

# **Ravi Parent Sailing**

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Aspiring  
Professional  
Sailor

# **Newsletter**

## **Volume 1**

## **Edition 2**

**February 2018**

**New sailing focus in the Nacra 17 Olympic class. Learn more about the new boat, winter training, the Sailing World Cup | Miami, and the upcoming regatta schedule in this newsletter edition.**

**Also, to subscribe for more updates and the newsletter please reply with your email and mailing addresses. Thank you!**

# Fall 2017



Hood Trophy on the Mystic Lake.



Fleet racing at Brown University.

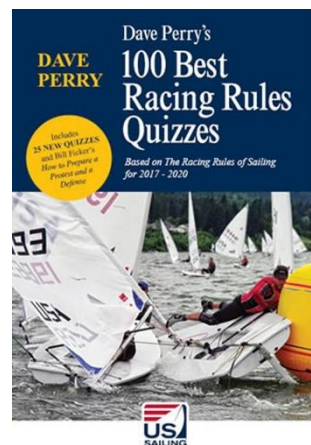
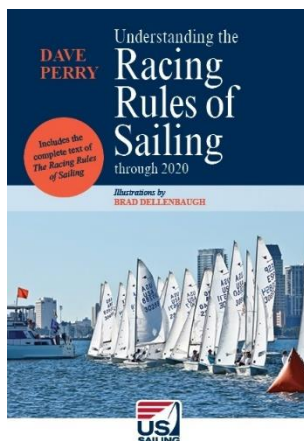
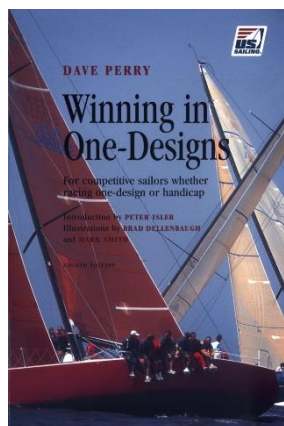


In the midst of the college sailing season I escaped to Oyster Bay, NY and raced in the **Oakcliff Triple Crown** series with current crew Christina Persson. This event was our first time sailing a foiling Nacra 17, albeit a retrofitted one, and served as a fundraiser when prize grants were distributed at the awards ceremony. Placing 2<sup>nd</sup> out of 4 boats, we saw how we are moving in the right direction, but have much to learn and develop in this Olympic class.

After the Atlantic Coast Championship and the end of the fall season I could finally get ahead on school work and focus on Nacra 17 sailing. During Thanksgiving Break I drove down to Florida, picked up the new boat, and spent the majority of the holidays rigging before returning to Boston for final exams.

## Current Reading List

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 of the latest book recommendations below:



# Winter Training and Sailing World Cup | Miami



Spending the winter at home is always a pleasure. With the new boat fully rigged, Christina and I spent the remaining few weeks before the New Year practicing at my home venue, the Sarasota Bay. It was great learning the boat in a low pressure environment with the support of local club members. Even though we were the only N17 on the bay we compared against F18s upwind and the protected waters made learning downwind sailing style more forgiving.

At the end of this training block we took a break and I raced in the **Team Racing Midwinter Championship** with my college sailing team. Transitioning back to simpler dinghies seemed so simple after having focused on tuning and understanding the new foiler. My stay at home concluded with a presentation at the Bradenton Yacht Club on my progression through sailing and where I am headed next. It was an honor to present to this group and help inspire the next generation of youth sailors. The full presentation can be seen [here](#).

Our first training block in Miami was the **USST/ODP Clinic** where we had morning meetings on topics within the sport, followed by boatwork and sailing, and then finished the day with a debrief and another lecture topic. We were lucky to have 4 talented boats in our training squad, 2 of which were already on the US Sailing Team in the Nacra 17 class. In addition to these top tier training partners we were coached by Randy Smyth, one of the greats within the multihull community. Light and heavy wind days, flat and choppy waters, drone footage, and exceptional coaching helped us all develop very quickly.

Soon after the clinic ended international teams began arriving. During our second training block we raced in the combined **49er/49er FX/Nacra 17 Midwinter Championship** and even though our results don't show it we grew much stronger as a team. We had many good moments throughout the races and it was inspiring competing against a fleet that included all 3 medalists from the 2016 Olympic Games in Rio. The level of competition was high, but that only motivated us to work even harder.



Team Racing Mids at Eckerd College



Nr	Bow#	Sail Number	Team	Club	T	N
1	399	AUS 2	Jason WATERHOUSE Lisa DARMANIN		28.0	16.0
2	398	ARG 1	Santiago LANGE Cecilia CARRANZA SAROLI		49.0	39.0
3	401	AUT 3	Thomas ZAJAC Barbara MATZ		65.0	49.0
4	406	GBR 21	John GIMSON Anna BURNET		69.0	49.0
5	411	ITA 363	Lorenzo BRESSANI Cecilia ZORZI		88.0	68.0
6	407	GBR 257	Chris RASHLEY Laura MARIMON GIOVANNETTI		89.0	70.0
7	409	GBR 366	Rupert WHITE Kirstie URWIN		95.0	80.0
8	408	GBR 91	Ben SAXTON Katie DABSON		102.0	82.0
9	415	USA 392	Ravi PARENT Christina PERSSON		112.0	92.0
10	413	USA 360	Bora GULARI Helena SCUTT		110.0	94.0

This year's **Sailing World Cup | Miami** was my first world cup level regatta. I had raced in World Championship level regattas before, but nothing of this caliber. The Nacra 17 fleet consisted of all 3 medalists from Rio, the current world champion, and multiple other sailors with Olympic experience and world titles in different fleets. By the final day of the qualifications series we had sailed 2 light and 1 heavy wind days before a postponement due to too much wind. Finishing this first series in 10<sup>th</sup> place we earned a spot in the Medal Race, which pits the top 10 boats against each other in a high-stakes race where finish points are doubled. A blustery northeasterly brought great excitement and we were even winning off the starting line, but lack of experience in this breeze and breaking our cunningham midway through the race slowed us down significantly. Nonetheless, we finished the regatta in **9<sup>th</sup> place overall** and **1<sup>st</sup> American team**, earning a spot on the **US Sailing Team**. Our success in such a short period of time reassured us that our hard work is paying off, but that we also have much more to learn.

# Spring and Summer 2018

Now back at school after missing the first week, I am focused on staying ahead and preparing for my final semester of college sailing. First on the schedule is a spring break training trip back to Miami, followed shortly afterwards by the **Eckerd Team Race**. The spring season is largely focused on 3v3 team racing which is a good change of pace from the repetitiveness of fleet racing. The summer schedule is packed with regattas on the European circuit, all of which will be in the Nacra 17. **Kieler Woche** in Germany, the **Nacra 17 World Championship** in Denmark, and the **U23 Junior World Championship** in France will all host top level sailors and require a full time commitment. The Worlds in Aarhus, Denmark is the first opportunity to qualify the United States for the **2020 Olympic Games**, so naturally this is the biggest event of the year.

## Budget Update

As of February \$32,665 has been raised. This was used exclusively to help cover the cost of our first boat, an extra set of sails, and winter training expenses. My personal contributions to the campaign over the fall and winter totals over \$17,000. 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 \$45,000 over the upcoming summer in Europe and at least **\$150,000** more during the remainder of this quad leading up to the trials. This will cover travel, registration fees, housing, a **second boat** for European training and racing this year, and more.

You can make tax-deductible donations to our Olympic Campaign through checks payable to "The Sailing Foundation of New York", designating to "Ravi Parent" in the memo line, and sending it here:

Sailing Foundation of New York  
PO Box 124  
Rye, NY 10580

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

## Road to the Trials

Now that we have qualified onto the **US Sailing Team**, a big step towards qualifying for the Olympics, we will work with new coaches and train with our strong squad of 4 boats as much as possible. The stage for Olympic sailing shifts to Europe this time of year and while this is exciting it also requires sufficient funding, which is always a challenge. If you would like to contribute, know of someone who would, or have any advice on how to fundraise successfully please do not hesitate to reach out. Thank you!

### Upcoming Regattas

Eckerd Team Race	March 10-11
Southern NE Team Race	March 17-18
Friis Trophy	March 24-25
Marchiando Team Race	Mar 31-Apr 1
NE Team Racing Champ.	April 7-8
Thompson Trophy	April 14-15
BDC	April 21-22
New England Co-ed Champ.	April 28-29
Team Racing & Co-ed National Championships	Late May
Kieler Woche	June 16-23
N17 World Champ.	Jul 30-Aug 13
U23 Junior World Champ.	Aug 28-Sep 1
M32 Chicago Regatta	Sept 7-9
M32 World Champ	Sep 20-23
F18 World Champ.	October 16-19

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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!