

Laser World



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2011 ISAF World Cup

Excitement in Melbourne & Miami



2010 Europa Cup Review

Proposed changes are underlined.

1 Masthead
 Current Rule 10.2
 The masthead shall be a single line, and be attached to the head of the sail above the luff, and may pass through the luffeye block. The masthead shall be made of wood, metal, carbon fibre and may also be made of any other material, provided that the masthead shall not be replaced all of the time the boat is in use.

4 Masthead
 Current Rule 14
 A. In, on or with a

2011 Rule Changes - Vote Now!



Training in the Caribbean

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Laser

Sailing in the Caribbean Training and racing in the Dominican Republic

Cabarete, a small Caribbean beach town on the North shore of the Dominican Republic, has been hosting Kite and Windsurfing World cup events since the 1980s. The side/onshore wind and the protective reef make it very easy for launching and safe for sailing inside the sheltered bay. For more advanced sailors, the Atlantic swell in the open ocean makes perfect sailing conditions for downwind surfing and upwind hiking.

The Laser Training Center in Cabarete was founded in 2003, and since then hundreds of Laser sailors of different levels and ages have come to elevate their Laser speed and boat handling skills. This includes seventeen sailors who raced in the 2008 Beijing Olympics Games, three of whom were medalists.

Head coach, Dr. Javier (Rulo) Borjovich, has a background in sports medicine and has a strong clinical perspective on the physical side of sailing. For Sailing Diagnostic Lab, he uses onboard and coach-boat video cameras to record the details of the sailor's body position, hiking style, timing, tacking and gybing moves. He then breaks down each move into its various components to provide specific feedback for improvement.

"He (Rulo) really takes to heart what you want to work on and designs drills specifically for you. He is also really good at being nitpicky with some of the things you think you're good at. He'll take your strengths and make them stronger", says Anna Tunnicliffe.

As well as providing training courses for Laser sailors keen to improve their techniques, the Training Centre also hosts various key regattas.

The 9th Caribbean Laser Midwinter Regatta, an ISAF graded event, was held at the Laser Training Center

and run by the Dominican Sailing Federation.

Thirty seven competitors raced in three divisions, with twenty five in Laser Standards, ten in Laser Radials and two in Laser 4.7s. As always, the winter swell challenged the sailors, with the breeze picking up to 18 knots. The event was a fun combination of racing and social activities.

The fleet was a fusion of Olympian hopefuls, sharing their love of sailing with club sailors wishing to improve their racing skills. This pro-amateur vibe is very unique and was greatly appreciated by all.

After three days of racing, Nick Thompson (GBR) was first in the Laser Standards, with Charlie Buckingham (USA) in second and Raul Aguayo (DOM) in third.

In the Laser Radials, Dominican Champion Sebastian Mera edged Philippine Van Aanholt from Curacao to take the title.

To help sailors, an Advanced Laser Boat Handling DVD has been produced by Laser Training.

Michael Blackburn, Laser World Champion and creator of Sailing Mind Skills, says: "I think that if you're keen to improve your Laser sailing skills this DVD will give you great insights into the techniques of current champions."

For more information about the Laser Training Center and its programmes, please visit: www.caribwind.com.

