

## US SAILING's National Sailing Programs Symposium: January 7-11, 2009 "Changing Lives Through Sailing"

Portsmouth, R.I. (December 3, 2008) - US SAILING will host its National Sailing Programs Symposium (NSPS) in San Diego, Calif., from January 7-11, 2009. Sailing program organizers from across the country will have the opportunity to network with their counterparts and hear directly from numerous speakers whose expertise will help attendees improve their sailing programs. Celebrating its 26th anniversary, the five-day Symposium will be held at the Bahia Resort in San Diego, Calif., and is presented by LaserPerformance.

The list of speakers at NSPS traditionally is an indication of Who Is Who in the world of sailing programs and this year's list is no different. The impressive list includes experts such as US Disabled Sailing Team AlphaGraphics coach Betsy Alison; top female offshore sailor Dawn Riley; racing rules guru Dave Perry; US SAILING's Olympic Sailing Committee chairman Dean Brenner; Olympic gold medalist Anna Tunnicliffe; just to name a few.

The Symposium offers relevant sessions for people with various levels of involvement in sail training, from first-year organizers to veteran program directors. Information presented will cover a wide range of topics, from the basics of starting a sailing program to optimizing an already successful program. Scheduled sessions include:

- \* Program evaluation
- \* Board development
- \* Rules for youth coaches
- \* Race committee for youth regattas
- \* Teaching people with learning disabilities
- \* Fundraising
- \* Boat donations
- \* New tax rules for non-profits
- \* Hiring instructors and staff
- \* Partnering with other water sports organizations
- \* Tried and true techniques for children
- \* Fleet maintenance
- \* Fun drills for kids
- \* Boats and scholastic programs
- \* Team racing (panel)
- \* Windsurfing (panel)

In addition to the sessions and speakers mentioned above, there will be several more presentations by keynote speakers. Joni Palmer of the U.S. Naval Academy Sailing Program, who has been a popular speaker at NSPS in the past, will deliver the opening keynote address on "The Faces of Sail Training: A snapshot that exemplifies the influence students and instructors

have on each others lives." Other keynote speakers include Scuttlebutt editor Craig Leweck on "Program Communication Beyond the Water Cooler," as well as Robbie Haines and Stan Honey who will present "Preparing and Managing A Teen Team - Morning Light." A presentation on the "World View on Youth Sailing" by Dean Brenner and Jerelyn Biehl is sure to attract a good crowd, as is Dr. Julie Dunstan's two-part workshop entitled "Enhancing your Organization's Performance."

On Wednesday, January 7, Betsy Alison, Mike Segerblom and Dave Perry will moderate an Advanced Coaching Symposium, and on Sunday, January 11, Betsy Alison will lead an International Coaching Module. A condensed 2009-2012 Racing Rules Seminar with Dave Perry is also planned for Thursday, January 8. Additional events leading up to and concurrent with the symposium are Powerboat, Basic Keelboat, Level 1 and Level 2 Instructor Training Courses at the San Diego Yacht Club. These events are also accessible to those not registered for the full Symposium.

As well as the numerous seminars, workshops and panels, US SAILING's Training Committee and Community Sailing Council will honor recipients of several major national awards and community sailing accolades. Additional Symposium networking opportunities and social events will include an ice-breaker reception hosted by Gowrie, Barden & Brett on Wednesday, January 7, a cocktail party hosted by Open Bic on Thursday, January 8, and a dinner party hosted by LaserPerformance and Mount Gay Rum on Friday, January 9.

For more information and to register online for US SAILING's 2009 National Sailing Programs Symposium presented by LaserPerformance, please visit [www.ussailing.org/training/nsps/2009/index.asp](http://www.ussailing.org/training/nsps/2009/index.asp).

The registration fee for the event is \$150 for US SAILING members, \$200 for non-members. The fee includes lunches, coffee breaks, cocktail parties, access to all workshops and seminars, and a comprehensive event workbook. Following the Symposium, event workbooks will be available for sale at US SAILING's online store.

In addition to presenting sponsor LaserPerformance, NSPS is supported by the following sponsors: Gowrie, Barden & Brett; BicSport; Active.com; McLaughlin Boatworks; Sea Education Association; and Cardiac Science.

About the National Sailing Programs Symposium First created in 1983 and held annually since, US SAILING's National Sailing Programs Symposium has, over the years, brought together thousands of sailing program organizers. Presented by LaserPerformance, this Symposium is an outstanding event for any sailing program organizer, with numerous educational seminars and workshops on the agenda. The purpose of this annual Symposium is for participants to network with other organizers and to share ideas on what it takes to run a successful sailing program.

### About LaserPerformance

LaserPerformance is the steward of some of sailing's most recognized brands including Laser, Sunfish, 420, and Sailing World's Boat of the Year - the Laser SB3. LaserPerformance products are actively sold and sailed in over 40 countries worldwide. For more information, please visit [www.laserperformance.com](http://www.laserperformance.com).

### About US SAILING

The United States Sailing Association (US SAILING) is the national governing body for sailing. Founded in 1897 and headquartered in Portsmouth, Rhode Island, the organization provides leadership for the sport of sailing in the United States. US SAILING offers training and education programs for instructors and race officials, supports a wide range of sailing organizations and communities, issues offshore rating certificates, and provides administration and oversight of competitive sailing across the country, including National Championships and the U.S. Olympic and Paralympic Sailing Teams. For more information, please visit [www.ussailing.org](http://www.ussailing.org).