

Laser World



December 2015



**Congratulations to Anne-Marie Rindom (DEN),
2015 Laser Radial Women's World Champion**

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INTERVIEW WITH STEFANO PESCHIERA

**PRESIDENT'S REPORT AND
WORLD COUNCIL MEETING SUMMARY**

INTERVIEW WITH ANNE-MARIE RINDOM



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Stefano Peschiera from



Name: Stefano Peschiera
Age: 20
Height: 1.82m
Weight: 83



Sailing his Grandfather's Classic wooden sailboat!!



Magic Marine Sponsorship

Top Sailing Achievements?

In the Laser 4.7 I managed to finish sixth at the Worlds. In the Radial I got 5th at the Youth ISAF Worlds and won South Americans twice. In my first Laser Standard World Championship in Oman 2013, I was really excited after achieving the gold fleet. I won the U21 South American Championship two times and finished 4th in the overall fleet. Last year I managed to finish 3rd at the Under 21 Worlds in France. Finally, I finished 24th after having been sitting in 16th at the Worlds in Canada this year (the second ILCA Worlds I have sailed). This is the result that gave me the first out of the nine spots that were being offered to the remaining qualifying countries for the Olympics. I also managed to win my first race ever in a World Championship.

Stefano Peschiera is the first Peruvian to qualify in the Laser Standard.

What was your first boat? *An Optimist*

How old were you when you first sailed a Laser? *15 years old.*

Why did you choose the Laser?
I tried both the International 420 and the Laser. I chose the Laser because I had the right size and weight for the boat and was used to sailing alone.

Who Introduced You To Sailing?
I was taken for rides on my grandfather's 42-foot classic wooden sailboat. My parents signed me on the yacht club's Optimist sailing school at the age of 7, and then I was put into the team. We had a fleet of around 80 boats when I started sailing, pretty big for a country like Peru. Peru has done pretty good internationally in the Optimist class, having both individual and team racing world titles.

Everything I have achieved, I owe to my family. They got me started in this sport. Since then, sailing has turned into my passion and the centre of my life. I will always be thankful to them for all their support during good times, and also hard times. For example during my last years sailing the Opti, where I was too big for the boat, I got frustrated, and the pressure was so big, that I even considered quitting sailing as an option.

Where in Peru did you learn to sail?
I learned to sail in Ancón. It's a beach one hour to the north of Lima (the capital). That's where I used to spend my summers. My favourite place to sail is Paracas, in Peru. It has wind almost every day, a nice climate, and great sailing conditions.

What are the sailing conditions like in that area of Peru?
We have 4 different courses where the regattas take place, they are all on the Pacific coastline. They are all pretty different - from really big waves with chop, to really flat and shifty conditions. In one of our venues we get a sea breeze of 15 - 25 knots every single day from 12pm, there are also light wind venues. It is a complete range of conditions preparing us for anything that we will face abroad.

What's the sailing scene like in Peru? Did you have much competition to sail against?

When I sailed the Optis we had around 80 boats sailing in every regatta. The level was amazing and I would have lots of competition. In the Laser it was a little bit different, before my generation graduated from Optimist, the 4.7, Radial, and Standard Laser fleets were not very big. We had more than 60 boats laying around but no people to sail them. Once my generation graduated from the Optimist, the 4.7 fleet grew to about 15 boats, the Radial nationals had around 30 boats, and we had around 10 sailors in the full rig. I managed to win every national championship that I sailed in the Laser: two 4.7, two Radial, and one Standard. After that I left for college and have not taken part in national regattas.

Have you attended sailing clinics?
I did, when I was sailing the 4.7 and Radial, I went to the Canary Islands a few times. I learned a lot - they had a really competitive fleet of boats.

Which university are you attending and what are you studying?
I am a Business Administration Major at the College Of Charleston; USA. It won the best all around team title in the 2014/15 season, and I contributed by winning the Single Handed National Championship in Lasers.

Was your choice of university influenced by their sailing facilities?
My decision for College of Charleston was influenced mainly by their sailing team, I knew there were sailors like Juan Maegli and Erique Arathoon attending the school. After talking to them I was sure that it was where I wanted to be. I managed to coincide with Juan only a year, but Erique is still here - we sail and train together.

Tell us about your uni sailing team.
Our sailing team has two coaches and a director of sailing. They are all very experienced in lots of types of sailing; one of them even did an Olympic campaign in the 470 class. They are really understanding and help me with all my campaign and also in college sailing.

Peru heads to the Olympics!

We talk to Stefano about sailing in Peru and the path that led his success!

Do you have any sponsors?

Magic Marine are one of my sponsors. I also have two media partners in Peru, one is a sports tv channel and the other a magazine. They help me create exposure so that I can get sponsors that can help me economically. Right now, the government is helping me a lot economically, but we are talking with some other companies in Peru that might become financial sponsors.

Training for the Olympics is a big commitment – how do you balance training and studying?

I usually do all my physical training in the mornings, then I go to class right after. From 1 pm till 6 pm I concentrate on training on the water, Charleston has really good and varied conditions. At night I usually do homework and some stretching. So far, that routine has not brought me any problems, I will try and keep it that way.

What is your training programme?

I train on the water 6 days a week and go to the gym every day of the week, I also cycle twice or three times a week. I sometimes play sports like squash or basketball.

Do you have a training partner

There is a sailor from El Salvador in my school, his name is Enrique Arathoon. He has also qualified for the Olympics in the Laser. We have another Laser sailor from Hong Kong who just joined the school, his name is Gerald Williams. He is a little younger so his goal is to qualify for the 2020 Olympics in Tokyo. The three of us try to match our schedules and train together as much as we can.

How does it feel to represent Peru in the Olympics?

Well, we have had Peruvian sailors in three Olympic games, for Athens and Beijing they all went by wildcard invitation. However, Paloma Schmidt qualified for the London 2012 Olympics in the Laser Radial class. I am the first Peruvian to ever qualify in the Men's Laser class.

What do you think about Robert Scheidt's return?

I have been lucky enough to sail against him since 2013, when he came back to the Laser, actually, one of his first regattas after his return was one of my first regattas in the Laser Standard. I think we both met our goals - he ended up winning those Worlds in Oman 2013 and I managed to make the gold fleet. Since he is one of the main figures in the whole sport of sailing, I do get motivated every time I get to sail against him.

What is Peru's approach to its young athletes? Have you had much support from your country?

Support for the youth has increased recently. However, Peruvian sport got stuck for a while because the government would ask for results before giving economic support for athletes. We then had to explain to them that in order to get results, they needed to invest in us first, that it was really difficult to reach that top level without any previous investment. Now, there are programs that select the best youth athletes and help them in order for them to achieve their goals. I have received support from my country and I receive more each day, especially after qualifying my country for the games.

What are your future goals and aspirations?

I have three future main goals. The first one is to achieve a medal at the 2019 Pan-American Games in Lima, Peru. The second one is to finish in medal position at the Tokyo 2020 Olympics. The third one is to make a top three in a world championship event.

Most influential person?

My dad, he has showed me the right way ever since I was a kid. He has helped me make life-changing decisions that have been positive most of the time. He helped me be disciplined and hard working. Finally, he was the one who introduced me to the sport I love, and since then has supported me in every possible way!



South American Championships 2013



Flying the flag for Peru!



Starting young!



2014 Laser Standard Men's U21 World Championship, France

2015 World Council Meeting Summary

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The ILCA World Council recently held its mid-year meeting in London, England on November 17-18th

*Eric Faust
Executive Secretary*

The ILCA World Council recently held its annual meeting in Grapevine, Texas. Due to the length of the agenda, the meeting took place over two days on October 10-11, 2015. In attendance were: Tracy Usher - President, Hugh Leicester - Vice President, Carlos Palombo - Chairman South America, Jean-Luc

Michon - Chairman Europe, Ken Hurling - Chairman Asia-Pacific, Andy Roy - Chairman North America, Eric Faust - Executive Secretary, Bill Crane - Builders' Advisory Council, LaserPerformance, Chris Caldecoat - Builders' Advisory Council, Performance Sailcraft Australia, Takao Otani - Observer, Randolph Bertin - Operations Manager, Jeff Martin - Past Executive Secretary, Clive Humphris - Technical Officer.

Elections and Appointments: No resignations or nominations were received so the current slate of elected officers remains in place for the coming year. The World Council recognized that effective July 1, 2015, Eric Faust had assumed the position of Executive Secretary by prior appointment of the council. A motion was passed to appoint Jeff Martin as an additional member of the World Council with the title of Executive Secretary Emeritus.

Membership and Accounts: ILCA membership remains solid with just under 15,000 paid members worldwide, a slight decrease over the previous year due mainly to lower membership in Italy and North America. With the transition of business operations to the U.S., the financial statements are now presented in U.S. Dollars. The final accounts from 2014 were presented and approved along with the 2015 projected year-end accounts. Due to cost savings, the organization operated at a near breakeven basis for 2014, showing a loss of approximately \$1,500. Projections showed a modest positive net income is expected for the year ending December 2015. The World Council remains dedicated to managing costs while providing high-quality service to all ILCA members. The 2016 budget was then presented and reviewed. A motion was passed to curtail the hard copy printing and mailing of LaserWorld magazine and use the cost savings to enhance

the ILCA's online media presence. With this modification, the 2016 budget was then approved.

Regattas and Events: The 2016 schedule is set and work is well underway to finalize the 2017 calendar. Nuevo Vallarta, Mexico will host three championships in 2016 including the Standard Men's, Masters and Radial Women's Worlds. It was noted that the Masters Worlds would be split into two separate weeks in order to accommodate the expected number of sailors with a limited number of available charter boats. The Radial Men's Worlds will be held in conjunction with the Radial Youth Worlds in Dun Laoghaire, Ireland while the 4.7 and Under-21 championships will be held in Kiel, Germany. All events will once again utilize the custom built regatta entry system designed to facilitate the specific requirements for ILCA events. Possible venues for the 2017-18 championships were presented and reviewed.

Review of Reports and Submissions: A report was received from the Technical and Measurement Committee (TMC) meeting held on the previous day including several proposed rule changes. Notably, wording will be developed for a rule to allow certain types of digital compasses and to allow a clam cleat to be included in the hiking strap control line for easier adjustment. Once the final wording has been developed these rule change proposals will be submitted to the membership for the required vote. Clive Humphris reported that he had conducted audits of each Laser builder during the year. The results of his analysis show that tolerances are continuing to tighten, resulting in a more consistent product worldwide. It was reported that all necessary approvals for a material independent top mast section have been obtained and work continues to introduce alternate material top mast sections into the market as soon as possible. The new MKII standard sail has been successfully launched and early feedback indicates that it is performing to expectations.

Each Regional Chairman gave a report on activities in his area. Jeff Martin presented a report on submissions to the upcoming ISAF Conference of relevance to ILCA. The next World Council Meeting is slated for October 2016.

ILCA FINANCIAL SUMMARY	2014	2013
INCOME	USD	USD
Plaque fees	151,166	165,760
Sail buttons fees	107,607	74,838
Membership Dues	135,776	130,316
Sales (less COGS)	-9,940	-5,351
Contribution from Entry	171,805	116,906
Contribution from Charter	18,214	79,751
Other Income	5,175	29,267
Total Income	579,803	591,487
EXPENSES		
Publications	20,815	18,044
Technical Development	13,233	16,628
Administration	398,195	375,888
Office & Overheads	47,586	46,327
Professional Services	28,752	40,414
Bank/ Merchant Fees	26,327	34,977
World Council Expenses	15,160	10,645
Travel & Meetings	25,942	40,863
Other Expenses	5,246	22,268
Total Expenses	581,256	606,054
Accumulated Funds b/f	812,407	826,974
Net Income	-1,453	-14,567
Accumulated Funds c/f	810,953	812,407

Anne-Marie Rindom

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Jeff Martin talks to the winner of the Laser Radial Women's World Championship 2015.



© Mark Lloyd

Anne-Marie Rindom
DEN

So how does it feel?

It feels very good, I'm so happy about the things I've been doing on the water for the past weeks so it feels awesome.

It was tough, what were your thoughts going into the last race?

I had a lot of nerves, I didn't know if we were going to do one or two races, so I was trying to calm myself down. My discard was eight so the worst I could do was eight points and that helped me a little bit in the last race. I got a great start and was doing very well. Then the left side came and it was just uphill from there, but I was fighting until the end.

Did you have an eye on where everybody else was? Was it on the first windward leg that the left side became favoured?

Yes and I was very close to Evi. I tried to stay close to her but at the same time I was trying to sail my own race. There were so many people who could take the title, I couldn't defend against everybody! So I was trying to just sail as fast as I could.

Did you get nervous as you were going round the track?

A little bit, but after the start I felt really good. I could feel that I had speed in my boat so the nerves were getting less and less.

So overall, what do you think helped you most to win what is a really hard event?

I think it's the mental training I've been doing with my sports psychologists, especially how to start a regatta really well and not let nerves take over. I'm working hard to follow my plan instead of my nerves saying 'ah you shouldn't start here because you're not good enough'. The best thing about this event was that I could do that all the way.

How long have you been sailing the Laser Radial?

Since 2009. Before that I was sailing the Europe dinghy.

Was that with the dream of going on further and trying to go to the Olympics?

Yeah. In 2012 I went to Weymouth for the Games and that was a dream come

true. At that time I wanted more, I wanted to be fighting for the medals also. So my dream became to be a World Champion and win a medal in 2016.

Well you're certainly doing that! What are your plans now?

My plan is to train as much as I can in Rio, and then we also have the Olympic trials for Denmark, so obviously I have to go to some of the Sailing World Cup events and the Laser World Championship next year.

So you still have to qualify for Rio?

Yes. We qualify as a nation but Sarah Gunni and I have a trial going on between us. So I have to win that.

How long is the trial? What have you got to do from now on in?

The trial for us is here, Miami and the Worlds next year in Mexico. If you win you get twenty points, if you're second you get nineteen points. Obviously you have to be at twenty to get points and then at the end when we finish Mexico, it's the person with the most points that goes to Rio.

Do you train with Sarah?

Yes. In Denmark we train together and have no secrets from one another. We have the same coach. I think it's very good and that's also what helped me win this championship, it is because of her! Because she is pushing me.

What do you do when home?

Now I have one week at home, just chilling. I also have school - I'm studying sports science! Actually I have a report to hand in on Monday so it's going to be a very busy weekend!

What's your favourite food?

I would have to say meat, potatoes and gravy - that's my favourite!

And your favourite music?

It's mostly sing-along songs, something I can sing with, I love to sing!

Do you sing while you're sailing?

Sometimes I do, yeah!

Thank you very much indeed and congratulations on your win!



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2015 Laser Radial Women's World Championship: Al Mussanah, Oman!

President's Report

Tracy Usher discusses changes to the equipment and to the ILCA

The 2015 ILCA World Council meeting was held at the end of October in Dallas, Texas, USA where a large range of topics were discussed during the two days of meetings.

Thanks in large part to the very productive Technical and Measurement Committee held just prior the World Council meeting, we were able to give final approval to a number of long held up improvements to the boat.

The last issue of Laser World already highlighted the introduction of the Standard Mark II sail and I can only reiterate here the primary goals of this project - to produce a better quality more durable sail that would not significantly alter the Laser sailing game. I have been using a prototype sail for some time here in San Francisco and can certainly attest to the durability! While the sail is different in that the shape is cut into the sail rather than stretched into it by the sailor, the testing did not indicate significant changes in sailing technique. I am therefore confident the second goal has also been achieved. Obviously, time will tell as the ever innovative Laser sailors out there explore all the corners of phase space!

Probably of more interest to all Laser sailors, is an additional specification for the top mast section. Essentially, the previous specification set the material and dimensions for the spar while the additional new specification specifies its characteristics - but not the material. This change allows the builders the choice to source spars made of composite materials provided they strictly match the characteristics of the existing spars. Composite spars will most likely be more expensive to purchase initially but should be a significant improvement in the cost of ownership since they will have much longer lifetimes than the current spars. The exact introduction date will be determined soon - watch the ILCA website for an announcement!

Following the example of the new standard MK2 sail, non-aluminum spars will not be allowed in the Olympics or in events which have bearing on Olympic qualification or in other major class events.

The 2016 Championship schedule has lined up quite nicely with our marquee events to be held in the beautiful sailing waters of Puerto Vallarta this Spring - an ideal time of year to be there. A frequent question asked amongst master sailors the past few months is why the 2016 Master Worlds was split into separate Radial and Standard weeks. The answer is not complicated but probably requires a bit of background. As Masters sailors know, the Master Worlds has become enormously popular with the ability to draw well over 300 total competitors at events that can be easily driven to. At the same time, Masters sailors frequently ask why the events can't be held at more exotic locations with the 2000 Master Worlds held in Cancun as the most fond memory. A difficulty with some locations is accessibility which means participation becomes limited by the availability of charter boats. Puerto Vallarta fits this description exactly - it is a semi tropical location with a large luxurious hotel hosting the sailors and, most important, with fantastic sailing during the time the world championships will be held. The price we pay for such an ideal venue is the availability of boats. A charter company from the United States has agreed to provide 140 boats for all of the Puerto Vallarta championship events. Obviously, this limitation would make a very small Master Worlds by recent standards. However, it is possible to satisfy the anticipated demand and provide the best possible championship event by splitting into two separate weeks. If successful it could serve as a future model for when the Masters World Championships are held in similar venues.

Over the years I've had many adventures sailing Lasers - from the big breeze days on my home waters to all of the amazing places in the world I've been lucky to see - all because of this boat we all love so much. I have great admiration for those sailors still actively racing in the Master Worlds well past their retirement years - they certainly serve as role models for how to enjoy retirement! And while I certainly plan to campaign a Laser as long as I can, I do realize that at some point it might not be possible.



Tracy Usher

The same sentiment can be applied to the Laser Class itself, in particular with respect to the ILCA office. Jeff Martin has been the face of the Laser Class since most of us can remember and has been instrumental in helping to get the class to where it is today - a double Olympic Class with the largest participation across all age ranges worldwide of any class association in the world. While it is hard to imagine an existence without Jeff in the central role, we must think to the future of the Laser Class after Jeff has retired. Several years ago the World Council initiated a transition plan. The key element of that plan was to hire an eventual successor for Jeff with the goal of a multi-year overlap before and after assuming the role of Executive Secretary. As most know, Eric Faust was hired as the ILCA general manager with the goal of following this plan. Like many of us, Eric is a lifelong Laser sailor who also came to us with extensive experience in class management, notably serving many years as the Executive Secretary of the International J/24 Class. I think everyone would agree that Eric has done a great job as General Manager up to now, so I am very happy to report that this past Summer Eric has assumed the reigns of the ILCA in the role of the Executive Secretary. Jeff has assumed the role of Executive Secretary Emeritus and will continue to have several areas of responsibility - in particular in the area of championship race management and serving as principle liaison with World Sailing. He also remains a member of the World Council. I hope everyone agrees that we are well positioned for a long and healthy future!

Hope to see many of you on the water in 2016!

Tracy Usher