



On the Bow



A Newsletter Produced by the Bermuda Optimist Dinghy Association

Dates to Remember

Upcoming events with Bermuda Teams:

Opti Worlds - Jun 25-Jul 4
Vilamoura, Portugal

North American - July 10-18
Antigua

European - July 15 - 22
Crotona, Italy

UK Nationals - Jul 30-Aug 5,
Largs, Scotland

**New England
Championship**, Aug 9-11
Newport, USA

Cork, Aug 11-14 - Kingston,
Canada

Irish Nationals, 15-19 August
Dromineer Lough Derg,
Ireland

Other events:

Sept 10th - Race to the
Rock

October - Ren Re Junior
Gold Cup

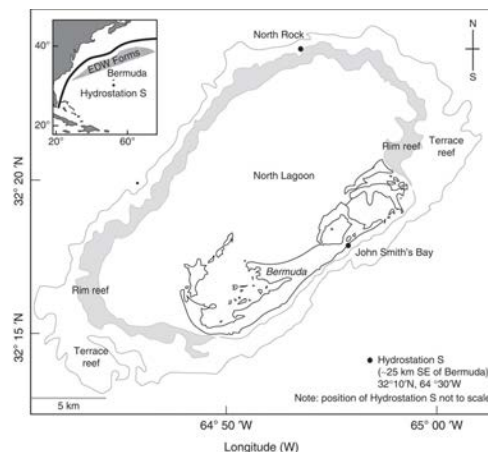
Nov 11-13 - Bermuda
Nationals and Open



The Race to the Rock is an Extreme Challenge Optimist Race from North Rock to Spanish Point, a distance of approximately 11.5 nautical miles. Youth sailors are undertaking this challenge on September, 10th to raise money in support of BODA, and all Advanced sailors are encouraged to take part.

Prizes will be awarded to the top fundraisers as well as top finishers at a BBQ immediately following The Race at Spanish Point Boat Club.

For more information contact Somers Kempe (somers@mahoganyreef.com), or visit www.facebook.com/groups/racetotherock



Congrats to Sebastian Kempe for winning the Newsletter Name Contest!



Coaches Corner

Nicholas Stefani is the Royal Hamilton Amateur Dinghy Club Sailing Director. Nico is originally from Uruguay and has been in Bermuda teaching for 4 years.

Enjoy some tips from Nico!

- ◆ Preparing in advance is very important when you are trying to get good results. Always look at the forecast, arrive early, take your time to prepare your boat for the day, get out on the water early to plan your races, stick to your plan and focus on the small details. There is always time to play once the racing is finished.
- ◆ If you had a bad race at the beginning of the day, it's not the end of the world. Try to learn from what you did wrong and focus on the next race. Regattas are long and you will have some great races and some not so good.



email: monawalker@gmail.com
for questions/suggestions about the newsletter.



Ceci in her first IODA regatta. Salinas, Ecuador, 2009

From Optis to the Olympics, to the Bermuda Red Bull Youth America's

Ceci Wollmann, 17, started sailing at the age of 8 at RHADC. She feels lucky she had a big sister and younger brother who also sailed. Her highlights in the optimist class was finishing as Bermuda National Champion and Female North American Champion. During optis, Ceci also sailed Open Bics and was North American Female Champion. From optis she moved into Bytes and was 3rd at the World Championships and again North American Female Champion. She went on to represent Bermuda at the Youth Olympic Games and finished in 10th place. From the Byte she moved into the Laser Radial and competed in the 2015 Pan Am Games and then earlier this year Ceci qualified for the Olympic Games in Rio. Ceci was awarded Junior Female Athlete of the year in Bermuda for 2016. Ceci has been training for the Olympics and also the Bermuda Red Bull Youth America's Cup Team. Ceci is sponsored by Digicel.

My advice for opti sailors:

I would recommend that you always have fun. Its easy being a big fish in a small pond so I would recommend you try to get off the island and sail in as many big fleets as possible.

Welcome to the BER High Performance Squad

Jack Hildebrand, Ahzai Smith and Fiachra McDonnell

2015 Sailor of the Year

Congratulations to Jordan Etemadi BODA's Sailor of the Year! Voted on by his peers for kindness, respect, fairness, commitment and enthusiasm for the sport of sailing. Thanks Laura Cutler for hosting the event.



Neil Kempe presenting Jordan Etemadi with the Dick Kempe award for Sailor of the Year



Team Bermuda at the South American Championship in Ecuador

Team Bermuda travelled to Ecuador in March for the International Optimist Dinghy Association (IODA) South American Championship with a team of 6. Jordan Etemadi, Sebastian Kempe, Luke Madeiros, Rian McDonnell-Geraghty, Tayte Stefaniuk and Leyli Walker were accompanied by their coach Pablo Weber. The Team was supported by BODA and uniforms sponsored by Digicel. Overall results out of 162 sailors:

- Jordan Etemadi - 31st
- Sebastian Kempe - 86th
- Rian McDonnell-Geraghty - 90th
- Leyli Walker - 100th
- Luke Madeiros - 113th
- Tayte Stefaniuk - 117th



Opti Family Fun Day a big success

Over 120 people participated in the Opti Family Fun Day organised by BODA. The event, held at RHADC on June 4th, brought Opti sailors of all ages together with their parents for a few fun races and dinner. Parents and kids participated in sailing and paddle races. It was a great afternoon of laughter, fun and a great dinner. Thanks RHADC for hosting and all involved in making the event a huge success. Photos by Heidi Ringsted.

