

the Tell Tale

Newsletter of the Midwest Collegiate Sailing Association

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2007

MCSA Team Race Championship Hosted by the University of Michigan May 5-6, 2007

Racing got underway at 10:00 in 8-10 kts of wind and temperatures of 50 degrees. The wind held out of the east at 10-18 kts for the remainder of the day, with temperatures climbing into the mid 60s. The fleet was split into a championship fleet of the top 4 teams, and a consolation fleet. Two championship and one consolation round were sailed, with racing concluding at approximately 3 pm. 3 protests were filed and heard under the expedited protest system, resulting in two penalties.

The championship came down to the final race between Wisconsin and Michigan, with Wisconsin winning to take the 2007 MCSA Team Race Championship. Unfortunately Wisconsin failed to sign their RP forms and was penalized under Procedural Rule 15(a)(ii) and had two wins subtracted from their score, thus Michigan wins the MCSA Team Racing Championship.

Win-Loss Record

Championship Round 1		Championship Round 2		Consolation Round	
Michigan	2-1	Michigan	1-2	Michigan State	4-0
Wisconsin	2-1	Wisconsin	3-0	Minnesota	3-1
Northwestern	1-2	Northwestern	1-2	Owens CC	2-2
Notre Dame	1-2	Notre Dame	1-2	Ohio State	1-3
				Iowa	0-4

Overall Win-Loss Record

1. Michigan	11 - 3
2. Wisconsin	10 - 4
3. Northwestern	8 - 6
4. Notre Dame	7 - 7
5. Michigan State	6 - 6
6. Minnesota	6 - 6
7. Owens CC	5 - 7
8. Ohio State	3 - 9
9. Iowa	0 - 12



Michigan and Wisconsin square off in the last race.

Michigan

Scot Pfeffer '09, Christina Falcone '07, Chris Granger '07
David Coviak '08, David Altshuler '09, Lisa Vandenbossche '07

Iowa

Ben Miller-Todd '09, Maria Aruenta '10, Casey Judge '09
Alex Bogatko '10 (Michigan), Adrienne Fred '07, Mary Wagner '07

Michigan State

Rob Linden '07, Casey Ray '08, Mills Forni '08, Steve Griffith'08,
Meesh Cosier '07, Caiti Dust '10
Lindsey Vickers '08, Elise Miller '09, Meesh Cosier '07, Caiti
Dust '10, Meghan Waltor '07, Steve Griffith '08, Rob Linden '07

Owens C.C.

Ryan Lashaway '09, Kevin Bradley '10, Karl Bradley '09
Devean Howard '09, Jessica Schwind '09, Dusty Bastian '10

Wisconsin

Scott Eisenhardt '07, Rob Pickens '08, Patti Schmidt '08
Anna Bargren '07, Beccah Steffensen '07, Jen Kulkosi '09,
Mike Stephensen '07, Matt Kirley '08

Minnesota

Jessica Haverstock '08, Nick Howland '10, Owen Lanbert '07
Anna Soens '10, Kate Hoekin '10, Amberose Kramer '10

Ohio State

Conor Hawkins '09, Trevor Hawkins '07, Joey Groszek '09
Bryn Bachman '08, Emma Wallis '08, Eric Boyden '09

Northwestern

Jim Costakis '09, Brandon Keno '07, Tod Reynolds '10
Asa Church '07, Dagmar VanEngen '08, Alison Lehner '08,
Dan Bohl '08, Jali Becker '07

Notre Dame

John Dailey '08, Tim Roy '08, Jacqueline Chase '09
Ali Donahue '10, Chris May '08, Kerry Kilbourn '07, Joe Deris '09

ICSA Women's National Championship Old Dominion University May 23-25, 2007

The Lady Seahawks from St. Mary's College won the shortened event. Only 16 of the 18 races in each Division were completed before the wind gave out. St. Mary's displayed consistency on the water, posting only three double-digit finishes in 32 races sailing in Flying Juniors.

The College of Charleston, last year's winner, was second with Stanford in third and the Naval Academy fourth.

An outstanding performance by Anna Bargren lead the Wisconsin Badgers to an 11th place finish only a few points behind 10th place Georgetown. Michigan finished in 15th. The improved finishes by MCSA women's teams was a pleasant surprise to all in the Midwest.

	A	B	TOT
1. St. Mary's	62	70	132
2. Charleston	110	66	176
3. Stanford	101	103	204
4. Navy	124	92	216
5. Harvard	107	112	219
6. UC-Irvine	85	142	227
7. Boston College	121	138	259
8. Tufts	154	126	280
9. Boston University	120	168	288
10. Georgetown	147	155	302
11. Wisconsin	170	136	306
12. Dartmouth	167	141	308
13. Old Dominion	180	181	361
14. William Smith	216	158	374
15. Michigan	208	237	445
16. U of South Florida	244	203	447
17. U of Washington	212	246	458
18. U of Texas	208	263	471



Anna Bargren and Jen Kulkoski sail over the Competition to 7th in A Division.

A Division	TOT
1. St. Mary's	62 Adrienne Patterson '08 / Melissa Pumphrey '07, Jen Chamberlin '09
2. UC-Irvine	85 Whitney Loufek '07 / Megan Pluth '08
3. Stanford	101 Evan Brown '08 / Jo Madsen '07
4. Harvard	107 Megan Watson '09 / Christina Dahlman '07
5. Charleston	110 Andrea Savage '09 / Rebecca Bestoso '10 / Dani Neri '08
6. Boston University	120 Janel Zarkowsky '09 / Kerry Sullivan '08
7. Boston College	121 Martha Pitt '09 / Lily Beck '09
8. Navy	124 Katie Whitman '07 / Trisha Kutkiwicz '09
9. Georgetown	147 Blaire Herron '08 / Emily Siguler '07
10. Tufts	154 Kaity Storck '08 / Lyndsey Gibbons-Neff '08
11. Dartmouth	167 Becca Dellenbaugh '10 / Kendall Reiley '09 Steph Gagnon '10 / Anne Megargel '09
12. Wisconsin	170 Patricia Schmidt '08 / Beccah Steffensen '07
13. Old Dominion	180 Cara Disanti '07 / Alissa Ayres '09
14. Michigan	208 Christina Falcone '07 / Caitlin Fortune '08
15. U of Texas	208 Nataleigh Vann '08 / Betsy Marger '09
16. U of Washington	212 Hayley Siegenthaler '07 / Kasey Weiss '07
17. William Smith	216 Kate Brush '07 / Kate Wilson '08
18. U of South Florida	244 Kim Witkowski '09 / Kirsten Murray '08

B Division	TOT
1. Charleston	66 Allie Blecher '10 / Christina Murray '10, Julia Southworth '08
2. St. Mary's	70 Sara Morgan Watters '10 / Mattie Farrar '08
3. Navy	92 Charlotte Hill '08 / Maggie Reynolds '08
4. Stanford	103 Taylor Grimes '09 / Katherine Schlosser '07
5. Harvard	112 Roberta Steele '09 / Lauren Brants '09
6. Tufts	126 Emily Randall '07, Gretchen Curtis '07 / Emma Creighton '07, Jen Giroux '07
7. Wisconsin	136 Anna Bargren '07 / Jen Kulkoski '09
8. Boston College	138 Becky Mergenthaler '07 / Mallory Fontenot '08

9. Dartmouth	141 Adele Wilhelm '08, Kendall Reiley '09 / Kate Hacker '07, Betsy Bryant '08
10. UC-Irvine	142 Ashley Simpson '09, Danielle Richards '08 / Caitlin Robinson '07
11. Georgetown	155 Emily Babbitt '09 / Jamie Loeks '08
12. William Smith	158 Lauren Anderson '07 / Maria Trainor '10
13. Boston University	168 Anna Miniutti '10 / Lauren Kugel '07
14. Old Dominion	181 Katrina Williams '10 / Elyssa Albert '09
15. U of South Florida	203 Kristin Britt '09 / Ali Kirchofer '09
16. Michigan	237 Maria Falcone '09 / Lisa Vandebossche '07
17. U of Washington	246 Michelle Stitzer '08 / Hannah Darrin '10
18. U of Texas	263 Kristen Johnston '07 / Sarah Parker '07, Nicola Kirkham '08

ICSA/APS Team Race National Championship US Naval Academy May 27-29

St. Mary's College won the ICSA/APS Team Racing Championship for the Jack Wood Trophy in 420's and FJ's at the US Naval Academy. The 14 teams for the event were seeded into two groups for the first round. The top four teams from each group were moved to the Gold round where two round-robins were sailed to determine the top four teams which would go on to the Final Four. The remaining teams were placed in a Consolation Round. The final standings placed the final four in order followed by the order of the remaining teams from the Gold Round and then the teams in order from the Consolation Round. The results of the Group 1 and 2 races were discarded.

St Mary's was the team to beat, but both Hobart and Harvard came back from slow starts in the Gold Round to make the Final Four. Yale was the surprise in the Final Four winning two of its three races to finish second over-all.

Both Michigan and Wisconsin did not make the cut and sailed in the Consolation round. Michigan ended up third in the Consolation Round beating Wisconsin which finished in fourth place. Thus Michigan was 11th overall in the final standings with Wisconsin finishing 12th.

Group 1

	Win	Loss	Stand.
St. Mary's	6	0	1
Charleston	5	1	2
Yale	4	2	3
Harvard	3	3	4
Washington	2	4	5
Michigan	1	5	6
Texas	0	6	7

Group 2

	Win	Loss	Stand
Dartmouth	5	1	1
USF	5	1	2
Hobart	4	2	3
Navy	3	3	4
USC	3	3	5
Texas A&M	1	5	6
Wisconsin	0	6	7

Gold Round 1

	Win	Loss
St. Mary's	7	0
Hobart	4	3
Yale	4	3
Harvard	2	5

Gold Round 2

	Win	Loss
	4	3
	6	1
	5	2
	6	1

Gold Standings

	Win	Loss	Stand.
	11	4	1
	10	4	2
	9	5	3
	8	6	4

Dartmouth	4	3	3	4	7	7	5
Charleston	3	4	2	5	5	9	6
USF	2	5	1	6	3	11	7
Navy	2	5	1	6	3	11	8

Consolation Round

	Win	Loss
USC	5	0
Texas A&M Gal.	4	1
Michigan	3	2
Wisconsin	2	3
Washington	1	4
Texas	0	5

Final Four

	Win	Loss	Stand.
St. Mary's	12	5	1
Yale	11	6	2
Hobart	11	6	3
Harvard	10	7	4

Final Standings

	Win	Loss
1 St. Mary's	12	5
2 Yale	11	6
3 Hobart/ WmSmith	11	6
4 Harvard	9	7
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5 Dartmouth	7	7
6 Charleston	5	9
7 South Florida	3	11
8 Navy	3	11
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9 USC	5	0
10 Texas A&M Galveston	4	1
11 Michigan	3	2
12 Wisconsin	2	3
13 Washington	1	4
14 Texas	0	5



The Michigan and Wisconsin rematch at the ICSA Team Racing Championship

Charleston:

Russ O'Reilly '07/ Megan Riddle '08
Bredan Healy '07/ Britney Haas '09
Nick Martin '10/ Katie Weaver '10

Dartmouth:

W. Andrew Loe '07/ Betsy Bryant '08
Erik Storch '07/ Killarney Loufch '07
Ben Sampson '08/ Kate Hacker '07

Harvard:

Clay Johnson '07/ Kristen Lynch '07
Kyle Kovacs '08/ Elyse Dolbec '08
Matt Knowles '07/ Emily Simon '07

Hobart:

Trevor Moore '07/ Mandi Markee '07
Brian Clancy '07/ Srah Borup '09
Jay Mills '08/ Kai-Ilyn Van Nostrand '09

Michigan:

**Chris Granger '07, Maria Falcone '09/ Lisa
Vandenbossche '07
Christina Falcone '07/ David Altshuler '09
Scott Pfeffer '09/ David Koviak '08**

Navy:

Gary Grimes '07/ Kristen Sproat '08
Andrew Vann '09/ Krysta Anthony '08
Bryan Rigby '10/ Tina Pryne '10

South Florida

Jesse Combs '07/ Timothy King '09
Philip Tanner '07/ Nicole Beckett '08
Mitchell Hall '10/ Elizabeth Foy '08

St. Mary's:

John Loe '08/ Hilary Wiech '07
Jesse Kirkland '10/ Meredith Nordhem '08
John Howell '07/ Maggie Lumkes '08

Texas:

Mark Hulings '08/ Betsy Marger '09
Chase Dearing '09/ Nicola Kirkham '08
Christen Johnson '07/ Michelle Kasney '08,
Nataleigh Vahn '08

Texas A&M Galveston:

Hugh Haggerty '07/ Christine Nguyen '07
Scott Stanton '07/ Hilary Shoop '08
Christine Barbour '10/ Miki Schmidt '09
Emory Williams '10/ Kayleen Foster '09,
Merari Dominguez '09

USC:

Greg Helias '07/ Eva Seligman '07
Clark Fonda '07/ Melanie Roberts '07
Chris Vetter '10/ Vanessa DeCollibus '07

Wisconsin:

**Scott Eisenhardt '07/ Patrick Richards '10
Robert Pickens '08/ Anna Bargren '07
Patricia Schmidt '08 Beccah Steffensen '07**

Washington:

Paul Stewart '08/ Nick Hubbard '09
Hayley Siegenthaler '07/ Kasey Weiss '07
Felipe Lopez '10/ Taylor Hubbard '10
Jon Kelch '07/ Hannah Darrin '10

Yale:

Phil Stemler '07/ Adriane Levin '09
Thomas Barrows '10/ Abby Coplin '08
Zach Brown '08/ Grace Becton '09

ICSA/GILL Coed Dinghy Nationals US Naval Academy May 30 - June 1, 2007

UC-Irvine was the leader after the first day, but slipped on the second day when the defending champion the College of Charleston Cougars moved into the lead. At the beginning of the last day Charleston had 168 points with Dartmouth College second with 172 points and UC Irvine third with 184 points. Charleston's senior skipper Russ O'Reilly and junior crew Megan Riddle had finishes of 2-9-1-2 in the four final races to win A-Division with a 36-point margin over Hobart & William Smith Colleges with 111 points.

There was a protest in the last B Division race brought by Dartmouth against Charleston to decide the Championship. Evidence from an on-board camera helped the Jury rule in favor of Charleston which gave the Championship to Charleston.

Wisconsin did well on the first day, but was unable to keep up the pace and slipped back in the standings as the regatta progressed almost edging out South Alabama for 15th. A great deal of progress was made and many lessons were learned.



Gary Jobson interviewing the Notre Dame Team

Notre Dame also did well in the beginning slowly slipped back primarily due to a lack of getting good starts. Mark Teborek should be credited with getting Notre Dame to the Finals and showing the team what they need to do to be a competitor at the national level.

	A	B	TOT		A	B	TOT
1. Charleston	75	150	225	10. Harvard	163	138	301
2. Dartmouth	133	101	234	11. Hobart/WmSmith	111	223	334
3. Yale	161	76	237	12. Stanford	191	150	341
4. UC/Irvine	126	111	237	13. South Florida	212	172	384
5. Boston College	121	131	252	14. Texas A&M Galveston	234	184	418
6. St. Mary's	146	123	269	15. South Alabama	194	296	490
7. Brown	134	139	273	16. Wisconsin	274	219	493
8. Georgetown	135	145	280	17. U/Washington	240	290	530
9. Navy	138	159	297	18. Notre Dame	291	273	564

A Division

	TOT
1. Charleston	75 Russell O'Reilly '07 / Megan Riddle '08
2. Hobart/WmSmith	111 Trevor Moore '07 / Mandi Markee '07
3. Boston College	121 Adam Roberts '09 / Alyson Whitehead '07
4. UC/Irvine	126 Frank Tybor '07 / Emma Nilsson '09(1-4,6-18), Megan Pluth'08(5)
5. Dartmouth	133 Erik Storck '07 / Killarney Loufek '07
6. Brown	134 Hugh Cullman '08 / Monica Stein '07
7. Georgetown	135 Chris Behm '08 / Carly Chamberlain '09
8. Navy	138 Andrew Vann '09 / Krysta Anthony '08
9. St. Mary's	146 John Loe '08 / Meredith Nordhem '08(2-18), Maggie Lumkes '08(1)
10. Yale	161 Zach Brown '08(1-11,12-18), Matthew Barry '07(11)/ Grace Becton '09(1-8,10-18),Kendra Emhiser '07(9)
11. Harvard	163 Clay Johnson '07 / Kristen Lynch '07
12. Stanford	191 Brian Haines'07(1-10,15-18),Edward Conrad'08(11-14) Kelly McKenna '09
13. South Alabama	194 Paul Kleinschrodt '08 / A.Hall'08, K.Brobston'08(13-14),P.Benefield'09(17-18)
14. South Florida	212 Jesse Combs '07 / Timothy King '09
15. Texas A&M Gal.	234 H.Haggerty'07(1,2,5-16),E.Williams'10 (3-4,17-18) C.Nguyen'07(2),E.Williams'10(1,5-7),K.Foster'09
16. U/Washington	240 Paul Stewart '08 / Nick Hubbard '09
17. Wisconsin	274 Scott Eisenhardt'07, Patti Schmidt'08(5,6,18) Bargren'07,Steffensen'07,Richards'10,Stephenson'08
18. Notre Dame	291 John Dailey '08(1-10,15-18),Jaci Chase '09(11-14) Ali Donahue '10(1-10,13-18),Chris May '08(11-12)

B Division

	TOT
1. Yale	76 Thomas Barrows '10 / Abigail Coplin '08
2. Dartmouth	101 Andrew Loe '07 / Betsy Bryant '08
3. UC/Irvine	111 Will Pochereva '07 / Whitney Loufek '07(1-8,10-18), Chris Trezzo'07(9)

4. St. Mary's	123 Jesse Kirkland '10(1-7),John Howell '07(8-18) H.Wiech'07,M.GutenKunst'10,M.Lumkes'08
5. Boston College	131 Reed Johnson'08(1-16),Brian Kamilar'09(17-18) Julie Howe'08(1-16),Andrew Schneider'09(17-18)
6. Harvard	138 Kyle Kovacs '08 / Elyse Dolbec '08, Christina Cordeiro '09(13-14)
7. Brown	139 Andrew Perry '08 / Maria Mahler-Haug'09, Meris Tombari'08(16)
8. Georgetown	145 JB Turney '07 / Caroline LaMotte '07
9. Stanford	150 Emery Wager '07 / Leigh Hammell '10
10. Charleston	150 Brendan Healy '07 / Britney Haas '09, Julia Southworth '08 (9)
11. Navy	159 Bryan Rigby '10,Martin Sterling '10(8-12) T.Pryne'10,C.Chance'10,T.Kutkiewicz'09
12. South Florida	172 Mitchell Hall '10 / Elizabeth Foy '08
13. Texas A&M Gal.	184 Scott Stanton'07(1-16),Christine Barbour'10(17-18) C.Barbour'10,K.Foster'10,R.Sparks'10
14. Wisconsin	219 Rob Pickens '08 / Jen Kulkoski '09(1-8), Patrick Richards '10(9-18)
15. Hobart/WmSmith	223 Brian Clancy '07(1,2,11-18),Jay Mills'08(3-10) Sarah Borup'09(1,2,11-18),K. VanNostrand'09(3-10)
16. Notre Dame	273 Tim Roy '08/ K.Kilbourn'07,J.Chase'09(9), P.Cordes'09(10-13)
17. U/Washington	290 Lopez'10(1-4,J.Kelch'07,H.Siegenthaler'07(11-16) T.Hubbard,H.Darrin,N.Johnson,L.Siegenthaler'07
18. South Alabama	296 Dennis Furey '08 / Ashleigh Turner '08(1-16), Adrian Roe '09(17-18)

2007 ICSA awards

Sailor of the Year (Everett B. Morris Trophy)	Trevor Moore, Hobart/William Smith
Quantum Women's Sailor of the Year	Adrienne Patterson, St. Mary's College
Sportsman of the Year (Robert H. Hobbs Trophy)	John Howell, St. Mary's College
Team of the Year (Leonard M. Fowle Trophy)	College of Charleston

2007 ICSA All-America Team

Women's All-American

<i>Name</i>	<i>School</i>	<i>Name</i>	<i>School</i>
Allison Blecher `10	C. of Charleston	Adrienne Patterson `08	St. Mary's Col.
Evan Brown `08	Stanford	Andrea Savage `09	C. of Charleston
Blaire Herron `08	Georgetown	Kaity Storck `08	Tufts
Charlotte Hill `08	US Naval Acad.	Sara Morgan Watters `10	St. Mary's Col.
Emily Hill `07	Yale		

Women's Honorable Mention

<i>Name</i>	<i>School</i>	<i>Name</i>	<i>School</i>
Taylor Grimes `09	Stanford	Martha Pitt `09	Boston College
Shannon Heausler `10	C. of Charleston	Megan Watson `09	Harvard
Whitney Loufek `07	U California, Irvine	Katie Whitman `07	US Naval Acad.

Coed All-American

<i>Name</i>	<i>School</i>	<i>Name</i>	<i>School</i>
Thomas Barrows '10	Yale	Andrew Loe '07	Dartmouth
Chris Behm '08	Georgetown	John Loe '08	St. Mary's College
Zachary Brown '08	Yale	Trevor Moore '07	Hobart/William Smith
Clay Johnson '07	Harvard	Russ O'Reilly '07	Col. of Charleston
Reed Johnson '08	Boston College	Adam Roberts '09	Boston College
Brian Kamilar '09	Boston College	Erik Storck '07	Dartmouth
Jesse Kirkland '10	St. Mary's College	J.B. Turney '07	Georgetown
Kyle Kovacs '08	Harvard	Frank Tybor '07	U California Irvine

Coed Honorable Mention

<i>Name</i>	<i>School</i>	<i>Name</i>	<i>School</i>
Jesse Combs '07	South Florida	John Howell '07	St. Mary's College
Hugh Cullman '08	Brown	Dave Hyer '07	Roger Williams
Brian Haines '07	Stanford	Emery Wagner '07	Stanford
Brendan Healy '07	Charleston		

Crew All-American

<i>Name</i>	<i>School</i>	<i>Name</i>	<i>School</i>
Grace Becton '09	Yale	Killarney Loufek '07	Dartmouth
Betsy Bryant '08	Dartmouth	Kristen Lynch '07	Harvard
Carly Chamberlain '09	Georgetown	Amanda Markee '07	Hobart/William Smith
Abigail Coplin '09	Yale	Kelly McKenna '09	Stanford
Christina Dahlman '07	Harvard	Danielle Neri '08	Col. of Charleston
Elyse Dolbec '09	Harvard	Meredith Nordhem '08	St. Mary's College
Kate Hacker '07	Dartmouth	Melissa Pumphrey '07	St. Mary's College
Julie Howe '09	Boston College	Megan Riddle '08	Col. of Charleston
Timothy King '09	South Florida	Monica Stein '07	Brown
Caroline LaMotte '07	Georgetown	Hilary Wiech '07	St. Mary's College

2007 Hall of Fame Inductees

STUDENT LEADERSHIP - James Rousmaniere Award: SCOTT GRANDT, Cornell, '08

GRAHAM HALL AWARD FOR OUTSTANDING SERVICE BY A COLLEGE SAILING PROFESSIONAL: MICHAEL H. IRONMONGER (College of William & Mary, '71)

Changes to Procedural Rules Approved

APPENDIX 3 - COMPETITION AND PRACTICE SEASONS (Effective August 16, 2007- approved May 26, 2007)

1. DEFINITIONS

a) COMPETITION WEEKEND UNIT

A competition weekend is considered to have occurred when a competitor from a college does any of the following:

- i) Competes while representing the college in an official ICSA regatta that meets the requirements in the ICSA Procedural Rules.

- ii) Competes in a Non-College Regatta and receives support from the college for that event.
 1. Non-College Regattas are regattas not classified by age group or level of educational institution represented, and the selection of participants is not limited except by number, by geographical area or on the basis of some objective standard of performance.
 2. Support includes, but is not limited to, financial expenses (i.e. transportation, meals, housing, or entry fees), use of institutional equipment (not including apparel), and coaching during the event.
 - iii) Practice or scrimmage with competitors from another college during either Saturday or Sunday.
- b) EXCEPTIONS
- Events that occur during the ICSA Competition Year time period and are not considered a competition weekend include:
- i) ICSA National Championship Regattas
 - ii) ICSA offshore regattas
 - iii) Non-College events sailed in boats larger than 25 feet in length
 - iv) One of each per year of a:
 1. College Alumni Regatta
 2. High School Alumni Regatta
 - v) Student / Parent Regatta
 - vi) Goodwill Regatta
 - vii) BUSA Tour
 - viii) World University Games
 - ix) Other events as determined by the ICSA Executive Committee
- c) ATHLETICALLY RELATED ACTIVITIES (ARA)
- i) Practice, which is defined as any meeting, activity, or instruction involving sports-related information and having an athletics purpose, held for one or more competitors at the direction of, or supervised by, any member of a college's coaching or administrative staff, a team member, or student representative.
 - ii) Administrative activities (e.g., academic meetings, compliance meetings) shall not be considered as countable athletically related activities.
 - iii) Required weight-training, individual workouts and conditioning activities held at the discretion of or supervised by a coach, a college staff member, a team member, or student representative.
- ARA includes, but are not limited to:
1. On the water activity using equipment for sailing;
 2. Chalk talk;
 3. Lecture or discussion of strategy;
 4. Discussion or review of films or video related to college sailing, practice or regattas;
 5. Participation in camps/clinics/workshops;
 6. Any of the above with a team from another college.
- d) WEEK
- A week is defined as any seven consecutive days to be determined at the college's discretion. Once a college determines the seven-day period that shall constitute its week, it shall not change that designation for the remainder of the season.

2. ICSA COMPETITION YEAR

The ICSA Competition Year shall be from the first Saturday in September until the completion of the ICSA Spring Championships.

a) COMPETITION LIMITS

During the ICSA Competition Year, a college is limited to a maximum of 22 competition weekends, with a seasonal maximum of 12 competition weekends during either of the fall season or spring season as defined by Procedural Rule 12(c)(i).

b) MULTIPLE COMPETITIONS

Only one competition weekend shall be incurred during a single week, even if a college attends multiple ICSA Regattas. However, additional competition weekends shall be incurred if a college attends a non-college event occurring only during Monday-Friday.

4. DAILY / WEEKLY HOUR LIMITATIONS

a) During the ICSA Competition Year time period, a competitor's participation in ARA shall not exceed four (4) hours per day and 20 hours per week. Travel to and from an ARA does not count toward a competitor's hour limitation.

b) Each day of competition, during a Competition Weekend, shall equal three (3) hours toward the weekly hour limitations.

c) Daily and weekly hour limitations do not apply to countable ARA occurring during an official academic vacation period, as listed in the college's official calendar, and during the academic year between terms when classes are not in session. If such vacation periods occur during any part of a week in which classes are in session, the institution is subject to the daily and weekly hour limitations during the portion of the week when classes are in session and must provide competitors with a day off.

5. MANDATORY DAY OFF

During the ICSA Competition Year time period, all ARA shall be prohibited one day each week, except during participation in ICSA Championship Regattas and;

a) A travel day related to a competition weekend may be considered a day off provided no ARA, as defined in rules 1(c)(iii) and ARA #1, #4, #5 and #6, occur during that day.

b) When a regatta is canceled prior to the start of competition or canceled prior to the qualifying as an official regatta, in accordance with the ICSA Procedural Rule 24(a), a college may utilize that day as its mandatory day off, provided the college does not engage in any further ARA during that day.

c) A college is not required to provide competitors with a mandatory day off during preseason practice that occurs prior to the first day of classes, or the first scheduled contest, whichever is earlier.

d) It is permissible to utilize a vacation day to satisfy the mandatory day off requirement.

6. PRACTICE AND COMPETITION DECLARATION

Each college that qualifies to compete in an ICSA National Championship shall submit a Practice and Competition Declaration certifying compliance with ICSA Competition and Practice Limits.

a) The competition declaration shall be signed by a college official, other than a coach, who is directly responsible for the college's sailing team (i.e. athletic director, club sports director, etc.).

b) A qualified college that fails to submit the Practice and Competition Declaration prior to an ICSA National Championship shall not be eligible to compete in the championship.

Reminders for a smooth fall season...

- ✓ **Every sailor and coach *MUST* register for the fall 2007 season.** If you are already registered you must indicate eligibility for this season.
<http://www.collegesailing.org/directory/individual/>
You also need to update your Team's contact info through the ICSA team database.
<http://www.collegesailing.org/teams.asp>
- ✓ Each Team needs to read and follow the limits on Competition and Practice Seasons in the new Appendix 3 of the Procedural Rules
<http://www.collegesailing.org/archive/2005-2008-ICSA-PR-Rules-8-07a.doc>
- ✓ Any team wishing to advance their membership status must complete and submit the form immediately. The board will be meeting September 9th at Fall Fury and will be processing membership applications then.
- ✓ The MCSA Executive Board meets twice a semester and all meetings are open meetings which mean any sailor can attend. Exact time and location will be announced soon.

Everyone will have many chances this fall to improve your sailing skills and to build your team. Capitalize on these moments! Let's have a great fall season and as always feel free to contact me with thoughts, ideas, feedback, or great sailing stories.

Jenn Hockema, Conference Commissioner jkhockema@gmail.com



Alumni News

Carlos Abisambra, Purdue '07 was 20th at the Sunfish Worlds according to Karl Felger OU '06.

If you have other items please forward them to Gail Turluck, or George Griswold