

Big week in SASI Sailing this week with the christening of two new purchases

James Paterson received his new Olympic Finn class dingy this week. His mother Anne christened James Paterson's new Finn 'Wombat'. Wombat was christened at the SASI sailing training venue at West Beach. This is a major investment in James future in the class. The National Finn fleet is building in strength and the older boats are just not able to cut it at the front of the fleet anymore. At the price of a medium size car we hope it takes him to the top of the pack.



The SASI Sailing Program coach boat received a new heart last week, in the form of a replacement 60hp Yamaha engine. The last engine lasted 3156 hours of operation. These engines are designed to last 2000 hours of operation and we hope the new one will serve us well. Program coach Brendan Todd had the following comment. "Confidence was not high going on the sea with the old engine any more. If the engine breaks down its a real show stopper! In our extreme sailing environment it is imperative that we have a reliable coach boat for training and safety." Program athlete Sarah Paterson christened the new engine last week.



SAILING HIGHLIGHTS FOR THE WEEK ENDING 30 October 2009

Men's and Women's Laser Class in Toukley

SASI Sailing athletes **Todd Hughes** and **Sarah Paterson** competed in the in the Men's and Women's Lasers class at the Laser coast regatta in Toukley, NSW. Held on the weekend of the 24th -25th October on the NSW central coast this annual event is a major warm up event for the summer racing season. The SASI program was able to support these athletes to participate in this event for the first time. This year the nation's top competitors arrived in Toukley from across the breath of the country. The men's fleet had only 4 sailors missing from the top fifteen, at the last national championships. Todd Hughes placed 7th, showing very good speed although his wind strategy let him down in the shifty off shore conditions. This was a good learning experience for him and good warm -up for Sydney International Regatta, raced on the harbour in December. Sarah Paterson also sailed in a strong fleet in the women's radial class and placed third. This will be Sarah's first full racing season after an injury prone season last year. She has showed that the efforts she and the staff at SASI have put into her strength training, is working and paying off.

SAILING HIGHLIGHTS FOR THE WEEK ENDING 16 January 2009

National Championships in Fremantle

Todd Hughes from the SASI Sailing Program has just completed the National Championships in the Olympic Laser Class held in Fremantle, WA. Fremantle is known for it's sea breezes, and this year it did not let competitors down, with some races being held in gale force winds. Todd, after being 7th for much of the open event, achieved an overall placing of 11th with 4 international participants in front of him making him 7th in the Australian National Championships. This is a massive improvement for Todd as last year he came 14th in the National Championships. This huge improvement can be attributed to the dramatic increase in his speed thanks to better equipment selection and hiking sustainability. Todd would like to thank the SASI Sport Science staff for their help in preparing him for this summer's competition season.