) crew WP

For the positions after that the numbers are just as impressive –

Brent Haywood (7 th) crew	Nicola Obree (9 th) crew
Simon Bonarius (11 th) crew	Andrew Fourie (13 th) skipper
Daniel Maidment (13 th) crew	Colin Norton (15 th) crew
Stewart Walker (18 th) skipper	David Thomas (18 th) crew
Dallyn McLean (19 th) skipper	Skye McLean (19 th) crew
Gary Norton (22 nd) skipper	Ingrid Wertheim Aymes (22 nd) crew
Rudi van Velzen (23 rd) crew	Ewald Erasmus (27 th) skipper
Riccardo Suttner-Salco (27 th) crew	Doug Edwards (33 rd) skipper
Garath Loudon (33 rd) crew	

& I apologies I don't recognize the other names on the entry list but I am sure I missed a few other youth.

Total 42 entries = 84 sailors of which at least 21 were youth.....almost ¼

I think this is great.

As the winner William Edwards said – Hobie sailing is alive & well in SA!

Tracy

Tracy Whitehead - **Hobie Cat Youth Club** - Langebaan +2783 300 1663

From Scuttlebutt

CARBON TILLER EXTENSION COMPARISON

by APS

Tech Tuesday is our feature here at the Stern Scoop where we plan to highlight some of the more technical aspects of some of our products. From line specs to how to properly rebuild a winch we hope to provide some fodder for the tinkerers and engineer types out there.

Today we're starting with some detailed specs on carbon tiller extensions. We offer seven different types with rubber universals (there are some larger big boat extensions made of carbon as well from Forespar) . From top to bottom we have the Acme Fatso, Acme Fatso Jr., JCD, Ronstan, Forespar Giant Stick, Forespar Big Stick and Holt Allen. I threw a quarter and a dollar bill in there for a size comparison. -- Read on:

<http://blog.apsltd.com/2009/04/tech-tuesday-carbon-tiller-extension.html>

From Scuttlebutt

MIAMI YACHT CLUB BOOSTS THEIR PROGRAM WITH 20 O'PEN BICS

"We need our kids to get the sailing passion and be planning today to be ready for 29ers and 49ers tomorrow!"-

Leandro Spina, U.S. World Youth Team

Coach and MYC advisor. Check out this new O'pen BIC action video at

<http://www.youtube.com/watch?v=ZMqtKjALQVg> - To get on our June West Coast Demo Tour contact

<mailto:info@BICSportNA.com>

Navy Festival Regatta 29 March 2009

The Navy festival regatta is the biggest development regatta in the country. The event attracted entrants from Hout Bay, Zeekoevlei and Saldanha, however as usual it was the local students from Izivunguvungu MSC Foundation for Youth who took the top positions on their home waters.

The event started with Friday and Saturday preliminary rounds with 17 Bosun dinghies, each with a crew of 3, racing for a spot in the gold fleet. On Saturday afternoon a light SE provided good conditions to test skill. The Gold Fleet used spinnakers and the day was won by Asenathi Jerome and Dion. In the Silver Fleet Asanda Lunga and Sandile were in the lead.

By Sunday the wind was howling SE of 30 + knots. The gold fleet raced first. The racing was extremely tight, Defending champion Kenwyn Daniels lost his mast in the first race. Howard Leoto looked strong but also suffered breakages. In the end it was team Asenathi who was pulling out all the stops and crossing the line first in all races except for one in which he scored a Did Not Start. Marlin and Denver were second followed by Ashwin Carlisle and Richard.

In the Silver fleet Asanda leading the Saturday capsized and missed a crucial race in the next race he had to beat Theo from Hout Bay but on the first reach he also lost his mast in the trying conditions. Athi and Theo had good racing but in the end it was Hout Bay's Theo and Evan who won the Silver fleet. Athi, Ayakha and Masibulele were second and Asanda Lunga and Sandile third.

Many thanks to RCYC for their sponsorship.

GOLD FLEET

Boat Team

17	Asenathi	Jerome	Dion	1	1	1	1	8	1
16	Marlin	Denver		4	2	4	3	1	5
15	Ashwin	Carlisle	Richard	6	6	2	2	3	2
14	Sibusisu	Renaldo	Simtembile	3	4	3	4	8	4
13	Sinetemba	Mouse	Onke	2	3	7	5	2	6
12	Thabiso	Loyiso	Heinie	8	5	5	7	8	3
11	Howard	Sabatha	Jackson	5	7	6	6	8	8
10	Kenwyn	Cheslyn	Adam	7	8	8	8	8	8

SILVER FLEET

9	Theo	Evan		1	4	2	1		
8	Athi	Ayakha	Masibulele	6	5	1	2		
7	Asanda	Lunga	Sandile	2	1	6	6		
6	Yster	Lucas	Lomwabe	5	2	3	4		
5	Ryan	Roscoe		3	3	6	6		
4	Joweal	Donnie		4	9	6	3		
3	Duwain	Morney	Donnie	7	6	6	6		
2	Jonathan	Bonnita	Jonathan	9	7	6	6		
1	Dylan	Eathan	Ryan	9	9	6	6		

NOTICE OF REGATTA

PRETORIA SAILING CLUB 50TH ANNIVERSARY CELEBRATION REGGATA 23rd and 24th May 2009

TO BE SAILED AT PRETORIA SAILING CLUB

FIRST RACE NOT BEFORE 2.30 ON SATURDAY 23rd May 2009

First Race on Sunday 24th not Before 10.30

FREE ENTRY

Open to all classes scored on handicap

All participants to receive a commemoration 50th Anniversary
Burgee

Two Races on Saturday

Four races on Sunday

PRIZES !

PSC

Fifty Years On and Still Sailing Strong !

Anne English
Secretary Pretoria Sailing Club