



## **Rick's seminars celebrate 22nd year**

### **2010 Seminars**

#### **LASER-SUNFISH**

**Apr 11-16** — 5-day Rick White Sailing Seminar for Laser, Sunfish, dinghy, Key Largo, FL, 305-451-3287, • [rick@catsailor.com](mailto:rick@catsailor.com) and see [www.sailingseminars.com](http://www.sailingseminars.com)

**TBA** — 3-day Rick White Sailing Seminar for Laser/Sunfish/dinghies at Leland YC, Leland, MI, [FLYINGCROS@aol.com](mailto:FLYINGCROS@aol.com)

#### **CATAMARANS**

**Apr 18-23** — 5-day Rick White Sailing Seminar for beach cats, Key Largo, FL, 305-451-3287, [rick@catsailor.com](mailto:rick@catsailor.com) and see [www.sailingseminars.com](http://www.sailingseminars.com)

**TBA** — 5-day Rick White Sailing Seminar for largers Trimarans and Cats in Munich, Germany

**Nov 28-Dec 1** — Rick White's Sailing Seminars for WAVES ONLY in conjunction with the Wave Youth Nationals and the Wave Nationals, Key Largo, FL, 305-451-3287, [www.sailingseminars.com](http://www.sailingseminars.com), [www.waveclass.org](http://www.waveclass.org), or [rick@catsailor.com](mailto:rick@catsailor.com) (charter boats available, [barb@the-helm.com](mailto:barb@the-helm.com))

**Pricing information elsewhere in this brochure.**

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**THESE ARE BRING-YOUR-OWN-BOAT SEMINARS. SOME CHARTERS AVAILABLE. SEE INFO ELSEWHERE IN THIS BROCHURE**

Rick White's Sailing Seminars began in April of 1989 in the Florida Keys and Rick continues to do two of the five-day "boot camp" seminars here on home waters every April .

During the past 20 years Rick also has taken his seminar throughout the United States, Canada and Mexico, and overseas to England, Germany, Israel, and Saipan. (See back page of this brochure for more history about the seminars.)

This year's Keys seminars in April (see schedule at left) will again be at Founders Park, Islamorada, FL, where we will be sailing off the park's beautiful beach.

Past seminar students may remember this 55 acres on the bay side as Plantation Yacht Harbor Resort. Well, there is no more motel, no more restaurant, no more tiki bar. But the Village of Islamorada has transformed the place into something worthy of Club Med.

If you bring family members, there is a lot for them to do right on the property.

Besides the beautiful, half-moon beach in a protected cove, it has an Olympic-size swimming pool (plus diving section), with gorgeous grassy area (looks like a putting green) for sunbathing.

There is an elaborate skateboard park. There are beautiful tennis courts, lighted at night. Baseball fields, soccer field, jogging/rollerblading paths around the park, bocci ball court, basketball court, lots of land for flying kites.....

Sailing lessons or tennis lessons or swimming lessons are available.

Since there is not a motel or restaurant at the site, our seminar price is now much less than it used to be -- it is just for the seminar itself. You can shop around for the kind of place you want, or can afford, as far as accommodations. And there are restaurants VERY nearby, of all different types and price ranges.

All in all, you can probably do the seminar for less money now than it would be if we were still including the accommodations and teaming you up in rooms and providing the meals, the way we used to do it.

Whether you are doing the seminar for the first time or have taken it five times, we hope you will join us for a week of fun and training.

# Accommodations near Founders Park

Motels for seminars at Founders Park in Islamorada, Florida. Founders Park is at mile marker 87, so determine distances to motels by mile marker locations. Higher numbers are north and lower numbers are south.

Ragged Edge Resort (Closest) (On the water)  
(Mile Marker 86.5 oceanside)  
243 Treasure Harbor Rd  
Islamorada, FL 33036  
305-852-5389  
Rates start at \$99  
Web site: [www.raggededgeresort.com](http://www.raggededgeresort.com)

Islamorada Motel (Closest)  
87760 Overseas Highway (Mile Marker 87.76, bay side)  
Phone: 305-852-9376  
They have a total of 13 rooms, 5 large and 6 small.  
Rates: Small room, one queensize bed — \$69  
Large room, two beds and kitchen — \$89  
Web site: [www.islamoramamotel.com](http://www.islamoramamotel.com)

Lookout Lodge (Next Closest) (On the water)  
87770 Overseas Highway (Mile Marker 87.77, bay side)  
Phone: 305-852-9915  
They have a total of 10 rooms  
Rates start at \$130.  
Web site: [www.lookoutlodge.com](http://www.lookoutlodge.com)

Conch-on-Inn (third closest)  
(Mile Marker 89.5, bay side)  
Phone: 305-852-9309  
They have a total of 8 rooms  
Rates: One queen bed — \$109  
Two double beds — \$119  
I think all the rooms have frig. and microwave.  
Web site: [www.conchoninn.com](http://www.conchoninn.com)

Smugglers Cove (M.M. 85.5 bayside)  
85500 Overseas Highway  
Rates start at \$119 for two queensize beds.  
[www.smugscove.com](http://www.smugscove.com)

Coconut Cove Resort & Marina (M.M. 84.8, Oceanside)  
305-664-0123  
84801 Overseas Hwy  
Cottages that have queen bed and single bed and kitchen  
2 acres of natural tropical landscaping and only 10 units.  
[www.coconutcove.net](http://www.coconutcove.net)

Keys Motel (M.M. 90.6 oceanside)  
305-852-2351  
90611 Old Highway Â· Key Largo, FL 33070  
Located on US1 at Tavernier Creek, the Keys Motel offers  
20 rooms, dockage, pool and restaurant (Paradise Tropical  
Café) that is open 6 a.m. to 3 p.m. and has great food.  
(\$99 for two double beds; \$119 including kitchen)

Harbor Lights Motel, (M.M. 84.9 oceanside)  
305-664-3611  
84951 Overseas Highway  
Islamorada, FL  
(Prices start at \$99 for one double bed, two doubles for  
\$109)

Tavernier Hotel  
305-852-4131  
91.8 Oceanside in Tavernier  
17-room historic hotel  
\$99 a night for up to 4 people  
[www.tavernierhotel.com](http://www.tavernierhotel.com)

Holiday Isle Resorts  
Mile Marker 84 (3 miles south of Founders Park)  
Phone: 305-664-2321  
They have five hotels on the property, all with different  
names and different prices.

Popp's Motel (M.M. 95.5 bayside)  
95500 Overseas Hwy  
Key Largo, FL  
305-852-5201  
(Rates: \$129-\$149  
[www.popps.com](http://www.popps.com)

Sea Trail Motel, M.M. 98.6  
98620 Overseas Highway  
Key Largo, FL  
305-852-8001  
(RATES: \$44 and \$55 per night)

For more motels, go to the Islamorada Chamber of Commerce: <http://www.islamoradachamber.com/lodging.cfm>

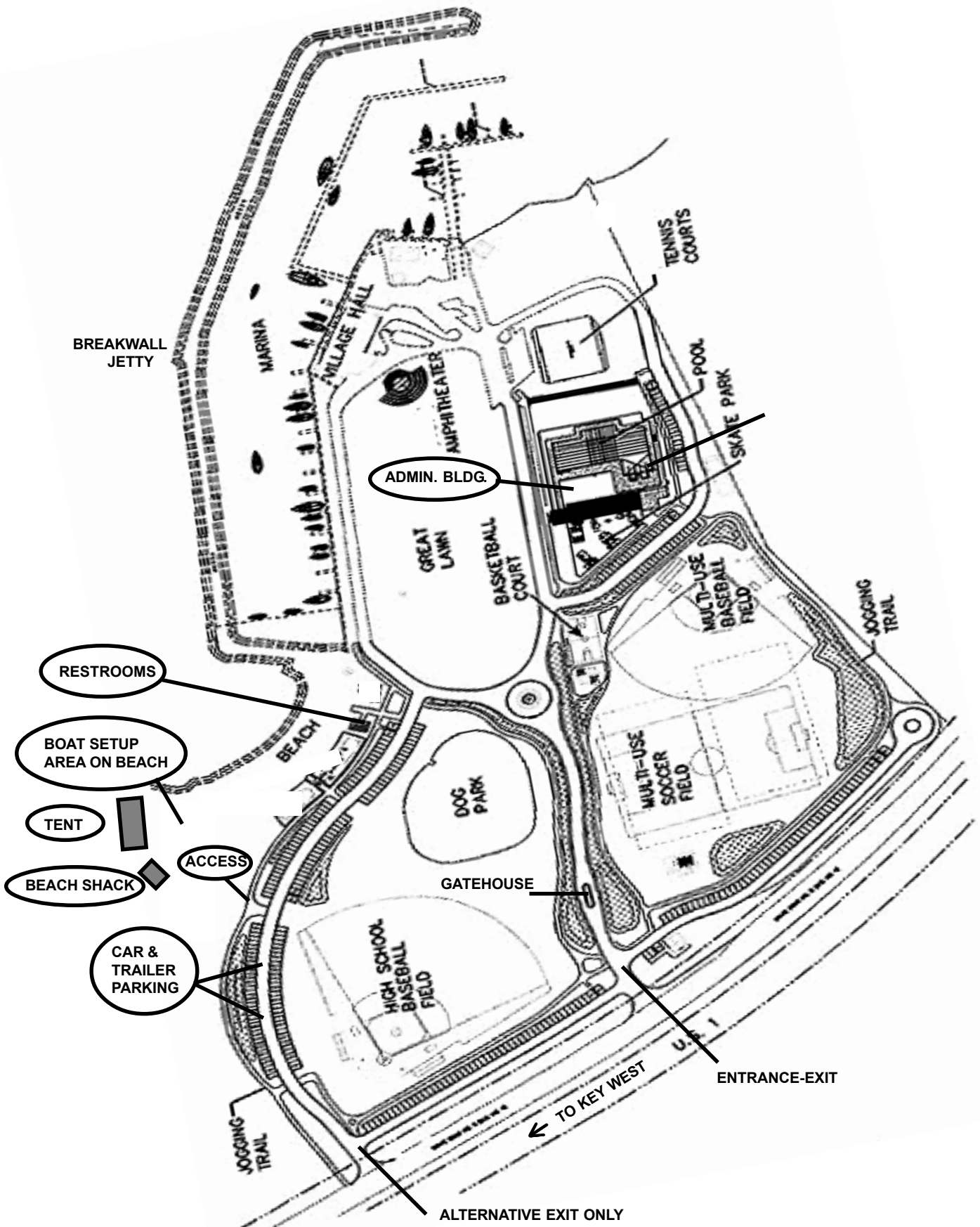
Camping  
No camping allowed at Founders Park. I think the closest  
campground is Key Largo Kampground & Marina at mile  
marker 101. Phone: 305-451-1431 or 451-1995.  
In a pinch, you can camp in our yard in Key Largo,  
mile marker 105.

## Things to do

Snorkeling/diving the reefs  
Glass-bottom boats  
Parasailing  
Swimming with the Dolphins  
Fishing  
Wild Bird Center  
Theater of the Sea  
Kayaking or canoeing  
Drive to Key West  
John Pennekamp Coral Reef State Park  
Everglades National Park  
Artist colony at The Rain Barrel next door  
Alligators, monkeys & orchids in Homestead  
Karaoke nights at various places  
Casino boat  
Eco-tours

**FOUNDERS PARK AMENITIES include**  
swimming pool, beaches, tennis courts, golf range,  
skateboard park, basketball court, beach volleyball  
court, baseball fields, soccer field, bocci ball,  
sailing lessons, jogging/rollerblade paths, and dog  
park.

# Founders Park Map



# Questions & Answers

## Where is the seminar site?

The seminar will be held at Founders Park in Islamorada. This is on Plantation Key, which is the next Key south of Key Largo, about an hour and 45 minutes south of Miami. It is on U.S. 1 (aka Overseas Highway) at mile marker 87, bay side.

## The sailing venue

The seminar will be held on clear, blue, protected waters of Florida Bay, with ideal sailing conditions. It is enclosed by mangrove islands on all sides, so water conditions are usually flat or relatively low chop. Depth is 6-8 feet. Winds are usually consistent in direction and average 10-15 knots, although 20-25 is not unusual when cold fronts come through, and we still get them sometimes in April.

## How do I get there?

When you are driving from points north: If you are coming down I-95, we recommend that you switch over to the Florida Turnpike at Fort Pierce, or at least well before you get to Miami. I-95 ends in Miami and dumps you onto U.S. 1, which is city traffic all the way to Florida City. That's a big no-no. Follow the Turnpike and the Turnpike Extension all the way to Florida City, where it ends and merges into U.S. 1. Just follow U.S. 1 south from there and watch the descending mile markers until you get to the seminar site at mile marker 87.

If you are coming down I-75, you can cross the Everglades via Alligator Alley (which is I-75) or Tamiami Trail (which is Rt. 41). Either way, when you get to the east side of the Everglades, get off on the Turnpike and do as above.

No matter how you get onto the Turnpike, make sure you pay attention between Fort Lauderdale and Miami so you don't miss any turnoff ramps to the right for the Turnpike Extension to Homestead and Key West.

If you are flying into Miami or Fort Lauderdale and renting a car, take the appropriate freeway west from the airport to the turnpike and take the turnpike all the way to Florida City, as above.

## How do I find my way around the Keys?

There is only one main road that goes the full length of the Keys, U.S. 1 (Overseas Highway). Mile markers get smaller as you go south. The road starts in Key West, so at mile marker 87, Founders Park is 87 miles north of Key West.

Actual address numbers on buildings are a longer version of the mile marker, e.g., a building at mile marker 87 would be 87000, a building at mile marker 99 might be 99125, at mile marker 102 it might be 102450.

When we give directions in the Keys, we usually indicate both mile marker and whether the location is on the bay side or the ocean side. e.g. Founders Park is at m.m. 87, bayside.

When you are at Founders' Park, mile marker 87, anything with a higher mile marker is north (toward Miami), and anything with a smaller mile marker number is south (toward Key West).

NOTE: The City of Marathon has a completely different numbering system, so if you happen to be flying into Marathon or passing through, do not get confused by their addresses.

## If I fly, what airport is best?

Founders Park in Islamorada is about an equal distance from Miami International and Key West International Airports. Ft. Lauderdale Airport is about a half hour farther away.

Delta now has a connection flying into the Marathon Airport, which is only 35 miles south of Founders Park (about 45 minutes). So that is now a very viable option. Rental car operations at Marathon are Avis, Hertz and Enterprise.

## Do I need a car?

Probably. Since you will not be staying at the seminar site, you will need transportation to and from your accommodations and to restaurants/groceries, etc.

If you prefer a shuttle service, they are listed next.

## Airport shuttle services?

Some have regular schedules and some are by reservation only:

The Airporter — 305-852-3413

Cadillac Jack – 305-853-5550 or 888-233-5550  
([www.cadillacjackinc.com](http://www.cadillacjackinc.com))

Emerald Transportation – 305-852-1468 or 800-524-7894

Keys Shuttle – 305-289-9997  
([www.floridakeysshuttle.com](http://www.floridakeysshuttle.com))

Greyhound Bus – 800-231-2222 (This is the cheapest, by far, \$20.50 from Miami Airport to Islamorada) The bus has two trips a day each way.

## Accommodations?

Enclosed on a separate page is my list of recommended, nearby motels/hotels.

## What kind of clothes do I need ashore?

Very casual -- shorts and t-shirts are acceptable attire almost anywhere in the Keys. Air temperatures should be in the high 70s, and water temperatures in the 70s. But in April a cold front can still come through and bring temperatures down as low as 60's daytime, so pack some warm clothes just in case.

## What sailing gear should I bring?

For ALL seminars: Life jacket, sailing gloves (full-finger advisable), wetsuit or drysuit or windsuit or all three, whatever you have.

For monohull dinghy seminars: Also bring hiking pants if you have them. Knee pads are recommended.

# Questions & Answers

Bring trapeze harness if required for your boat.

For catamaran seminars: Trapeze harness if required for the boat. And knee pads are mandatory. You can get Spenco neoprene knee braces at most pharmacies. (Make sure you get a size that is comfortable for you and that covers your kneecap.)

## What should I bring for my boat?

Your boat will be put through at least a season's worth of work, just as you will, so bring any spare parts & tools you have that you think you could possibly need. If you have new sails and old, we suggest you use the old ones.

## What else do I need to bring?

Pens and notebook.

## Are there places to get sailing parts?

The nearest Sunfish-Laser dealer is in Miami. There is a Hobie dealer in Key Largo. There are a West Marine and a Kmart 20 minutes away in Key Largo, and a good hardware store a couple of miles away.

## What is the average age?

40, but ages have ranged from 13 to 70.

## What caliber of sailor attends?

We have every level from novice racer or competent daysailor to very advanced racer. The drills are designed to improve ability regardless of skill level. Each sailor benefits from the course in direct proportion to the effort he puts into it.

## What if I don't know how to sail?

Sorry; you must know how to sail competently.

## What if I am a skipper without crew?

This is a common problem. We recommend that you either find a crew or find another skipper in your fleet or area who also wants to attend the seminar, and team up on a boat. If you team up with another skipper, you can share time on the helm, which actually broadens your knowledge of the boat. If you cannot find a sailing partner, let us know early, and we will try to team you up with someone.

NOTE: I do not try to team you up until you are officially registered for the seminar. If I am unable to team you up, your \$100 deposit will be refunded. OR you can opt to charter a Hobie Wave. (See question "Are boats available to rent.")

## What if I am a crew without skipper?

See above question. We will try to team you up with a skipper who needs crew for the seminar.

## Does my crew pay the same price?

Yes. The crew is as important a part of the team as the skipper and will benefit just as much.

## Are boats available to rent?

It is best to bring your own boat, if possible.

Lasers are available from Eamon DeLisser. Call 305-525-1614.

For Sunfish, call Steve Lohmayer, 305-942-8054.

Catamarans are in short supply here, so it's best to bring your own or team up with someone bringing a boat. If that is not possible, call Steve Lohmayer, 305-942-8054, and see if he knows of any to charter.

Also, we have a number of Hobie Waves available to charter right here at the seminar site. (13-foot, singlehander catamaran). Call Chip or Barb Short, 305-434-8984.

All charter boats will be brought to the site before the start of the seminar, so you don't have to worry about getting the boat there.

If you have any questions about chartering boats, please call Mary (me) at 305-451-3287.

## More questions or how to contact us?

Please contact Mary Wells:

E-mail: [mary@catsailor.com](mailto:mary@catsailor.com)

Phone: 305-451-3287

Fax: 305-453-0255

Mail: P.O. Box 2060, Key Largo, FL 33037

## How do I register?

(if you haven't already done so)

We need a completed and signed registration form and a \$100 deposit for each person who is sailing in the seminar, whether skipper or crew.

Fill out the enclosed registration form and return it with a deposit check made out to "Sailing Seminars." Mail it to: PO Box 2060, Key Largo, FL 33037

(You can also print out a registration form from our website, [www.sailingseminars.com](http://www.sailingseminars.com).)

If you are paying by credit card (Visa, Mastercard, Discover, American Express), there is a place on the registration form to fill in the information.

The balance of the seminar fee is payable at the beginning of the seminar on Sunday.

Charter fee payments are arranged separately with the person from whom you are chartering.

If you team up with someone on their boat, you will work out arrangements between yourselves.

# An Overview of the Seminars

## We take a building-block approach to race-training

**THE FIRST DAY** is devoted to improving your boat-handling skills. This is the first and most important building block. Without being able to totally control your boat in all situations, you will not be able to get good starts, mark roundings and finishes. And tactics are a lot easier to master when you have first mastered your boat.

In addition to perfecting and speeding up your tacks and jibes, you will learn how to stop your boat, accelerate rapidly out of a stop, how to back up, and how to most efficiently execute a 720. You also will learn the easiest and fastest techniques for righting your boat if you capsizes. You will learn how to slow your boat down when that is necessary for tactical reasons or safety reasons.

**THE SECOND AND THIRD DAYS** are devoted to starts and mark-rounding and finish drills.

You will learn how to get a transit, time the length of the starting line, fine the favored end, and determine the favored side of the course, how to find a hole on a crowded line (and KEEP it), how to get out of a difficult situation and still come out golden. How to make Plan A and Plan B.

You will learn how to pick up boats at the mark roundings and on that last dash to the finish line.

**THE FOURTH DAY** is devoted to drills that will improve your tactical abilities on the race course. This is the point where you start really getting your head "out of the boat" and noticing what else is going on and how to figure out when to "zig" and when to "zag" to sail the shortest distance and get the most advantage over your opponents.

**THE FIFTH DAY** on the water will put it all together with fun and exciting tactical games that will let you use everything you have learned throughout the week.

**THE EVENING LECTURES**, Sunday through Thursday nights, will cover everything you need to know for the next day's drills. These are supplemented by teaching videos and reinforced with thorough briefings before each on-water session and debriefings following each on-water session.

**IN ADDITION** to the things mentioned above, we cover crewing techniques, sail trim and sail shape, how to power up or power down your sails, the finer points of upwind sailing and downwind sailing and reaching, rigging tips, how to tell if an opponent on the other side of the course is going faster or slower and is ahead of you or behind you, racing right-of-way rules, and more and more.

## History of Rick White's Sailing Seminars

Rick White's Sailing Seminars began in 1989 as the first on-water race-training program in the United States geared primarily toward adults.

It was based on the popular and successful Canadian Olympic training program that had been developed over many years at the Ontario Sailing Centre in Canada. Rick had been guest expert there for two years and was very impressed with the rapid improvement of students taking the week-long courses there. He began to ask himself why there was nothing comparable for adult sailors in this country.

There are many programs available to youth sailors, but

there was nothing for adults who were getting into sailing for the first time in their 20's, 30's, 40's and 50's, or who wanted to improve their sailing and/or racing skills.

He decided to fill that need.

Since that first seminar in the Florida Keys, Rick has conducted hundreds of seminars throughout the United States, Canada and Mexico, and as far afield as England and Saipan and Israel. More than 2,000 sailors, ranging in age from 13 to 72, have graduated from seminars for catamarans, Lasers, Sunfish, E-Scows, and Corsair trimarans.

## Who is Rick?

Rick White has raced in many different classes of boats over the past 35 years and has over 200 major championships to his credit. He has written three books on catamaran racing and his fourth book, for all types of sailboats, is "Sailing Drills: How to Sail Better, Faster, Smarter, Safer." It is a compilation of on-water drills to improve all aspects of your sailing. Some can be executed by one boat, some by two boats and some by a whole group.

He has produced teaching videos for beach cats, and for Lasers/Sunfish. Both are available on DVD.

Rick is a US Sailing Senior Race Officer and was Principle Race Officer for the Tornado course at the Miami Olympic Classes Regatta for several years. He also served on race committee for the 1996 Olympics in Savannah.

## The Daily Schedule

### SUNDAY

3:00-6:00 p.m. -- Set up boats, and complete final registration and payment.

6:00-6:30 p.m. -- Get-acquainted session and introductions of all the participants.

6:30-7:30 p.m. -- Seminar orientation and boat-handling lecture related to Monday's drills.

### MONDAY THRU THURSDAY

9:00 a.m. -- Briefing (at this time boats and sailors must be rigged, dressed and ready to go on the water)

9:15-Noon -- On-water drills

Noon-12:30 p.m. -- Debriefing and videos of the morning drills.

12:30 p.m. -- Lunch break

1:45 p.m. -- Briefing for the afternoon session

2:00-5:00 p.m. -- On-water drills

5:00-5:30 p.m. -- Debriefing and videos of the afternoon drills.

5:30-7:30 p.m. -- Lecture/chalktalk about the next day's drills.

### FRIDAY

Longer morning session, followed by graduation. The seminar will be concluded by 2:00 p.m. Friday.



APPLICATION & RESERVATION

(Each sailor must fill out an individual application form. Please enclose \$100 deposit per sailor.)

PLEASE REGISTER ME IN THE FOLLOWING SEMINAR:

Type of seminar: \_\_\_\_\_ Dates: \_\_\_\_\_, 20\_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

AGE: \_\_\_ SEX: \_\_\_ OCCUPATION (if retired, say so and give former occupation): \_\_\_\_\_

CLASS OF BOAT NORMALLY SAILED? \_\_\_\_\_ AND AT THE SEMINAR? \_\_\_\_\_

I AM BRINGING MY OWN BOAT \_\_\_\_\_ I AM RENTING A BOAT FROM \_\_\_\_\_

IF A TWO-PERSON BOAT, DO YOU WISH TO (check one): \_\_\_ SKIPPER, \_\_\_ CREW, \_\_\_ OR ALTERNATE \_\_\_\_\_

IF A TWO-PERSON BOAT, WHO IS YOUR SAILING PARTNER? \_\_\_\_\_

IF YOU DO NOT HAVE A SAILING PARTNER, DO YOU WANT US TO TRY TO TEAM YOU UP WITH SOMEONE? \_\_\_\_\_

RATE YOUR SAILING EXPERTISE ON A SCALE OF 1 TO 10 (10 is high): \_\_\_\_\_

HOW LONG HAVE YOU BEEN SAILING? \_\_\_\_\_ TYPE(S) OF BOATS? \_\_\_\_\_

WHAT ARE YOU MOST INTERESTED IN: ( ) RACE TRAINING ( ) IMPROVE BOAT-HANDLING SKILLS ( ) VACATION

WHAT SPECIFIC THINGS DO YOU HOPE TO LEARN OR IMPROVE IN AT THE SEMINAR? \_\_\_\_\_

HOW DID YOU HEAR OF OUR SEMINAR? (Be specific) \_\_\_\_\_

PAYMENT OF \$100 PER PERSON DEPOSIT FOR THE SEMINAR: (Unless you have already sent deposit)

I have enclosed a check payable to "Sailing Seminars" in the amount of \_\_\_\_\_

Or take my deposit by credit card: \_\_\_\_\_, expiration date \_\_\_\_\_

Security code on card \_\_\_\_\_

WAIVER

PLEASE ENTER ME IN THE Rick White's SAILING SEMINAR. I FULLY UNDERSTAND THAT IT IS MY SOLE RESPONSIBILITY TO DECIDE WHETHER OR NOT TO SAIL OR PARTICIPATE. I VOLUNTARILY ASSUME THE RISK OF PARTICIPATING IN THIS SEMINAR AND AGREE TO HOLD HARMLESS AGAINST ANY AND ALL LOSSES AND CLAIMS Rick White's SAILING SEMINARS OR ANY OTHER ORGANIZATION OR INDIVIDUAL OR PERSONNEL CONDUCTING THIS SEMINAR OR ITS RELATED ACTIVITIES.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

(Applicant's parent if student is under 18)