

# THE GAM



*The Newsletter of Jacomo Sailing Club Founded in 1958.*

**Commodore's Corner** – Another great season of sailing has come and gone. We ended it with the annual banquet at Garozzo's in Lee's Summit where everyone enjoyed good food, family and friends. I heard many stories being told of not only events of this past summer, but also stories from years ago. The only sad part of the evening was bidding our Commodore, Dr. Leonard Hock, farewell as he sets sail for Florida. Good luck, Leonard, with your new endeavors. You are welcome to come back and sail with us any time. I know of a great boat you can take out.

Our new board for this upcoming sailing season was voted in and we will begin making plans for the 2008 season. We always welcome new ideas to make the season fun and more enjoyable. If you have any suggestions, please pass them on to one of the board members. We would like to know what is working and what isn't.

Our next social event will be the annual holiday party at Julie and Paul Schleicher's house on Friday December 7. I hope to see you there.

Happy Holidays - Connie Henderson

## 2007 SCHEDULE

Date	Item	Races/Info
December 7	Xmas Party	@ Scheicher's

**Jacomo Sailing Club Holiday Party** - Members and their Guests, Friday, December 7<sup>th</sup> 6:30 p.m.. Will be held at the Schleicher's, 5001 West 112<sup>th</sup> Street, Leawood, Kansas.

Please bring a Special appetizer or dessert of your choice. Let us know if you have any questions 913-338-5348 or JSchleicher1@kc.rr.com

Hope to see you, Julie and Paul Schleicher

**2007 JSC Banquet** – The JSC Awards Banquet was held on Nov 10<sup>th</sup> at Garozzo's Ristorante in Lee's Summit.

Prior to the race awards a short business meeting was held. The 2007 board of directors was selected and approved by the membership.

## JSC 2007 Board

### Officers

**Commodore** - Connie Henderson

**Vice Commodore** - Julie Schleicher

**Treasurer** - Caroline Graham

**Secretary** - Gloria Sharp

**Rear Commodore** - Mark Graham

### Directors

**Past Commodore** - Dan Lewis

**Training** - Hal Wood

**Equipment** - Rick Blowers

**CSSA/US Sailing** - Bernie Kuse

### Program Committee

(includes Entertainment, Promotions, Publicity, Gam,)

Connie Blowers

Vicki Schwickerath

Susan Kellner

John Sharp

Todd Pesek

### B. P. Kuse Portsmouth Handicap Championship

1<sup>st</sup> Kevin Kuse, 2<sup>nd</sup> Lynn Adkins, 3<sup>rd</sup> Barry Skikne, 4<sup>th</sup> Rick MacClymont

**Two of a Kind (team)** – Hal Wood/Todd Pesek

**TRANSJAC** – Todd Pesek

**Wyant Cup** - Ken Kuse

We had four active fleets this year and the awards were as follows;

### Portsmouth Handicap Fleet

Commodore Series - 1<sup>st</sup> John Kling

Championship - 1<sup>st</sup> John Kling

### Windmill Fleet

Spring Series - 1<sup>st</sup> Barry Skikne

Premier Series - 1<sup>st</sup> Dan Lewis

Commodore Series - 1<sup>st</sup> Hal Wood

Championship - 1<sup>st</sup> Barry Skikne

### C Scow Fleet

Handicap - 1<sup>st</sup> Ed Seacord, Rick MacClymont

Regatta - 1<sup>st</sup> Rick MacClymont, 2<sup>nd</sup> Don

MacClymont

Spring Series - 1<sup>st</sup> Kevin Kuse

Premier Series - 1<sup>st</sup> Kevin Kuse, 2<sup>nd</sup> Ken Kuse

Commodore Series - 1<sup>st</sup> Ken Kuse

Championship - 1<sup>st</sup> Kevin Kuse, 2<sup>nd</sup> Ken Kuse

### Sweet 16 Fleet

Spring Series - 1<sup>st</sup> Don Montgomery, 2<sup>nd</sup> Aaron Grist

Premier Series - 1<sup>st</sup> Leonard Hock, 2<sup>nd</sup> Pete

Peterson

Commodore Series - 1<sup>st</sup> Leonard Hock, 2<sup>nd</sup> Pete

Peterson

Championship - 1<sup>st</sup> Leonard Hock, 2<sup>nd</sup> Pete Peterson, 3<sup>rd</sup> John Sharp, 4<sup>th</sup> Rick Blowers

**Special Awards** - Read up on these awards on the website and you will see that these members have given much to the club which has made a better sailing experience for all of us.

Kennedy Cup – Connie Henderson

Commodore Cup – Mark Graham

Huttrer Memorial Award – Rick Blowers

Georgene Weddell Honoree – Ronda Monford

Port Light Award – Luke McKee

Sweetheart Honoree – Connie Blowers

Mike McGrath Memorial Award – Don

MacClymont

Pete Peterson Mariners Award – Bill Johnson

JSC Participation Award – Leonard Hock

Leonard Hock 2006-07 commodore led the event. He announced our 2008 board and that he was leaving for Florida that night. Club member Pete Peterson and Rick Blowers made a short presentation to Leonard of a photo book and small trophy to commemorate his time with JSC. Many thanks to Connie Blowers and all those who provided work and pictures for the photo album.

**JSC needs your ideas** – In the past several years our promotional activities at the Boat and Sport shows have had a declining return of investment for promoting the club. Whether the visitors to the shows have changed or the overall attendance is down the net result is that our recruitment at these shows is down significantly.

JSC is looking for your ideas to help promote the club to the greater Kansas City area. Please forward you ideas to any board member or email the club at [jacomosailingclub@yahoo.com](mailto:jacomosailingclub@yahoo.com).

**2007 Photos** – The Gam and website want your 2007 photos of the season sailing, racing and events. Please forward these to Todd Pesek or email him at [tpesek@aol.com](mailto:tpesek@aol.com).

**JSC WEBGAM** – New for 2007 there is now an online newsletter. Links to the issues are on the main web site. Go check it out.

**Gam Articles** - We are always looking for information and articles for the Gam. If you have anything available email the Gam editor or email JSC at [jacomosailingclub@yahoo.com](mailto:jacomosailingclub@yahoo.com).



**Leonard Hock** - In 1999 Leonard Hock started his sailing career with JSC by purchasing Sweet 16 405 from Pete Peterson. He recently announced he would be assuming a new position as medical director for a hospice care center in Pensacola, FL. He will be greatly missed by the membership of JSC.

Leonard has been a great asset to the club. His early work with this publication raised the Gam to new levels of sailing insight and club news. He upgraded the format, added color and pictures that brought the Gam into one of the best area sailing publications. He held many other positions on the club board including our Commodore for the 2006 and 2007 seasons. He has been a major contributor to the club and was recognized in 2000 being awarded the Commodores Cup for his work on the Gam.

Leonard had one of his best racing seasons this year in the Sweet 16 fleet winning the fleet championship. He has had a good history in the club events teaming with Rick Blowers to win the 1999 Two of a Kind and winning the 2006 TRANSJAC. This year Leonard won the JSC Participation award. Good skippers develop and sail with good crews, Leonard's crews won crew awards with Ann Gardner winning the Georgene

Weddell award in 2000 and Luke McKee winning the Port Light Award this year.

Leonard's help in promoting the club with his fantastic help in open sail days, sport shows, boat shows, training and bringing our club to the attention of the media and Jackson County Parks and Rec cannot be equaled. Leonard arranged for the kids from the Channel 4 Love Fund to attend open sail days to expose them to sailing. We all hope to follow in his footsteps with his friendship, leadership, teaching, competitiveness and overall love of sailing.

It was Leonard Hock's continued dedication to sailing and his resolve that have helped make Jacomo Sailing Club enjoyable for all. Leonard has truly been a leader on which we have developed the club into the phrase he coined the "Kansas City's Sailing Resource".

**Sailing Clubs exist to promote sailing.** - They should subsidize it, in fact. It doesn't matter if you belong to a yacht club, sailing club, or sailing association. Your organization's main thrust--and most of your dues--should go toward generating healthy on-the-water activity. Consider this checklist and then decide if your club might have any course corrections to make.

Sailboat racing provides an organized activity that brings people together. Your club should have a regular schedule of races for handicap or one-design classes, ideally both. You'll also need well-kept safety and support craft, plus race committee gear, which give other members a chance to be involved.

Daysailing events and club cruises bring people together, too, and change the pace. They're fun for all--racers, cruisers, and powerboat owners. Any time you offer club members an excuse to set off on a group excursion, you'll find they return with stronger bonds to each other and their club.

Social activities are another great way to bring people together. (Notice a theme here?) Use any excuse to have a party--the opening-day extravaganza the awards banquet, the new-member welcome, the Fourth of July dinner dance, etc. You can also round up people to work on a project, attend a seminar, or hear a presentation. Each is both a social activity and a way to let people with a shared interest make connections and have fun.

Youth and adult training are at least as important as all of the above--and should be the activity most

heavily subsidized by member dues. Nobody will argue that youth instructors and coaches are vital; but consider how easy your club makes it for adults to learn, either through classes or low-key crewing opportunities. Whether you have a big staff or volunteers only, finding ways of teaching others is vital to perpetuating the institution. Of all the values that sailors share, passing on what we know is the greatest.

The corollary to passing it on is giving back. Whether it's volunteering for race-committee duty, hiring instructors, or helping to balance the budget, this common spirit should be encouraged; it's one of sailing's best traditions.

Lastly, to fulfill its mission your club should regularly stage special events. Hosting one-design nationals or other major regatta provides the club with a visible badge of honor and gives members a view of a higher standard of racing. Even more important are intramural events that mix sailors from different classes and generations. These can be as structured as match racing and team racing, or as hilarious as an anchored-start race or water-balloon tag.

For extra credit, maintain a list of those interested in crewing, both at the club and on its website. And if you can afford it, a small fleet of club-owned boats will multiply the race formats available and make adult instruction a breeze. Such a fleet also attracts younger adult members and keeps others who are between boats.

Some clubs have magnificent waterfront facilities; others operate on paper and websites only. Some enjoy tie-and-jacket formality; others dress up in T-shirts and sandals. Your club is unique and should be celebrated above all for its success in drawing people to enjoy the water, compete against each other, work together, relax together, teach each other, and share more than a few laughs.

**Fitness Program** - An all round and thorough fitness program should be based upon a combination of aerobic and anaerobic training. Your plan will be different at different times of year to fit in with the sailing calendar but should include four items:

**Stamina:** The development of general aerobic endurance. 3 to 4 sessions a week. Start with 15 minutes light running and gradually increase this to 30 minutes or more each time you run. Do light

running for the allotted time. If you are getting out of breath you are running too fast and you are not training aerobically. Don't worry about the distance you run - just run for the allotted time, at a steady pace as described. This training should last from one to three months.

**Strength:** The development of muscular endurance. You should add 1 to 2 sessions (of a minimum of 30 minutes) a week of either circuit training or weight training. The object of this is to build up muscle strength and endurance. Target those muscles that get particular use in sailing: arms, legs, hiking muscles. Also do general training of all muscle groups. This training should last from one to two months.

**Speed:** The development of anaerobic capacity. You need 1 session a week of interval training. This session should comprise, for example, 5 minutes easy running to warm-up thoroughly, then a 20 minute session made up of 30 seconds of hard, fast running and then 1 to 2 minutes of easy, steady running (or walking) to recover. You should finish off with 5 minutes easy running. The object of this training is to force the body to build up an oxygen debt in the 30 seconds of hard running and then recover in the easy running in between. You are training your body to cope with anaerobic activity. This training should last from four to six weeks.

**Skill:** The development of specific sailing skills. Begin spending more time on the water in order to work on specific sailing skills. Maintain your fitness in the same way during the racing season.

**Suppleness:** The development of flexibility through stretching exercises. - This is not a separate item, but should be included as part of all training. Stretching exercises should be performed before exercise of any sort, both on land or water. Flexibility avoids injury. Work on all areas of the body, gently loosening up the muscles and stretching them.

**Rest:** There should be a period of rest, probably at the end of the sailing season, when you take a complete rest from racing and training to give your body a total break for recovery.

#### JSC CONTACTS

##### COMMODORE

Connie Henderson - [rcgirl302@yahoo.com](mailto:rcgirl302@yahoo.com)

##### VICE COMMODORE

Julie Schleicher - [JSchleicher1@kc.rr.com](mailto:JSchleicher1@kc.rr.com)

##### TRAINING

Hal Wood 816-765-4418 - [amsi1@mindspring.com](mailto:amsi1@mindspring.com)

##### GAM EDITOR

Todd Pesek 913-962-0062 – [tpesek@aol.com](mailto:tpesek@aol.com)

##### Jackson County Parks and Recreation

(816) 503-4800 - [parksrec@jacksongov.org](mailto:parksrec@jacksongov.org)



**P.O. Box 22505**  
**Kansas City Missouri**