

# **Ravi Parent Sailing**

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Aspiring  
Professional  
Sailor

# **Official Newsletter**

## **Volume 1**

## **Edition 1**

**September 2017**

**New sailing focus in the Nacra 17 Olympic class. Learn more about school, recent regattas, and upcoming plans in this first newsletter edition. Also, to subscribe for more updates and the newsletter please reply with your email and mailing addresses. Thank you!**

# Spring 2017



New Engalnd Team Racing Championship



Fleet racing at the Coast Guard Academy.



NEISA Co-ed Championship

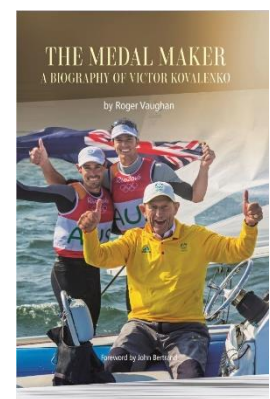
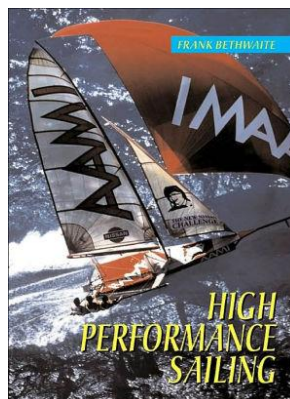
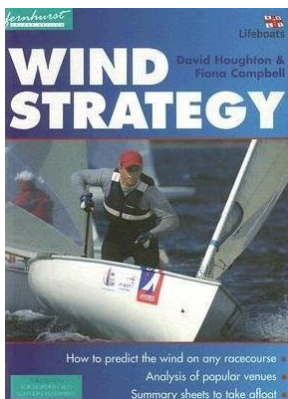
Upon returning to school for the spring semester of my junior year academics quickly took over my entire schedule. Now that prerequisites were satisfied I finally began taking classes for my Aerospace concentration, beginning with Aerodynamics, a course I thoroughly enjoyed because of its applicability to sailing. Our college sailing season began in late February when a few warmer days melted the remaining snow. After shoveling off the dock we rigged up our fleet of FJs and resumed regular afternoon practices on the Charles River.

Soon after setting up in Boston we all traveled to Miami for our Spring Break training out of Ransom Everglades School. This annual trip gives us a much needed break from New England's tough weather, but we soon found ourselves back north preparing for the **Team Racing New England Championship**. This year the event was held at Tufts' venue on the Mystic Lake in their unique Larks, which have large square head mainsails. The added variable of boat tuning made the racing much different than traditional college regattas. We finished this regatta in 7<sup>th</sup>, which was a strong position for us and shows how we are improving every year.

The regattas for the second half of the spring season were typically fleet racing and practices focused on boathandling, boatspeed, starts, and countless practice races. By the end of the semester we were well prepared for our **New England Championship** where I placed 4<sup>th</sup> in A-division and we finished 4<sup>th</sup> overall, securing a spot at the **College Sailing National Championship** semifinals. In addition to the honors earned by our other teammates, I was named to 1<sup>st</sup> Team All-NEISA. Our team spent the remaining weeks of our season preparing for the Nationals held by the College of Charleston. I had a tough time performing in the tricky Charleston conditions and current, but as a whole our team sailed very well and once again showed how we are becoming a stronger force in college sailing.

## Training on Land

Not every day is perfect for sailing. When we can't be out on the water we build strength in the gym, mentally rehearse skills by analyzing footage and texts, and recharge our batteries by enjoying planned R&R time. Check out some book recommendations below:



# Summer 2017



Practicing on a Carbon Nacra 20 in  
Newport, RI

Filled with sailing, traveling, and work, this summer was quite busy. It started with the **New York Yacht Club Annual Regatta** where I had the pleasure of racing on the beautiful *Arrhuuk*, a Herreshoff 57. During the following week I began my first engineering internship with TPI Composites. This company designs and builds windmill blades, busses, and other composite structures in Warren, RI and has a history in the boatbuilding industry. My position as a materials science engineering intern exposed me to both the floor operations and lab projects, diversifying my experience.

I spent most of my time outside the lab on the water practicing. The F18 was the perfect training platform as the Nacra 17 hasn't arrived yet. After discussing plans and sailing with many talented women sailors I am currently working with Christina Persson. Our early summer practices focused on fundamental multihull boathandling and boatspeed and now our focus is transitioning to racing moves, starting, and tight quarters boathandling. As the summer winds down we are studying foiling multihull technique and sailing the Nacra 20 FCS when it's available. The Nacra 17 is a totally different animal than the F18, but strong fundamental multihull skills will facilitate the transition.



Wayzata Match Cup (P.C. James Pleasance)

Throughout the summer I was fortunate enough to race in two M32 events, the **Sail Newport Regatta** and the **Wayzata Match Cup**. Both were with different teams and in addition to being very fun and competitive provided excellent learning experiences. Finally, to break out of the multihull routine I team raced weekly with local college sailors at Roger Williams University.

## Upcoming Fall and Early Winter 2017-2018

I have now resumed my classes and sailing on the Charles River. Our college sailing season began the second weekend of September (9-10) where I raced in the **Harry Anderson Trophy** at Yale. Our hard work during preseason paid off when we finished 3<sup>rd</sup> in A-division and 1<sup>st</sup> overall. Nearly every weekend this fall will be spent racing at other venues throughout New England and every weekday practicing on the Charles River. In order to take a break from the college sailing scene and progress with this Olympic campaign Christina and I will race in the third **Triple Crown Series** regatta. Hosted by Oakcliff, this regatta will be held at their venue in Oyster Bay, Long Island in their Nacra 17s that have been retrofitted for foiling. It will serve as a solid warm up for later World Sailing events.

### Upcoming Regattas

Hatch Brown Trophy	Sept. 16-17
Hood Trophy	Sept. 23-24
Danmark Trophy	Sep. 30-Oct. 1
Triple Crown Series	Oct. 7-8
Truxtun Umsted	Oct. 14-15
Sherman Hoyt Trophy	Oct. 21-22
Erwin Schell Trophy	Oct. 28-29
Hap Moore Team Race	Nov. 4-5
Atlantic Coast Championship	Nov. 11-12
Sailing World Cup—Miami	Jan. 21-28

### Recent Results

Sail Newport Regatta (M32)	3 <sup>rd</sup>
Wayzata Match Cup (M32)	2 <sup>nd</sup>
Harry Anderson Trophy	1 <sup>st</sup> , 3 <sup>rd</sup> A-div.

# YouTube Video Series

In some of my free time I edited older sailing footage into short promo videos and sailing playlists. These include basic catamaran boathandling videos and a series on college sailing. I plan to add much more to this channel over time. Follow the progress here!

Channel Link [www.youtube.com/user/RParentsail](http://www.youtube.com/user/RParentsail)

## Budget Update

As of August \$17,000 has been raised. This has been saved to exclusively cover the cost of our first boat and is approximately 60% of what is needed to reach this goal.

My personal contributions to the campaign over the spring and summer totals over \$11,500. This includes transportation, housing, food, coaching, and small equipment costs. For more specific budget details please see the full budget here:

Budget Link [raviparent.com/budget/](http://raviparent.com/budget/)

We expect to spend \$35,000 more over the next year and at least **\$100,000** more during the remainder of this quad leading up to the trials. This will cover travel, registration fees, housing, a new boat during the final year of this quad, and more.

You can make your tax-deductible donations to our Olympic Campaign by making checks payable to “USMMA Sailing Foundation, 13Fifty Racing—Ravi Parent” and sending it to the campaign mailing address:

Ravi Parent Sailing  
6123 9<sup>th</sup> Avenue Circle NE  
Bradenton, FL 34212

If you would not like a tax deduction, checks can be sent to that same address made out to Ravi Parent and will be deposited in the campaign account.

## Road to the Trials

In order to prepare effectively for the trials we must first acquire our boat. It is scheduled for late October delivery and once we pick it up our main focus will be in adapting our sailing style for the foiling configuration. We will also work together with other US Nacra 17 teams this winter as we believe collaboration will accelerate everyone’s learning curve. We plan to spend the winter months practicing in Sarasota, Ft. Lauderdale, and Miami leading up to the **2018 Sailing World Cup—Miami**, commonly called the Miami OCR, our true debut in the Olympic sailing scene.

### How to contact:

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We are looking into different coaches for this campaign. At each practice venue we will need an inflatable rib for the coach to use. Most of all, we need funds to cover the cost of a new boat which is currently our main expense. If you are able to help with any of the above, please contact us.

We would like to thank everyone for their generous support and interest. The road to the Olympics is very difficult, but with all your help we are making our dreams a reality. Look out for our next update!