

## MAG BLOG ARCHIVE

**2014**



Mark and Mag winning the first race



Mark and Mag sailing upwind

The Bacardi Cup is the second most prestigious Star class regatta in the world (not counting the Olympic Regatta) after world championship. To do well in the Bacardi Cup is always a “big deal”. It is also one of the older events. I can remember reading the Bacardi results in our local newspaper, back in Sweden when I was a teenager. Little did I know that I would eventually become part of its history and have so much fun for now over 30 years!

“Bacardi has always been about heritage and tradition,” said Eddie Cutillas, director of Corporate Sponsorships and Community Relations for Bacardi. “This is an event that ties us directly to our roots and beloved heritage. The event which originated in Havana, Cuba and later moved to Miami. The Star boat was the only class for all those years, but it changed it changed a bit when Bacardi established the Miami Sailing Week in 2010.

The event grew to include other classes such as the Melges 20, the J-70 and the Viper Class. I didn’t like it at first, but I love it today. It is a healthy development and we are heading in the right direction even if it’s not fully developed. There are several organizations and a lot of people are involved.

Mark Reynolds, my Olympic partner and I decided to “put the band back together” for one more regatta, the 2014 Bacardi Cup. It’ had been about 10 years since we last sailed together. Mark is in my view the BEST, because he is so calm and collected. He hardly ever becomes rattled and vocally upset. Seriously, a bomb could go off and he wouldn’t know it! That is how focused he is. He excels during adversity and I will give you an example of this later in this report.

The Bacardi Cup was very highly contested again this year despite that many of the top Olympic sailors from 2012 are no longer racing Star since it lost its Olympic status. It didn't prevent seven World Champions to show up including Torben Grael, Xxavier Rohart, Paul Cayard, Vince Brun, Allan Adler, Mark Reynolds and John MacCausland.

Add other Olympians and world class sailors like, Augie Diaz, Brad Funk, Brian Ledbetter and several other top sailors, racing this year was extra special.

Another reason why Bacardi extra special to me is that my birthday always falls within the regatta dates. Most of my friends are some fun. It brings on the ultimate party atmosphere!

Mark and I won the first race and it sparked our performance for the rest of the week.

We were flagged for rule 42 in the second race and lost a couple boats to finish 6th. Rule 42 is basically about using the body to kinetically move the boat forward and/or to pump the sails. In this case the judges deemed that I had rolled the boat to gain an unfair advantage. Our sport used to be self-policed for many years and we are perfectly able to keep an eye on one-and-other, without judges who never even have sailed a Star making crucial calls on how to sail the boat. Who needs these guys? Where were they in some of the other races?

In what would end up being the last race of the series, our tiller broke as we rounded the weather mark in 4th place to begin the final run to the finish. What actually broke was the phenolic piece that connects the rudder column to the tiller. It limited Mark's steering to holding the tiller at 45 degrees angle with one hand, while with the other hand pressing the tiller down on top of the rudder column. Too bad, because we rounded in fourth and who knows what would have happen if we had kept that finish? Mark said "hit, the tiller broke, we have no steering". Instantly, I recalled the windy race a few years ago when Bromby and I had a 3+ minute lead at the reach mark when we broke our mast. Not again! Can't win like this! The wind was beautiful, blowing about 15 knots from the south. One final run to finish, why did this have to happen? We had passed the offset mark on a reach trying to bear off. I jumped up on deck and heeled the boat to windward as hard as I possibly could. Slowly, but surely the boat began falling off. The big concern was to not go beyond a dead run and into a gybe, which would have been ugly. As it turned out, the big job was just hiking the boat down to weather. Then Mark called for a gybe, but I had to do both main and back-stay while giving the boat an extra hike to make it turn. No problem, there must have been a lull in the breeze. We were now aiming right at the finish and eventually crossed the line in 12th place.

By now we had the technique down pretty good and we kept sailing for a while, then the Italian coach towed us in to port. Heck of a way to spend my birthday:(

The Race Committee did a less than perfect job in some of the races. Don't mean to rag on anyone in particular, but I can't help myself from listening to what the other competitors had to say, including stating my own observations: In some cases the starting line should have been better adjusted; Weather mark and gates should be re-positioned to conform to wind shifts; During the heavy air day, we were send out to start, only to have the race cancelled on the first beat. Race Committee, please check out the race course in person, before sending everyone out.

Special thanks to my nephew who showed up the following morning with one of his construction workers, to repair what was broken. We made it out for the next race, but as it turned out, the regatta was over, even if we didn't know it yet.

Thanks for making Bacardi the regatta it is today. I love you all!

Magnus

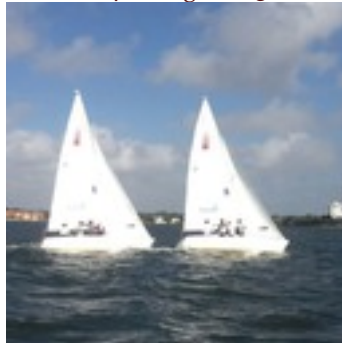
**2013**

**01-06/2013**

Visitors from Finland



2.4 sailing 1-8-13



sonar match 1-9-13



va 2.4 sailing 1-1-13



David Storrs 1-9-13



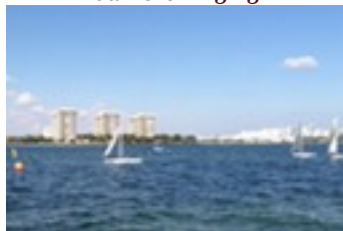
sailing 1-1-12



Mitychell 1-20-13



Jan Ole 1-23-13



2.4 Camp 1-25-13



Sonar Camp 1-1-26



Charter MOCR 1-27-13



MOCR 1-13-13



PR 1-4-13



Miami Boat Show 2-14-13



VA Sailing 2-15-13



Sonar Sailing 2-16-13



2.4 Sailing 2/16/13



Sonar seat test 2-16-13



@.4 Sailing Ripley 1-17-13



VA Sailing 2-21-13



VA Sailing Freedom 2-21-13



IMG\_0619



VA Sailing on 2-21-13



Rolex Awards 2-26-13



Protector Oakland 2-26-13



VA Sailing 2-28-13



Pro Am Regatta 3-3-13



IMG\_0798



VA Sailing on 3-5-13





Mags BDay 3-8-13



2.4 sailing 3-10-13



Lionel Mandell 3-11-13



IMG\_o856



2.4 3-12-13



VA Sailing on 3-13-13



Mandell 3-14-13



Charter 3-15-13



Mitchell 3/17/13



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IMG\_0908



IMG\_0910



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IMG\_0962



IMG\_0995



IMG\_1186 - Version 2



IMG\_1186 - Version 3



IMG\_1187



IMG\_1188



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IMG\_1243



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IMG\_1259



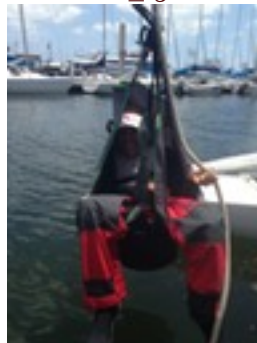
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IMG\_1282 - Version 2



IMG\_1321



IMG\_1336



IMG\_0205



IMG\_1378



IMG\_1387 - Version 2



IMG\_1388



IMG\_1405



IMG\_1421



IMG\_1447



IMG\_1459



IMG\_1508





IMG\_1528



IMG\_1544



IMG\_1656



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09/2013

## *Veteran's Sailing in Miami*



Paul R. Coles Jr, Daniel Evans and Donoray Bickham

The Columbus Day Regatta is usually when hibernation time ends and the sailing scene picks back up in Miami. This year, [Team Paradise](#) entered the two-day event with a couple of dry-sailed Sonar. One boat with an all VA team and the other boat with Karen Mitchell, our 2007 SKUD18 World Champion, sailing with an all able-bodied crew. At the helm of the VA entry was Daniel Evans, our "poster boy", currently ranked #1 on the US Paralympic Sailing Team in the 2.4mR class. His crew was rookie sailboat racers, Donoray Bickham (vision impairment) and Paul R. Coles Jr (an IED victim from Iraq). Yours truly was on the boat to accommodate spinnaker maneuvers and foredeck work. Initially, the plan was for the VA to do everything, but the fore deck. That plan didn't stick with Danny. He wanted to win so badly and he suggested that 'these guys will never learn how to win if we don't show them how to do it.' I was easily convinced, because that is how I learned racing. To go racing with someone better than yourself makes a lot of sense. Our VA team ended up winning and Karen Mitchell finishing second in the five-boat fleet. We all learned a lot. Twelve hours of intense racing in a two-day period makes a difference. Sailing practices since the regatta feel much different than before. Fewer words are spoken and a sense of harmony is present. Practice makes perfect and we are loving it!

### **09/2013**

Veteran's Sailing is where it's at! I'm not talking about some old timer(s) who couldn't decide when to fold up their sails. No, this is about the US Military Veterans, the Wounded Warriors and the building of an Adaptive Sailing program, while supporting the Paralympic Movement and the growth of sailing in general. While most of the Scuttlebutt stories over the summer have been about million-dollar campaigns, exotic materials and how high-to-fly, this is about a grass roots campaign, which diligently is serving a growing number of disabled Veterans on Biscayne Bay.

Thanks to a grant from the US Paralympic Committee in, [Team Paradise](#) began a Veteran's Sailing program in the fall of 2012. What better source to find the next generations of Paralympic Sailors than the US Military? New talent of physically disabled men and women, often young, but regardless of age, no strangers to discipline and teamwork. Also, What better place for healing than sailing?

The first quarter of the grant cycle (Q1) was basically preparation time for what was to come. Our priority was to build adaptive seating! How else would we be able to provide for quadriplegics, with no experience, to go sailing in anything over 8 knots of breeze? Our goal was to accommodate individuals with any type of

physical challenge. The result was a second-generation swivel seat, capable of holding a 300 lb person. The holidays being stacked towards the end of the year made it difficult to get things going and attendance did not meet expectations in Q1.

Then came the New Year and that's when racing peaks on Biscayne Bay. January is our busiest time of the year and it's near impossible to focus on anything other than visiting teams. VA Sailing suffered, but not for long. With plenty of "rock star" sailors around, it was easy to find volunteers who could keep the apparent wind flowing providing an exhilarating time for the "riders". We kicked some butt during the months that followed. In fact, we did so well that our deliverables were almost achieved after Q3!

Summer rolled around and the weather conditions became "iffy". Thunderstorms and lightning may be cool to watch, but not to go sailing. The advice was to shut down our activities for a few months, but how could we stop the momentum that we had worked so hard to build? "A few good men" had developed out of the bunch and they were keen to keep sailing. We bottom painted a couple of our Sonar in order to wet-sail them. It drastically reduced our effort and we could now go sailing on a very short notice. We added Saturdays for a twice a week VA sailing opportunity. Our group was now smaller, but also more manageable. We established a call list for last minute updates and offered a "Banner Day" in August, which added another 11 unique veterans from Ft. Lauderdale. Our deliverables were met with time to spare and it was smooth sailing towards the end of Q4.

In all, we ended up serving 42 unique veterans, some of them going sailing over 40 times during the Year. How about that?

**2013**

**MIAMI SAILING WEEK**  
MARCH 2-6, 2014  
PRESENTS  
**THE 2<sup>ND</sup> ANNUAL CHARITY PRO-AM REGATTA**  
MARCH 2, 2014

**ENTER RTW**

30 sports available on SCHAFF	\$150 each
20 sports available on H2O (Group Buoy)	\$100 each
5 premium sports on M32 (Regatta)	\$250 each

**REGATTA DETAILS**

**SCHEDULE:**

- Regatta Week: Sat 10:00 am - Sun 5:00 pm
- Registration: Sat 9:00 am - 10:00 am
- Check-in: Sat 10:00 am - 11:00 am
- Start: Sat 11:00 am

**ENTER INCLUDES:**

- Boat in harbor
- Event insurance coverage
- Event registration
- Event t-shirt
- Event food/beverage
- Event transportation
- Event registration
- Event t-shirt
- Event food/beverage
- Event transportation



Our Sonar were lined up at the Shake-A-Leg Miami docks on Sunday morning.



Start of the first race



Team Reynolds had inside overlap on Team Cayard going around the weather mark.



Team Reynolds



Lars Grael leads Augie Diaz and Paul Cayard on the run of the first race



Team Diaz

The Pro-Am Regatta kicked off the 87th BACARDI Miami Sailing Week in style. The charity event benefits three sailing related non-profits including, Team Paradise, Shake-A-Leg Miami and Sailing Heals. Crew seats on the boats were sold in advance and an on-line auction helped generate funds.

Team Paradise sailors benefiting from this unique experience were Tracy Schmitt, sailing with Paul Cayard and Donoray Bickham, sailing with Lars Grael. Where else would a four-way amputee from Canada and an injured War Veteran from Louisiana get this opportunity? Or how about Staff Sargent, Travis Mills of the 83rd Airborne, who was critically injured by an IED while serving in Afghanistan and is now lives an inspiring life as a quadruple amputee? He was among the "Rock Stars" in his first-ever sailboat race!

The Marström 32 was a new event this year, offering both drag racing and a fleet racing to those wanting a thrill ride on the all-carbon, super cool, catamaran. Yours truly tried it and had a blast!

Our five boat Sonar fleet was all polished up and ready to go. Bremen Sails made sure that the sails were in good working order. Volunteers, Bob Hurst and Mike Segeren helped preparing the boats, days in advance. We were ready!

Studiomilano, the add agency, made it all happen. Sara Zanobini worked tirelessly along with volunteers at Coral Reef Yacht Club, Wendy Kamilar, Connie Bischoff and Mark Pincus.

Pro skippers this year were:

Miami's own Augie Diaz, who won the inaugural event last year, ended up on top again this year in the Pro Am regatta! Augie was named the 2003 Rolex Yachtsman of the Year, recognized for his achievements as a

skipper in three different one-design classes – Laser, Snipe and Star. He is the first U.S. sailor to win the Snipe World Championship since 1981. His list of achievements also includes victories at the Snipe Midwinters and the Don Q Regatta, as well as top-five finishes at the 2002 and 2003 Bacardi Cup, Star Western Hemispheres, Snipe Nationals and Rolex Laser Masters North American Championships, where he also finished second in his age division. He was named Seahorse Magazine's Sailor of the Month in May, 2003. Team Paradise volunteer, Bob Hurst was on his boat during the Pro-Am win;

Lars Grael (Rio de Janeiro, BRA). Grael is the winner of two Olympic medals, one in the 1988 and the other in the 1996. He won the Snipe world champion in 1983 and is a ten time Brazilian and five time South American champion in the Tornado class. In September 1998, he suffered a serious boating accident and lost a leg when a power boat ran in him over just before the start of a race. Lars ended up winning the Bacardi Cup later in the following week;

Paul Cayard is one of the best know US sailors of his generation. Paul has competed at multiple world championship level sailing events, including the America's Cup, the Whitbread Round the World Race, the Volvo Ocean Race and the Olympic Games. In 1998 he was selected as the Rolex Yachtsmen of the Year. He was elected into the Sailing World Hall of Fame in 2002. His most impressive wins as a skipper includes The Start World Championship, The Louis Vuitton, and The Volvo Ocean Race onboard “Pirates of the Caribbean”. In his boat during the Pro-Am regatta was Team Paradise sailor Tracy Schmitt, born a four way amputee;

Wendy Lotz, the only female of the bunch. Wendy is an awesome sailor and among her many victories, she has won the Viper Class in the Bacardi Newport Sailing Week 2013 and she eventually ended up winning again here in Miami 2014.

Mark Reynolds, my partner from the 2000 Olympic Games. Mark is an extraordinary sailor! He has won more Olympic sailing medals than any other US sailor. He is a Rolex Yachtsman of the Year, ISAF World Sailor of the Year, he is a 7-time Bacardi Cup winner and twice Star World Championships. Mark and I teamed up again in this years Bacardi Cup to finish as runner up to the eventual winner, Lars Grael.

We ended up with a 3-race series in picture perfect conditions. The teams were very competitive and usually bunched up at the finish. Once back on shore, the awards ceremony followed. Augie Diaz, You are the MAN!

Hope to see you all again next year and many thanks for participating.

**2012**

**01/1/2012**



Deliberating



On the Podium



Wonder if the subway was under thrown?





Happy New Year 2012 Everyone! May it be healthy and prosperous! Thanks for all of yours support, without it, Team Paradise would not be possible. We fell short of a year-end fundraising campaign, but donations were made and volunteers stepped up to the plate.

Sailing in Miami is fantastic. This is where the serious sailors come to train and race during winter. As evidence, the recent Orange Bowl Junior Regatta, hosted by CRYC (Coral Reef Yacht Club) had 559 sailors competing in Laser, 420 and the Optimist Dinghy. Team Paradise signed up as volunteers with a safety boat. The winds were mostly mellow, so we assumed the lunch boat assignment. Team Paradise volunteers passed the test and got the job done, a bit different from what we usually do, but a great experience that made everyone involved better at what they do and also created a true sense of team building. The volunteer party following the awards ceremony at CRYC was an award in itself and as generous and fun as promised.

The Sportsmanship Award bearing my name is like a dream to me. I'm very appreciative of it and very thankful to my friends who keep promoting it every year. I would like to preserve it for ever, if only possible. Last year I was stuck in a snow blizzard and could not attend, but the trophy was still awarded. This year I was back reading the 41 nominations submitted by the young athletes and others who witnessed various acts of sportsmanship. All the nominations where carefully considered by a panel of respectable individuals and we ended up with a short list of 3 teams. I finally decided on a team from California who sailed brilliantly all week while being respectful of the racing rules and other competitors. They were helpful to their fellow sailors in many ways. They also stood out when they were disqualified by a Black environment Flag (over the line early) and came back by the Race Committee Signal Boat to apologize for possibly leading others over the line early. They winners were 420 sailors Chris Villicich and Nikki Obel from Marina del Rey, CA. The first time the trophy was awarded to a team of two.

Thanks to All of You and My Best for 2012!

01/16/2012



The month of January is as busy for Team Paradise as April is to an accountant. There seems to be no end to the work that needs to be done. The Miami Olympic Classes Regatta is almost upon us and sailors have begun poring into town.

Team Paradise will bring one very special team to the starting line. it is the "United Nations" team of skipper Patrik Norstrom from Sweden, jib-trimmer Bryan Tabler from Orlando Florida and mainsheet trimmer Steve Shaw from Canada. Combined, they are the definition of a rookie team. Patrik and Steve have little to no racing experience while Bryan has crewed in a Sonar for a few years. I will be coaching them on and off the water and really look forward to the challenge.

Steve arrived Miami on January 3rd and we have been sailing both Sonar and 2.4 in an attempt to kick-start his sailing career. Patrik and Bryan will arrive on Thursday and pretty much go sailing right away.

Karen Mitchell and her crew will be using one of our Sonar in the BBYRA and Flat Earth Racing Series on Biscayne Bay for months to come. Karen owns an older Sonar which doesn't give her much justice. The newer boats are faster and we are looking forward to follow her progress, sailing in Miami and Biscayne Bay.

Congratulations to the podium finishers at the recent IFDS Worlds. They are all coming here next.

**01/29/2012**

### *Team Paradise*



Bryan Tabler, Patrik Norstrom and Steve Shaw

Team Paradise had one entry in the Sonar class during the recent Rolex Miami Olympic Classes Regatta (MOCR). Patrik Norstrom (SWE) and Bryan Tabler from Orlando, FL, who sailed together with me in the US-Sailing Sonar camp last year, were determined to enter the MOC), an International Sailing Federation (ISAF) "Grade A" event. The competition would be the best in the world, teams who just would have finished the World Championship on the Florida west coast, teams that are in their final preparations

to race in the Paralympic Games, teams who have been sailing together for many years, teams that are on top of their game and as good as they ever will get.

Our main challenge was to find a disabled mainsheet trimmer, which is vital position in sailboat racing. The main sheet It's like the throttle of a speed boat, or the carburetor of a race car, a crucial component for speed. It would be hard to find that third key person. Someone good, with minimal disability and max ability. The Sonar rules allows for a maximum of 14 points in a functional classification system that ranks disabilities in a scale from 1-7. Seven would be someone with the least amount of disability and a one would be someone with the most severe physical impairment. Patrik was not yet classified and we weren't sure if he would be a 1, 2, or 3. Bryan is a 4, so we needed someone with a 6, or a 7 rating. The crew search was on, but all the "hot" prospects were already taken, or they had something better to do. This is when we got a bit lucky and timing was on our side, which always helps. I received an email from a Canadian citizen who had is right leg amputated below the knee a couple of years ago. He had learn about [Team Paradise](#) and wanted to come to Miami to learn sailing and how to race sailboats. We Skyped back and forth many times. Patrik and Bryan eventually joined in on the conversation and details began to take shape. Steve had no classification either, so that became a hurdle. He also needed to do some fund-raising to make it happen and he did. The whole idea was kind of "nutty" and I'm not sure if it has ever been done before (or if we will do it again). To put three individual together in a Paralympic competition, where two of them were total rookies (by the definition), two of them had have never met, one has no arms, another one no legs and with a combined sailing experience of next to nothing. Then there was the language barrier. Patrik never sailed with anyone other than Swedes. They had to study our glossary page. Adding to challenge was that I battled with the flue during the week of racing, which rendered me voiceless and unable to communicate much from the coach boat. In my mind it all became an experiment, really, the "Miami Experiment".

Steve arrived in Miami on January 3rd and training began right of way. The breeze in general has been up for the most part of last several months, but the beginning of January was pretty light. There very a couple of days when we felt like in the doldrums and couldn't sail. Instead, Steve studied our written instructions and furthered his knowledge base along. In the beginning, we went 2.4mR sailing , because it's the quickest and best way to learn sailing, in my opinion. We then rigged our oldest Sonar "711" and began practicing, ahead of Patrik's arrival. Steve helmed and trimmed the main to get a feel for how closely related they are. Danny Evans sailed a bit of 2.4mR with us and also assisted with the coaching. Brad Johnson help our effort along by going Sonar sailing with Danny and Steve. Brad ended up winning the Sonar Paralympic trials with Paul Callahan and Tom Brown the following week. We couldn't get much better help than that!

Patrik landed in Miami on Wednesday, January 18th. He brought along a wooden tiller that he had made at work. It must be the first tiller ever made by Volvo, because this is where Patrik works as an industrial designer. The tiller design worked out great, but Volvo better stick to cars and trucks, because it snapped the first day as Patrick fell on it would gradually keep delaminating throughout the regatta.

Patrik's abilities are tremendous! I had the pleasure of getting to know him and see how he operates. He drives a car, uses the drill machine, hammer and chisel, draws on the marker-board, ties knots and abel to carry whatever. He refers to his feet as hands, because he never had arms and always had to use his feet. Actually, he is a lot more abled than some people that have all their limbs in place

There were many questions in my mind about "Miami Experiment". Surely, we would have to focus on the process and not the result. That was obvious, but how would they hold up as a team on the water? Would the

blame game amongst them begin, or would a leader be established. I made them fully prepared for being the last boat to finish in every race. Sure enough, they came back with two DFL (Dead \*\*\*\*\* Last) after the first day of racing. At the debriefing they were all fired up and vowed not to repeat the same finish the following day. I was quick to point out that it would be very unrealistic and only generate disappointment. Eventually, I could see that the last place finishes were wearing on them as the week progressed and the outcome remained the same. Thanks to us all being mature adults, we stayed together as a team and for that I'm more proud than anyone would know. Bryan Tabler, who discovered Team Paradise in 2005, works for the Disney Institute in Orlando, which basically sets the standard for all Disney employees, suggested a change at the eve of the final day of racing. He suggested to switch position with Steve and trim the main and assume the leader roll on the boat. It made total sense, because Bryan has some experience in racing and I had coached him to become a mainsheet trimmer a couple of years ago. It was my mistake for not putting him there from day one! That job is way to demanding for someone new to sailing. We discussed the change amongst ourselves and we all agreed to do it.

The final day of racing was the windiest of the series, the breeze gusting above 20 knots. It was a spectacular day, one that we will remember for a long time. The course was windward - leeward, but instead of the usual 2 laps, it was 3-times around. I cheered on from the coach boat as they went through the gate. With one boat behind them, not far behind the pack and only a few boat lengths behind the US Paralympic rep, they were looking pretty darn good. Other coaches cheered on as well. The eventually would be past and fell back to where we were distant to finish this event, in last.

It was a happy ending to a "long" week. I'm grateful to have made some new friends that may stick to the sport. Patrik belongs in Skud18 and that's what we should try next. Steve should pursue the 2.4mR as he originally planned. He has plenty of good talent and I encourage him to keep going. Bryan should be sailing more, because he has the basic training and abilities, but only sailing once to twice per year is not enough in order to get really good.

Thanks for taking my abuse on and off the race course. All I wanted was for you to give it your all and still have fun - You did everything I asked of you!

As for the "Miami Experiment"? Two rookies in a 3-person boats requires someone really good to make up the difference. Ideally, one rookie should be teamed up with an experienced crew, because he/she would learn much quicker in that setting. I contribute my success to all the great sailors that I have crewed for. I learned something every time out sailing and was never concerned about their expertise. Whatever you want to get better at, hang out with those that are.

All for now!

07/30/2012



This is my contribution to the effort of organizing and promoting Sailboat Racing in Miami. It is also made in an effort to Save Sailing on Biscayne Bay, because that is the 'base of the pyramid' and if sailing in general keeps shrinking, so will Sailboat Racing. Saving sailing is by no means exclusive to sailing in Miami and Biscayne Bay. It is a world wide trend.

There are obviously several considerations to be made in order to reverse the momentum. The International Sailing Federation (ISAF) has made bold moves towards curbing the trend by focusing on youth and more media friendly and less expensive equipment. It is in many ways applaudable because we have to think One-Design and affordable boats, especially in these financial times. More importantly is that too many "things" compete with "going sailing" in today's society. People are spoiled with the many opportunities and most prefer a recreational past time that with little or no preparations gives instant gratification. In other parts of the country and the world, sailing is a seasonal sport and practitioners must take advantage of the few months that are sailable. It is easier for them to keep the attendance up. In Miami, there is no urgency to go racing, because the season never ends. There is a reason why the CRYC is closed in August.

We are not going to make big changes over-night, so don't get overwhelmed, but we ought to:

1. Identify who we are and what needs exists.
2. Identify what boat classes that we should focus on.
3. Identify volunteers who represent these classes and are a adamant about succeeding in our mission and put them to work.
4. Make Yacht Clubs around Biscayne Bay, also including Shake-A-Leg Miami and [Team Paradise Sailing](#), take an aggressive and productive roll in the rejuvenation of sailing.
5. Define our [racing season](#) and offer a variety of sailing programs, from Learn-to-Sail to Hard Core Racing.

### **1. Identifying who we are:**

In an attempt to identify all levels of sailors and those aspiring to become sailors, we have to keep in mind that we are dealing with a diverse group of people. We are not only talking about gender age and skill levels, but also physical abilities. Think of it as a performance pyramid where a broad base of participation is needed in order to feed the top with new talent.

**The Elite Sailors** are Champion Sailors who may become members of National, or Professional Sailing Teams. There is no room for the novice or plain recreational sailors on these boats. Everyone is pretty much a great sailor, has the right body weight and decades of experience.

**The Weekend Warriors** who love to race at a local level provide opportunity for those who want to learn sailing and racing at the same time by allowing Beginners and perhaps even members of the General Public to crew. This is a win-win for everyone. The Weekend Warriors also provide opportunity for Youth Sailors **Youth Sailing and University Sailing**. This group is hugely important to us since they represent our future. While the yachts clubs have thriving Youth Programs, the challenge is how to make them stay with the sport as they grow older.

**Beginners and the General Public.** The Base of the Pyramid includes people who like to learn how to sail and those that can sail, but would like to learn more about racing. It is important to solicit non yacht club members to enter the pyramid here.

**08/18/2012**



Larry Schultz maiden Voyage



There I am



Checking out the steering

Great Saturday in Miami, despite Summer heat, thunder, rain and near calm conditions. It must be all in the attitude

Our newest [Team Paradise](#) member, Larry Schultz, tried sailing for the first time. Larry is a two-time Paralympic cyclist, but due to injury, no longer able to compete at the top level. He has turned to sailing to find an alternate sport and he is fired-up! My job is to teach him in the shortest possible time. Larry checked out the steering before we hoisted the sails. I pushed him along the dock to build speed, then he turned around and returned to the dock. We repeated about 4 times. Then we hoisted the sails, pushed him off in the right direction. I was quick to follow in another 2.4mR. We stayed out for about an hour before scrambling back to the dock, avoiding a major rain, thunder and lightning. The only preparation that Larry had was in reading the [Calle-8Drill](#). Talk about diving in, head first! He did Great! Larry and I share something very special. Unbeknownst to us, we were both at the White House in 2000 after the Olympics and we both appear on a photo that is hanging in our trailer.

Fleet 10 had another race today and apparently they managed to get 3 races off in the very light breeze. Karin Mitchell was there with her team. They stayed out longer than any other boat and as a result, they are getting better all the time. Sailing in Miami is where it is at!



Team Mitchell off to the Races



**10/04/2012**

Paralympic hopefuls to compete in the 2012 Columbus Day Regatta. Armless Sailors Debut on Biscayne Bay, Miami, Florida – October 6-7, 2012 between 8AM–6PM Saturday and Sunday –

Team Paradise, the high performance Paralympic Sports Club of Miami, has 3 entries in the 2012 Columbus Day Regatta. The Teams will compete in the ARC-2 Class, sailing in Sonar, which will start at 10.30 Am on Saturday and 11.30 AM on Sunday.

Our main focus is on Team Paradise West (boat #3), which has an all-Swedish crew. Patrick Norstrom, skipper and Lars Lundstrom, jib-trimmer are both armless from birth. Ambjorn Andersson, mainsheet trimmer, has cerebral palsy. TeamParadise head coach and founder, Magnus Liljedahl, will be the on-board coach, helping to kick-start the teams 2016 Paralympic bid.

Boat #4 (sail# 800) will be skippered by local sailing ace, Karen Mitchell. Karen, who is a quadriplegic, won the 2007 Skud18 Worlds in Team Paradise equipment. She is a Paralympic hopeful for the US in 2016.

Boat #5 will be sailed by Team Paradise Sailing Academy students and supporters. Helmsman is Julian Altamirano, from El Salvador. On-board instructor is local ace, Fritz Mueller.

Sailing is one of the few sports where disabled can compete against anyone, disabled, or not. The sport integrates individuals with a wide range of abilities and disabilities. Boats are adapted to suite the needs of the sailor. Blind sailors develop their other senses, some paraplegics control their boat from a swivel chair, double leg amputees often require transfer benches and cross bars for lateral movement and participants with no arms are able to steer with their feet and only minor adaptations are needed. Event location: Shake-A-Leg Water-sports Center located at 2620 S. Bayshore Dr., Miami, FL 33133.

Please contact coach Magnus to schedule interviews and picture taking. For additional information on disabled sailing.

Address: 2620 S. Bayshore Drive, Miami, FL 33133

[www.facebook.com/sailmiami](http://www.facebook.com/sailmiami)

<http://www.teamparadise.org>- Team Paradise Sailing, Inc is a Florida Nonprofit Corporation with 501(c)(3) IRS Designation. The organization's mission is to "Provide Paralympic Equipment and Coaching Support to Disabled and Blind Athletes from around the Globe."

<http://www.shakealegmiami.org> - Shake-A-Leg Miami is Florida Nonprofit Corporation with 501(c)(3) IRS Designation. Proceeds from all programs assist Shake-A-Leg Miami's main mission to use the marine environment to improve the health, education and independence of people with physical, developmental and economic challenges.

**10/09/2012**

We set out to kick-start Team Paradise West's 2016 Paralympic bid and indeed we did. Sailing in Miami is where it is at! Not sure how it could have worked out any better. Patrik Norstrom, Team Leader and skipper came to Miami for the first time 11 months ago. This was his 5th trip to the Magic City since then. During the 2012 Miami Olympic Classes Regatta, he sailed with a multi-international team who was pitted against

all the Paralympic contenders while fine tuning their podium performances. It wasn't very pretty for Patrik, nor me, but we learned several lessons.

For many reasons, the Columbus Regatta is the perfect event to cover sailboat racing basics. Team Paradise West had little or no prior experience with spinnaker sailing. The long courses made boat handling less important. Once the spinnaker was hoisted, it stayed up for a long time. Each maneuver could be planned way out in advance. There was plenty of time to talk about tactics and to teach small tricks like how to determine if gaining or losing against other boats.

Some of the issues Patrik had in the beginning are almost gone. Keeping the boat on the wind i.e. flying the tell-tails at all times, make the single biggest difference. Another significant one is to trim the sails properly. We did use our sailing schools sails and they are not the fastest, but for practice and for the level this particular team is at, they worked good enough.

We talked a lot about how to best determine ones performance against other boats. Are we gaining, or losing? Are we faster or slower? Are we pointing higher, or lower. I was able to share some of the stuff that took me decades, or a quarter century to learn:) The long courses provided all the opportunity to talk about details while racing, instead of a de-brief later.

We did not have a compass, nor a GPS. Instead we used the fleet and land marks as indicators whether high, or low. I personally contributed ( or masterminded) the most costly errors by not finding course markers on both days. Perhaps I should be more embarrassed, but I'm not. My expertise lies in Olympic Fleet Racing, where the course is set in a windward - leeward configuration. As result of my lack of navigational skills, we lost the lead on both days. Needless to say, I'm not sure that we would have won either of those races, but we would have done better, for sure.

One point that I would like to etch in the minds of my students is that winning a sailboat race at a higher level takes total concentration and focus. My point is that it will hurt and you will get thirsty, but this is not like Ice Hockey, or other sports where you get to rest up on the bench when tired, have some massage and a drink. No, this is total sacrifice. One has to be prepared by properly hydrating before the start and physically prepare before the events. Sure, you will get a sip of fluid from time to time, but let's do it when there is an opportunity when everything is running smoothly. The good news is that paralympic racing takes about 60 minutes, not a 5-hour marathon like this. You guys did great!

Karen Mitchell, a.k.a. Sailing-4-Life most likely won the overall trophy, for best single performance of all the 80 some boats racing. She flew the yellow flag on Sunday (like Tour-de-France) and that was super cool to see. According to tradition, the over all winner will not be revealed until the awards ceremony at the Coral Reef yacht Club next Saturday. can't wait to formally make that announcement.

Julian Altamirano, who sailed Team Paradise 5, is pretty new to sailing. He must surely have benefitted similar to the Swedish team. Juan took a 15-hour Calle-8-Drill during the summer of 2011 and have since only sailed a few times with us. The Columbus Day Regatta provided him with, not only 12-hours of tiller time, but also the input of on-board coach, Fritz Mueller.

Thanks for reading this and supporting Team Paradise

10/22/2012



Nichole Rider and Caroline Sylvan Sailing Skud18 for the first time.



Ia Kjellsdotter, Caroline Sylvan and Charlotte Lundquist sailing in the 'Island Race' outside Key Biscayne.



Karen Mitchell for winning the Columbus Day Regatta.



Diou Tootonchi, Leo Hossein, Magnus Liljedahl and Karen Mitchell winning the BBYRA One Design Regatta.



Skud 18 #004 is back in home port.

This season has a riveting beginning, to say the least. Jen and JP winning the silver in the Skud18 class at the 2012 Paralympic Regatta is an awesome feat. The fact that it was the only medal won by the US in Sailing makes it even more significant.

The Columbus Day Regatta (CDR) made a good starting point for our sailing season in Miami. Patrik, Lars and Ambjorn had a blast and so did Julian, Fritz, Alvaro. Karen Mitchell won the over-all honors in 'Free Willy' and, needless to say, she is also very happy.

Karen keeps winning! One week after the CDR, Karen and I teamed up in the Coconut Grove Sailing Club's BBYRA One Design regatta. We put the emphasis on training crew members Diou Tootoonchi and Leo Hossein. We recorded the event on video. Check it out at <http://youtu.be/KkoAXU4JAVc> JP Creignou and Tim French returned Skud 18 #004 after borrowing the boat for four (4) years! That's right. Jen and JP (J2Racing) borrowed #004 to check out if the Skud18 class was something that they wanted to pursue and it was. It's in the history books now. Their team was super well organized. Their spouses, Tim and Diane both brought valuable skills to their effort. Our venture worked incredibly well and the final leg of our journey had a story book ending. The boat was returned in 'mint' condition, with new sails, mast and lots of equipment. J2Racing raised a fair bit of money within Team Paradise and I was able to disperse their final draw. How many 4-year relationships ends on a high like this? It's looking good for the future, for sure.

My former home club, Göteborgs Kungliga Segel Sällskap (GKSS) has about 5,000 members, including a growing disabled sailing program. Ia Kjellsdotter, who runs the effort, brought coaches Caroline Sylvan and Charlotte Lundquist to Miami. to learn more about Paralympic Sailing and visit our partners, Shake-a-Leg Miami.

The four of us sailed Sonar in the Key Biscayne Yacht Club's 'Island Race' on Saturday. Our other entry was Karen Mitchell, who is unstoppable at the moment. There was hardly any passing lanes, so winning the spinnaker start proved to be hugely important. We elected a port tack start, with the pole up and the spinnaker ready to fly, but had to cross behind some of the bigger boats in the 25 boat fleet. I looked back shortly after start thinking that we had 'smoked' every one, but when I looked underneath the boom I realized that we had been 'smoked' by Karen! Karen, and Leo Hossein. Bill Quesenberry went on to win the race.

We put the Skud18 in the water yesterday so that the Swedish ladies could check it out. It was perfect timing for Nichole Rider, who works for Shake-A-Leg Miami. We had talked about this moment for a while. It was going to be her first Skud18 sail on Biscayne Bay and hopefully the beginning of an Paralympic effort. It was blowing about 12-15 out of NE. Perfect conditions, no kidding. I started out crewing for Nichole. We had a lot of fun. Caroline and I switch out on the water and was her turn for a blast.

Our group went Skud sailing today (Monday) again. I did not go on the water because of other commitments, but the Swedes file in as coaches for the day. We placed a video on the boat and it is available on Youtube <http://youtu.be/lop-oceayKo>  
More from Paradise later:)

## **11/12/2012**

It was an unusual year for me, a year that started out "good as usual", but turned into a nightmare -- until I realized that I must be one of the luckiest men alive. January was very busy, culminating with the "Miami Experiment" and the Rolex Miami Olympic Classes Regatta.

An unusual pain on my right side developed just before the ZAG Star Master's regatta in February, and I venture to say that if it wasn't for Austin Sperry and Nelson Stevens, I would not be here now. They suggested that the pain might be from my appendix, and insisted on taking me to the emergency room at

Mercy Hospital. I was operated on the following Monday and, sure enough, my appendix was ready to burst - and it was riddled with cancer type adenocarcinoid. The location was so rare that I became a study in the Miami medical community. I recovered from the first surgery in time to fly to Sweden for Mom's 92nd birthday. I was scheduled to sail in the Bacardi Cup, but had to cancel. My follow-up visit with Doctor Garcia was on my birthday, March 6. This is when I learned that I had to have parts of my colon and a couple of lymph nodes removed. Ouch, I hate when they do that! I had been given the nicest room at the hospital for my recovery. Through the window, I could see Biscayne Bay from a helicopter-like view and Team Paradise running its classes.

The 90% recovery was going to take 12 weeks and full recovery, 12 months. I was strong enough and had my doctor's blessing to attend the Paralympic Leadership Conference in Colorado Springs at the very end of April.

During this time, Team Paradise grew in a very healthy direction, as I could no longer do any physical work and had to delegate the responsibilities to others. It used to be that I would get demands met by pushing harder, but no more. Also, during our Board meeting at the Ritz Carlton on April 3, it became clear to me that I was no longer the only person willing to go to bat for Team Paradise's vision and mission.

The German Olympic Star Team had decided to leave no stone unturned in their pursuit of perfection, and I was called in for their final coaching sessions in Weymouth. It was a great experience for me, and it promoted my role as Team Paradise Head Coach. My work didn't have as much to do with sailing as it did trying to keep the team together. Two totally different characters in one boat can be very challenging! The team finished in sixth place, just ahead of the U.S. Team, which included my partner from the 2008 Olympic trials, Mark Mendelblatt!

While in Europe, I visited my mother in Sweden. She was getting weaker by the day. I bought the tickets for my next visit with Mom shortly after landing in Miami. I was set to fly out on September 21.

Team Paradise was all packed up and in summer hibernation mode. I traveled to New Jersey and Canada a few times, sailing in the A CAT, Shark Worlds, and the Star North Americans. It was during my last trip to Toronto that I received the message about my mother's passing. She had stopped eating, drinking and taking her medicine. In short, she wanted out. Her funeral was on September 28. Melinda and I picked up her ashes in Göteborg and provided her final journey to her resting place in Fagered, Halland. In July of 2008, Melinda and I brought her back to Sweden. Her journeys were now complete. I have absolutely no regrets, and her passing somehow has made me stronger. She was the best mother anyone could have. I called her on daily basis and visited her four times per year. She will never be forgotten!

It is remarkable how powers and fortune can be transmitted from one to another. Since her passing, things are on the up and up. We relocated our trailer at Shake-A-Leg and opened up for business again. Our first event for the year was the [Columbus Day Regatta](#). We had three Sonars entered, and I was sailing with the Swedes, two armless crew members and one with cerebral palsy. The other boats were sailed by Karen Mitchell and Julian Altamirano, a Team Paradise supporter from El Salvador. Other events this autumn includes a few BBYRAs (local sailing association) and the Island Race. My home club from Göteborg, GKSS, send three disabled coaches to Miami to study our activities and learn more about the Paralympic classes. We all raced Sonar in the Island Race.

This is a great time to be in Miami, and sailors from around the world are arriving. We recently received a VA Grant that will allow us to establish a sailing program for veterans. Our new team gear has arrived, and there is a distinct possibility of having our 2.4mR fleet upgraded with new boats, build in the U.S. Our Board of Directors and Advisers keeps feeding me great directives. The future looks bright. Remember, I started working full time with Team Paradise in 2008, just as the economy hit an all-time low. Can't wait to see how we will do now that the economy is on its way back!

More good news: Team Paradise and Shake-A-Leg Miami have agreed to a three-year contract extension, securing the Team Paradise home base in Coconut Grove for the foreseeable future. The agreement further strengthens both organizations as collaborating partners. We're excited about our working relationship and how well we complement one another!

In other news ... tears came to my eyes recently as Jenny Hoy at Shake-A-Leg gave me her copy of Nick of Time, the story of Nick Scandone, whose diagnosis of incurable A.L.S. didn't stop him from becoming an Olympic sailing champion. Written by his widow, Mary Kate, the book is a testament to how one determined individual -- with the support of a beloved spouse and a caring community -- can turn a death sentence into gold. Team Paradise is mentioned in the "Best of Lights" on page 156. Nick and Mary Kate made a sizable donation to Team Paradise shortly before his passing in 2009. It remains our most significant endorsement to date.

## **2011**

### **01/1/2011**

That's what we like, a bunch of ones! Not that we need to win all the races, but it may be indicative of a successful year ahead. Next up is the Caviglia Regatta and the Miami OCR.

The Magnus Liljedahl Sportsmanship Trophy was awarded at the Orange Bowl Regatta.

### **2/10/11**

January was super busy as usual for us. The Caviglia Regatta was followed by the 2.4mR midwinters, the Coaches Regatta and the main event, the Miami Olympic Classes Regatta. Sailors from Norway, Finland, Germany, Italy, Great Britain, Ireland, Canada and the US were racing in our boats. We had great presence with five boat in the Sonar fleet, five boats in the 2.4mR and two Skud 18's. Some vicious 24-hour flue hit some of the sailors and coaches, me included. I was out for two solid weeks and missed much of the activities. Luckily, my assistant Alex Maruri was able to pick up the slack and get the job done.

### **03/02/2011**

Team Paradise and Shake-A-Leg Miami shared a booth at the Miami International Boat show, which ended yesterday. It was a last minute decision for us to participate in the exhibit and our display was put together in a very short time. We marketed our Sailing School and Charter business, including a two-hour captained sail on Biscayne Bay for four passengers. The weather could not have been any better during the show. It brought out a lot of people and many of them came by to check out the 2.4mR that we had on display outside our booth.

Many thanks to our volunteer staff for helping out and also to the Boat Show for accommodating us free of charge. I'm looking forward to next year's show already!

**03/06/2011**

The past week had spectacular sailing conditions on Biscayne Bay and we have been sailing 2.4mR every day. Danny Evans and Steve Rottblatt have been honing their skills and were joined Paul Tingley and myself for the weekend.

It seems like for every hour of sailing it requires another hour working on the boat. We have been tweaking our boats on a daily basis and they are now working pretty nicely.

Today is my birthday. Guess what I will be doing?

**03/14/2011**

The last week was very rewarding for Team Paradise! Lots of activities around the waterfront and in the Bay. The Miami Sailing Week brought sailors from around the world, sailing in a variety of classes. It was super busy for me because I raced in the Bacardi Cup and was on the water most of the day. Mornings and late afternoon was spent on checking up on our activities at Shake--Leg.

US Sailing Team had their final training camp before sending boats and equipment to Europe. Danny Evans sailed in the 2.4mR class with some great competition in Paul Tingley, John Ruff and Marc Leblanc. Head Coach Betsy Alison ran their clinic and Danny remains stoked about his chances to get on the team.

JP Creignou and Jen French was here along with the other members of the US Sailing's Skud18 teams. Coach Jonathan Ferrar had the group sailing in the Ocean which had never been done before. What a thrill!

Blind sailor went out Sonar Sailing on Sunday. Nina Kagan was visiting from Boston and she went sailing with Jan Bartleson (our Blind National Champion) and her hubby, David Bannister.

I got to race Star boat in the Bacardi Cup while business went on thanks to great volunteers. Our "Sail for a Couple of Hours" program had some takers over the weekend and a couple of 2.4mR boats were rented out.

Life is Great!

**03/21/2011**

Not sure exactly what the ratio of boat work and sailing really is? Using last week as an indicator, we probably work 5 hours for every hour sailed. Seems like it is equally or more important to enjoy boat work as it is to enjoy the sailing, that is if you do the boat repair yourself.

We had some gelcoat damage on a 2.4mR as result of a Melges 24 coming untied and hitting our hull. But instead of calling upon our favorite repairman, we decided to give it a try ourselves. The first attempt failed, because the gelcoat never catalyzed. Then we got Ezra Culvert to give us a lesson as Danny was able to do the labor and gather all necessary information on what stuff to buy. Cool! Every sailing center should be able to fix minor dings and bruises themselves.

The best news of the weeks was the new adaptive seating system for our Sonar that we have been working on for months finally was tried out sailing. We made some adjustments to the seating angle and height clearance and then it worked fantastically well. It is version 1.0 of a new design by John Beauregard. The seat enables



us to take quadriplegics out sailing in the Sonar in a nice and safe fashion, rotating the sailor from side to side when tacking. We are now in hot pursuit of version 2.0.

Sailmaker and professional sailor, Max Scully, was in Miami for the weekend . He did a race clinic with starting practice for a group of sailors from New York. They charted two of our Sonars for the weekend. We are looking forward to more clinics like this one where sailors from anywhere can fly into the Magic City for a few days and utilize our nice fleet of sailboats.

One Friday we went out sailing, this time with Kevin Flynn forward in the new swivel seat and Danny Evans helming while Steve Rottblatt and me flew the spinnaker. It was a first for both Kevin and Danny and I had never been sailing with a quad and a para while flying the kite. That was fun. We got one pretty nice surf as we broad reached on some powerboat waves in about 12 knots of breeze..

Sundays seems to be the day when we have takers on the Biscayne Bay Cruise deal. I took a couple and their two kids out for a nice sail, main only. Took the usual route to Vizcaya and then returned back to SHake-A-Leg about 1-1.2 hour later. The couple was "thrilled"!

Today was my day off. I only had to lift and clean 3 Sonars, do bookkeeping and update this website. But it's fine with me because I love my job!

### **03/28/2011**

The week ended with an Etchell Regatta. I was sailing with Gary and Maurizio in The Coral Reef Cup. 25 boats came to start and we finished in 6th place. The 3-day regatta had gorgeous weather conditions. We were in second place going into the last day, but had a bad day and dropped to 6th over all. We were stoked after the second day when we had two second place finishes, but the final day ended in disappointment.

It's good for Team Paradise that I keep my skills current and learn the latest in sailboat racing. Our volunteers and class participants will all benefit from it. The Etchell is just like a gigantic 2.4mR, but with a spinnaker.

The beginning of the week consisted of mostly boat work for us. We also worked on the new adaptive seat, cutting of parts that are no longer needed and making it a lot more portable. 1,000 man hours must have been spend in building it.

We did a Biscayne Bay Cruise on Wednesday evening with a group from Chile and they loved it! We had two boats out, one skippered by danny Evans and the other one by me.

While I race over the weekend, Alex Maruri attended our trailer store at Shake-A-Leg. Danny, Steve and Bob Hurst went Sonar sailing, practicing with a spinnaker.

### **04/04/2011**

The video that we made last week was a lot of fun producing. Two cameras were placed on Danny's boat and another on our coach boat. We recorded about about 180 minutes which Danny eventually edited down to about 4 minutes. The coolest was the sound that the rigging made as it loaded up. If you listen carefully in the very beginning, there is a pinging sound that Danny was able to find matching music for. All of the great footage was not included, so we hope to make another posting. Really, it is work in progress and there is more to come.

Castle Harbor Sailing School did a Team Building session with Armstrong Cable on Tuesday. I was called in to help the group. We did three races on a short course right outside Matheson Hammock Park. It was fun!

I wasn't sure what would happen if you leave the keel plug out on a 2.4mR and put the boat in the water? On Wednesday I got the answer, it will submerge. Danny had made the obvious mistake and the boat was sinking. Danny volunteered to dive in and put screw the plug in. He stopped his wheel chair at the edge of the dock and gravity sort of made him dive in. After swimming around the basin for a while (nice back stroke) he dove to the bottom of the keel and put the plug in (first try).

We did a couple of "Biscayne Bay Cruises" last week. They seem to be a hit. All of our "takers" are people who walk by our trailer in Coconut Grove. Next week's effort will be to improve our Google rating and optimizing our visibility. We will be doing hundreds of these cruises a year, because they are very nice.

Did some 2.4 sailing with Danny. He is getting faster and faster. We were pretty even yesterday, but towards the end he was a bit faster.

#### **04/10/2011**

One can only hope to learn something new everyday, but it doesn't always happen and that could good be a good thing! Sometimes several lessons are learned in a day, but it may not be all what you have asked for. Like when trying to gain access to the 2.4mR bow in order to install a backing plate for the bow-fitting. We drilled a 4-1/2" hole in the foredeck only to realize that everything in front of the hull is filled with styrofoam. Now what do we do? There were many suggestions, but drilling a 7/8" hole through the hull, at the bow, seemed the easiest and least destructive. It worked like a charm. We were able to put in an aluminum plate and secure the the bolts, holding the bow fitting, with nuts underneath. Nice!

Wednesday Night Racing (WNR) nears and we are just a week away from the season premier. We keep preparing on wednesday nights to make everything run as smooth as possible, when it happens. Some of you have received email invitations already. WNR will very special this year. Team Paradise will offer its fleet of Sonars and 2.4mR for racing. Weather you are an expert, or not, there may be something to learn form the briefing prior to the race, or the de-briefing immediately following after the race. This is your opportunity to ask questions and compare notes with us and the other competitors. In short, we will offer you free coaching advice as long as you listen.

Team Paradise made its debut in the Flat Earth racing series on Saturday. Racing is held every 3-weeks. Sonars and J-24 start at the same time, for now! We will diligently work toward bringing more Sonars out there to race. We only had two boats on Saturday, but the coolest thing was that both teams had a disabled skipper. Danny Evans helmed our boat with Andy Buys, Steve Rottblatt and myself crewing. Karin Mitchell steered the other Sonar with Billy Q and a couple of other guys crewing. We hope to make this regatta series a regular event for Team Paradise and help make it grow. We will offer coaching support to those willing to learn and, much like the WNR, capture it all on pictures video, including chalk-board sessions. Check out the "home-made" video on this page.

The adaptive aids Danny was using are simple, but effective. They are made by Ezra Culver and are identical to what Ricky doerr is using. Click on the picture to view some of the details. The tiller is about 6" shorter than normal. The transfer bench is made of fiberglass with a foam core. The stainless steel cross-bar is nice for core stabilization.

**04/18/2011**

We had a great week at Team Paradise and serious progress was made. Certainly feel like hard and diligent work is paying off.

The interest in Team Paradise is growing. New volunteers and followers are signing up and our group is becoming more resourceful. Without the help of volunteers Team Paradise could not operate. Seems like our Search Engine Optimization is happening and people find us, not just by walking by, but also on the internet. This is huge!

We loaded one Sonar up for Wednesday Night Practice and it was as nice as it gets. We plugged in the footage and viewed it via projector, on a large screen after sailing. Minor tweaking is needed for this week's WNR opener, but it seems the best way to view video and pictures for a larger audience.

We branded a Sonar sail with the Argo Challenge logo in support of their, very cool, global mission. The group promotes disabled sailing and will be building some very high tech catamarans around 35' and race them on venues around the world. Perhaps Miami will be part of their Tour?

Our new Sonar seat was tested again. Both skipper and crew normally require a wheel chair for transportation, so it is extra gratifying to send them out sailing together, in the same boat. One abled volunteer was on the boat to trim the main. Check out the video on this page.

Danny Evans is leaving for Hyeres, France tomorrow. He will be competing the the ISAF World Cup event in a chartered 2.4mR boat. It will be his first major regatta ever. Danny has trained about 5-days a week for the past couple of months and is ready to give it a go. His goal are fully realistic and this will be a great learning experience for him.

We attached a GoPro camera to a piling over the weekend and did some starting drills. Talk bout a steady camera hand! There is no doubt on where the line is, so why does Race Committees not do this during regattas? Seems to me that it would best way to satisfy everyones mind of being over the line, or not. We will expand on this method, making the starting line shorter, boxing in the area so that boats are closer and remaining in the care view. Also using a much larger pin-end marker, to accentuate the starting line will probably enhance the experience. Check out the video on this page.

**04/25/2011**

Danny Evans made it to France and he is now racing in the Olympic Sailing Week in in 2.4mR . We are all excited for Danny, because not only is this his first trip to Europe, but it is also his first major regatta and his second regatta ever. You may follow him and all the other sailors on the [event website](#). Danny was one happy camper as I dropped him off at the MIA, last Tuesday. He hooked is luggage up behind his wheelchair and said "I have never travelled this easy".

Last week's season premier of WNR went off without any major hick-up, but so it should. It is only a mid-week bear-can regatta and it is supposed to be relaxed and fun.

Hot-dogs and hamburgers were served after racing, but the picture show was canceled due to camera errors ☹ . A couple of Sonars and 2.4mRs made it out along with a handful of Freedoms. The J-24 fleet had one

lone contender but we expect several more boats for Wednesday Night. There were also a bunch of board/kite sailors out and they were pretty cool to watch.

There is a minor safety issue competing on a racecourse with several different boat types on it. The issue is that when boats travel at such different speed and tacking angles, it becomes difficult to judge whether to cross, or tack and in some cases you are not aware of someone until it could be, too late.

Flat Earth Racing will resolve the situation by sending boards/kite sailors off on a separate course, in a separate direction. We do not want to deprive them of joining in for some mid-week fun.

### **05/11/2011**

Wednesday Night Racing (WNR) was well attended with four Sonars, five Freedoms, one J-24, a few Lasers, Kite boards and windsurfers. We had three races in just little over one hour. The racing was pretty tight, especially in the Sonar class. Boats would get to the weather mark at the same time and they were only separated by inches at the finish.

I took about 400 pictures throughout the evening and projected them on to a large screen after the racing. You may [view](#) them on Facebook.

Shake-A-Leg had a large fishing tournament over the weekend which limited access to our boat. Instead, we participated in the event by displaying three of our Sonars and on 2.4mR on the courtyard in front of the hangar building.

I had the opportunity to try the new RS100 Dinghy on Saturday. What a cool little boat! It features some exotic building materials, a centerboard, main sail and an asymmetrical spinnaker. It was planing in 8 knots of breeze and the boat was very responsive, sort of like a go-cart. What a workout! I was totally exhausted after only about 30-minutes of sailing.

Danny Evans finished the French Olympic Sailing Week in 20th place. He had hoped to do a little bit better, but the competition was tough in the 22-boat fleet. Danny did managed to get some finishes in the lower teens, in some of the races. His main challenge was downwind sailing. Sure enough, this is the point of sail that most beginners have trouble with. The lack of apparent wind when going dead down-wind makes the boat less sensitive. In addition, when sailing in a 2.4mR, the skipper is seated inside the boat facing forward and it is difficult to see what is going on behind. Wind puffs are lost and it is easy for someone to get on your wind and slow you down. We have some work to do when Danny gets back!

### **05/09/2011**

Another great week in Paradise for sure. Lots of work, but also lots of fun. Work is extremely rewarding and we are now at a stage where we are beginning to fine-tune our activities.

WNR ran very smooth, despite a couple of last minute no-shows. We had a record number of paying of of sailors and some of the are very new to sailing. A last minute decision to not use the whisker-poles was good. Simply holding the jib, wing-on-wing, is a lot easier and safer than having to wrestling with the whisker-pole.

Each boat during WNR has one volunteer skipper, one volunteer crew and three paying crew members and it works really well.

The Biscayne Bay Cruise has new takers every week and it is definitely a hit. It is a great way to introduce sailing to someone.

Coral Reef Yacht Club (CRYC) chartered two Sonar for a match-racing event. To differentiate the boats from one and other, each boat had different logos in their main-sails; Argo Challenge and Team Paradise. About a dozen junior sailors competed during Saturday and Sunday. No scores were noted because there was a lot of crew changes. Danny Evans and myself joined in for Sunday's activity and we brought two 2.4mR along for the teens to use. It was a new experience for most of them, Graduating from the Opti and now sailing 420 and Snipe, they yet had to sail a boat with back-stay and main traveler. A few of the sailors picked up on the 2.4mR right away and sailed it beautifully. We ended the day with a final match race between Scott Ewing and Danny Evans. Please tell me, what other sport can disabled individual compete against the rest of us? The race was very tight, but Scott managed to get an inside overlap at the bottom mark and stay in front on the final, short beat, to the finish. Later, we talked about ways to break an overlap right before entering the circle, so there was a lesson learned for Danny.

### **05/16/2011**

It was a fantastic week for Team Paradise indeed. We had all of our Sonar out racing for Wednesday Night. Our charter program did well and we did a spinnaker class with students from the Castle Harbor Sailing School over the weekend. It all took place while I also moved in to a new apartment in Coconut Grove.

The spinnaker class was offered by Castle Harbor in Matheson Hammock Park, just about five miles south of our home base. James Hart and I delivered the Sonar single-handedly there on Friday evening to the [sailing school](#). John Powell joined in as instructor on-board one boat on Saturday. We had nine students who all desired to learn more about spinnaker sailing. Saturday was pretty windy. We sailed up and down the Bay a couple of times and covered a lot of miles. We traded positions on-board and everyone had the chance to steer, trim and do fore-deck. Sunday was a bit "iffy". We attempted to go sailing around 11AM, but as we got out on the Bay, we realized that a huge thunder storm was approaching and returned to port before it hit. Good move! The storm would eventually clear and we returned out to the Bay. It was very light at first, but we sailed higher angles to compensate. The breeze would eventually pick up and we must have done about 20-some gybes. We landed safely at our home base at 4PM. Everyone had a smile on their face.

Wednesday Night Racing was great. It was especially nice to once have Julia Dorsett, member of the US Disabled Sailing Team, racing with Chris Murphy in a fully adapted Sonar. In difference to previous WNRs, I was racing, instead of taking pictures from a coach boat. My plan is to race with different teams every Wednesday night, in order to help speed up their learning curve.

Our charter program also had a good week and the overall picture for Team Paradise is looking pretty good. It is hard work, but I feel blessed to be able to do what I love to do.

Have a great week!

### **05/23/2011**

That's right, the heat is on, not just on the basketball court, but in general. The Summer is here!

Rockstar of the week was Peter Commette, who participated in Wednesday Night Racing for the first time. Pete is a US Olympian from 1976 when he represented the US in the Finn class. I had the opportunity to race

against him in 1978. He since became an attorney, married, had children and moved to Ft. Lauderdale. Pete is a legendary Snipe sailor and he has probably forgotten more about sailing that most of us will ever know. Anyway, Pete sailed on one of our Sonars and we all learned from him. On one run he showed us how to break and overlap right before the leeward mark. On another run he pointed out the rights of a leeward boat. Good stuff! Very instructive and good for the group. Learning from the best is how we will get better!

Other than that there is not a hole lot to report from last week. I'm just finishing moving from one apartment to another one and it took most of my focus for the last several days.

### **05/28/2011**

Much of the past week circled around me moving to another apartment in Coconut Grove. Amazing how much stuff my 1 bedroom held.

Work at Team Paradise continued despite my divided efforts, much thanks to Danny, Steve and James. What jewel volunteers that I surround myself with! Thanks for a great week.

Wednesday Night Racing has become our focal point for the week. Lessons are learned each time and we adjust accordingly. The breeze was forecasted between 13-16 knots, so we decided to go with four people on each boat. After a final head count, it meant leaving one boat at the dock and only race three boats. As it turned out, the breeze kind of fizzled and we could very well have been three people on each boat.

The really good news is that our group seems to get better by each Wednesday; new participants are showing up, some of which are very good sailors.

Next weekend is a road trip for Team Paradise. Danny is bringing two 2.4mR boats to New Jersey for a weekend fun(d) race on Lake Hopatcong. I will share our experience in my Mag Blog next week.

In preparation for the Tomahawk Regatta in NJ we worked diligently on the two boats we are bringing to the event. All the lead was removed from one boat in order to clean the bilge. The wiring for the bilge pump was re-done and they are now ready to be shipped. Check out the pictures on this page.

The [Biscayne Bay Cruise](#) had new takers. What a great place we live in!

### **06/06/2011**

Team Paradise visited Lake Hopatcong this past weekend. Once again, it was time for the annual Tomahawk regatta. The incredible hospitality and friendship from the Lake Hopatcong Yacht Club (LHYC) members make this event very special.

Ever since I first came here, we talked about bringing some 2.4mR boats and disabled sailors to the Lake, but it took six years for it to materialize. This year it happened!

We loaded a couple of boats on Danny's Ford 250 and he let Miami on Tuesday night. Danny missed out on Wednesday Night Racing, but as it turned out, it was well worth it.

We met up on Thursday night in the Garden State and headed to the Lake. Two other 2.4mR were brought in as well. Disabled sailor Tim Ripley came to play in his own boat and another boat was brought down from Canada by fellow Star sailor, John Finch.

The Tomahawk Regatta runs on Saturday and Sunday and the organizers usually come up with some fun racing in a different format. Last year there was an E-Scow race around an island and that was a lot of fun. This year was time for the Team Paradise Fleet Challenge. The first raced had sailors representing each sailboat class on the Lake, Thistle, Star, E-Scow and A-Cat. The winner of that race was then pitted against two Team Paradise sailors and my team mate from the 2000 Olympics, Mark Reynolds. It was exciting to watch. Local sailor, Lloyd Kitchin won the first heat and earned the rights to represent the lake sailors. Mark Reynolds got the early lead, but Lloyd was sailing very well and pulled off the victory.

This was the great opportunity to allow club members and fellow Star sailors to see what we do at Team Paradise. Danny and Tim had separate starts in the Tomahawk Regatta and ended up sailing just as much as we did.

Special thanks to the Murphy Family for making it all happen. Also a great big Thank You to Cindy and Kenny Heaton for allowing us to stay in their fabulous home on Point Pleasant. Last, but not least, a Thank You to all Team Paradise supporters around the Lake. We will see you again next year.

#### **06/12/2011**

No one said that it was going to be easy. Lot's of sweat and hard work goes in to keeping up our fleet, but volunteers like James Hart and Casey Rudick are making it all happen. I chose to do this and I love what I do, so please, don't feel sorry for me.

We usually begin launching boats in the afternoon on Wednesdays, then they are tweaked, rigged and ready to race by the time Wednesday Night Racers (WNR) arrive between 5-6PM. We never really know which players are going to show up and it keeps us guessing how many boats that we will need for the evening. It makes selecting who is on what team near impossible and last minute changes are almost certain.

My goal is to have the boats as evenly matched as possible. The racing is a lot more fun if boats are close to one and other, another words, close racing is a lot more fun than when boats are separated by a large margin. This is accomplished by having the the most skilled person at the helm. Most of my sailing career was spend in the front of the boat and that is really the best way to learn. Crewing for someone better than yourself is where it's at.

Summer camp is starting at Shake-A-Leg today, which translates to organized chaos. Two Sonars are now being dry-stored behind the hangar building. It adds about 1/2 hour per boat when launching and hauling. Unless we have confirmed reservations we will not be putting those boats in the water for WNR. Instead, we hope to bring the 2.4mR boats back out for racing.

Our Biscayne Bay Cruise program is pretty cool and we have takers on a weekly basis without much advertising. Danny Evans captained his first Cruise on Saturday. The passengers were a young couple from DC. They looked kind of surprised to see someone transferring from a wheelchair to captain their ride, but I had no doubt of the situation. Sure enough, Danny returned to port promptly and became the first volunteer skipper to receive a tip. He is the MAN!

**06/20/2011**

Team Paradise's 2.4mR boats are back sailing in Miami, as Daniel Evans is preparing for the IFDS (International Federation for Disabled Sailing) Worlds in Weymouth, (UK) in July. The air and water temperatures are sizzling hot, but once out on Biscayne Bay, the breeze is cooling us off. Casey Rudick is our latest addition of a full-time volunteer. He did fantastic on his first time in a 2.4mR, [sailing in Miami](#) against Daniel and myself. Casey was in David Schroeder's old boat, which is still going strong. He was blazing fast upwind!

Wednesday Night Racing did not materialize last week due to threatening thunder and lightning storms. The Race Committee was between a rock and a hard place in deciding weather to sail or not, but I think that we made a wise and mature decision in staying ashore. There is always another Wednesday to go sailing.

The Youth Summer Camp is now in full swing at Shake-A-Leg Miami and kids are literary everywhere. We have moved our Sonars further up the ramp in order to accommodate for dinghies and kayaks. Our coach boat and a couple of Sonars are stored behind the hangar building and will see limited use until the youth camp is over. What use to take 1/2 hour to launch is now about twice as long and hauling/cleaning/covering takes more than an hour per boat.

**06/27/2011**

Writing a weekly blog helps me to reflect on what we accomplished for the week. What used to be a one-man show is no longer so. I get help from several sources and it makes my work a lot easier. Casey Rudick and Daniel Evans comes to work every day. Other volunteers help us one, or two days per week, or show up when the work-load is stacked, like when 5-8 boats needs to be launched, hauled and cleaned. It would be hard, if not impossible, to function without them.

The main excitement for the week was [sailing on Biscayne Bay](#) in the Wednesday Night Racing (WNR) series. Last week was the best one yet. Why? We had four Sonars and six Freedoms and five Snipes out racing in near ideal conditions. Jonas Roddenberry and I had to fill in as Race Committee to make it all happen. We set a nice long weather leg and sent the Sonars on a two-lapper. The Freedoms followed, and then the Snipes, both sailing one lap only. We managed to get the Snipes off for a second race before the Freedoms finished and the we started them again before the Sonars finished. There was little or no waiting around, loosing valuable daylight hours. To sum up the evening, we did a great job :)! (for years and years I have whitened Race Committees congratulate themselves on a job well done. Never thought that I would become one of them, but I did, at least for now).

The Italian, fully adapted, catamaran "[lo Spirito di Stella](#)" has been docked at Shake-A-Leg for nearly two months. Andrea Stella, who became disabled when shot and robbed in Ft. Lauderdale ten years ago is now circum navigating the world in this tremendous vessel. I'm stoked, because Team Paradise is coming along for the ride. Our branding was attached to the cabin wall and is now proudly displayed by his team. Additional good news is that the phone keeps ringing and our sailing school is taking off. I could not have hoped for a better development, especially since the middle of summer is here and many sailors have escaped north. The WNR spring series is soon over and we near our Base Camp summer break. Mom, here I come!

Thanks for reading my blog!



**07/05/2011**

The Disabled Sailing World Championships are currently going on in Weymouth, England. Team Paradise have several teams competing. Ricky Doer, Brad Kendall and Hugh Freund are currently in third place in the Sonar fleet. Jen French and JP Creignou are third in the Skud18. John Ruff is 2nd in the 2.4mR, ahead of Marc Leblanc in 5th and Danny Evans in 22nd place. Go to the [event](#) website for the latest update.

Monday is supposed to be my day off from [sailing on Biscayne Bay](#), but there is usually something to keep me busy. This time it was a prior commitment with BMW at a dealership in Broward County. BMW contributes \$10 to the US Olympic Team for every person taking a test drive and I was there to meet and greet potential customers. It was fun and I met a lot of nice people.

I invited some of the sales staff out sailing in a Sonar on Wednesday. We only had one boat in the water so I asked the group to bring a maximum of four people that really wanted to give sailing a try. Sure enough, four people showed up and we went for a short, but very informative session.

The Sailing School was busy last week and we sailed every day, but as the 4th of July weekend arrived, it was time to take a break and spend some quality time with family and friends.

Too bad that Wednesday Night Racing was cancelled because of threatening thunderstorms and rain. We intended to race, for sure, but at 4.30PM there was a massive rain cloud moving in over the area. It cleared by 5.30PM. I hang around Shake -A-Leg for a while to see if in fact it was a good decision and believe that it was. I looked out over Biscayne Bay from the third floor, the wind had shifted right and it looked very light. We were better off staying ashore.

**06/16/2011**

The Disabled Sailing World (IFDS) Championships concluded on Friday at the Olympic venue in Weymouth, England. Conditions were very challenging with strong current and a variety of wind and weather conditions.

[Team Paradise](#) was represented in all three paralympic classes, Sonar, Skud18 and 2.4mR. Team Paradise entries tallied 14% of all the teams, which translates to 25 sailors from twelve countries. All have benefited in the past, or currently, from Team Paradise's scholarship program.

Jennifer French and JP Creignou climbed through the Skud18 standings all week. They finished very strong with a 2, 2, 2, 1, 1 to claim a podium finish and the Silver Medals.

Jen and JP were sailing in Team Paradise's Skud18. It's an "Oldie-Goldie", but still a very fast boat. Newer boats, that surely must be faster, surrounded them at all times. Remarkably this boat (hull #004) won the Worlds a few years back with Kareen Mitchell at the helm and JP Creignou crewing. Not to take anything away from JP, top notch sailor that he is, but hull #004 is now declared a Magic Boat and a Bullet!

Ricky Doerr/Brad Kendall/Hugh Freund finished 6th in the 23 boat Sonar fleet. They were good for a podium finish at the midway point, but dropped in the standings as the breeze picked up towards the end of the week. Although Team Doerr used their own boat at the worlds, they train and race Team Paradise's #711 back in the US, which is based in New England for the summer.

Daniel Evans finished 21st in the 45 boat strong 2.4mR fleet. Danny, who now lives and trains in Miami, had never raced a sailboat before showing up at Team Paradise's home base in Coconut Grove, back in February

of this year. Danny bought a slightly used 2.4mR in Europe, but he trains in Team Paradise's equipment at home. Two of our 2.4mR boats are based in Maryland for the summer.

Congratulations, to not only the medal winners, but to all the participants who made it to this outstanding Championship. Not long ago, disabled sailing was at its infant stage. Now it's seriously contested with teams putting up efforts just as strong as in any of the Olympic classes.

Other notable finishes from teams that have used our equipment in the past includes Thierry Schmitter (NED), Gold in the 2.4mR, Rickham/Birrell (GBR) Gold in the Skud18 and Hansen/Kristiansen/Solberg (NOR) Bronze in the Sonar. The remaining sailors were:

#### **2.4mR**

Damien Seguin (FRA) 7th

Niko Salomaa (FIN) 13th

Juna Fernandez Ocampo (ARG) 14th

Matias Paillot (ARG) 17th

Joshua McKenzie-Brown (NZL) 30th

Jackie Roberts (CAN) 34th

#### **Sonar**

Kroker/Prem/Mainka (GER) 8th

Zorzi/Dighe/Protopapa (ITA) 9th

Millar/Tingley/Campbell (CAN) 13th

#### **Skud18**

McRoberts/Louttit (CAN) 9th

For more stories, complete results, please visit (copy and paste on to your browser) [http://www.ifdsworlds2011.com/eventsites/default\\_s.asp?eventid=69387](http://www.ifdsworlds2011.com/eventsites/default_s.asp?eventid=69387)

#### **07/26/2011**

The past couple of weeks have been fun and I'm lucky to be able to do what I love to do, go sailing. My passion for the sport has no end. To me, there is no boring job on, or around sailboats.

Team Paradise is focused on making Shake-A-Leg volunteer skippers and sailing instructors better, sort of advanced education, if you will. These wonderful individuals are eager to learn and when called upon, willing to teach future Team Paradise sailing classes and help to skipper boats in various program activities. All levels of instructors are welcome.

The Calle8 Drill is a total hit! As far as I know, it is the best way, not only to learn sailing, but also to become a better sailor. The drill has everything, all points of sail, maneuvers and time & distance training. In short, it's a worth while practice session even for top level sailor.

Our drills are short, but effective. Quality is better than quantity, especially when it comes to summer sailing in Miami. The UV radiation is so bad and limiting exposure is a smart thing to do.



The final segment of the Calle8 Drill includes a port tack, close-hauled, tacking when the starboard closed hauled tack aims 2-3 boat lengths below a marker. It now becomes imperative to stay close-hauled, not to pinch or foot off. If footing off becomes necessary, then easing out main and jib equal amounts is a must. The mark might as well be a person that needs to be rescued, so time is of the essence.

**08/11/2011**

The "Reward is in the Journey", but in my case the reward these days is to follow someone else's journey. To be a small part in these athletes' pursuit of perfection is hugely rewarding and almost comparable to the real thing.

Following are a couple of reports from Jen and JP in the Skud18 and from Danny Evans in the 2.4mR about their adventure last month at the Disabled Sailing Worlds in the UK. Sailing in Miami and St Pete with endless hours of practice, prepared them well for their main event.

**Report from Jen and JP:**

J2 Racing USA SKUD-18 USA Paralympic sailing team recently competed in two regattas in Weymouth, United Kingdom; which is also the venue for the Olympic and Paralympic Games in 2012. With the support from [Team Paradise](#), our team sailed SKUD 004 in both events. Most of the top teams were using the new designed SKUD-18 equipment. Our performance was better than expected and would not be possible without the gracious support of Team Paradise.



The first of the two events was Skandia Sail for Gold, a large event attracting over 1,000 sailors from around the world in both Olympic and Paralympic classes. For the SKUD-18, there was a fleet of 18 boats from 10 different countries. The regatta included 5 days of racing with two races per day from June 6-10, 2011. The racing kicked off with light breezes and shifty conditions. J2 Racing held off at the top half of the fleet but occasionally found ourselves on the wrong side of the shifts. Our team still finished in the top third of the fleet. As the regatta progressed, the breeze increased to typical conditions for Weymouth. In Team Paradise SKUD004, our team worked our way up the fleet to higher performances. Finishing the regatta in fourth place.

The IFDS World Championship was the second regatta, July 1-8, 2011. This event focused on the three Paralympic Classes and attracted a SKUD-18 fleet of 21 boats; the largest fleet appearance for this class. Similar to Sail for Gold, the regatta kicked off with light breeze. On the first day of racing, our team was in second place until the breeze shut down on the final leg. The following boats were able to catch the breeze more effectively and passed us. After two days of light breezes, the Weymouth wind finally kicked in and the heavy prevailing conditions ensued. J2 Racing kicked in the speed guns and worked our way through the fleet to slowly improve over the next three days of racing. For the final five races our team finished: 2, 2, 2, 1,1. What a way to end a regatta. J2 Racing brought home a silver medal for the US Disabled Sailing Team.

Team Paradise has been an integral supporter of our team. Without your support and the use of the Team Paradise SKUD-18, our team would not be able to compete and train at the level we are today. Thanks to Team Paradise, J2 Racing has our eye on the trials to win and represent the USA at the 2012 Paralympic Games in London.

Thank you, Team Paradise!

**Report from Daniel Evans:**



Weymouth England IFDS World Regatta was a great experience for me. I left Team Paradise on Tuesday after grabbing a few last minute items, gloves, start timer, and headed to MIA for my departure for London. Magnus gave a few final instructions on large fleet races. In Weymouth I learned an incredible amount about sailing with a fleet of almost 50 other 2.4mR boats. It is always a comfort seeing the other Team Paradise members and logos on the various other fleets. J2 Racing was there with the Team Paradise SKUD 18 as well as 3 U.S. Sonar teams. Ricky Doerr one of the top U.S.A. Sonar skippers proudly displays the Team Paradise Logo on the side of the boat he uses in Europe. The other team are very helpful and always ask how Magnus is doing. The racing was excellent with perfect weather conditions. One major change I did in Weymouth was take Magnus' advise and carry my drysuit which I wore for every race. I won't make that mistake again. The skills acquired during the Wednesday night races in Miami paid off and I had a best of 9th place, and was in the top ten at the first windward mark a few times. I will practice leeward mark rounding and continue downwind work to allow me to hold my upwind gains. I have registered for the 2.4mR Open Worlds in Norway for my next regatta in August. Thanks to all the Team Paradise members and Magnus for all the support and excellent training.

**09/04/2011**

In years past, [Team Paradise](#) used to take a break from sailing in Miami during the weather wise unpredictable summer months and instead focus on regattas in other parts of the world. This summer was different. The phone has been ringing and we have seen activity like never before. Wednesday Night Racing ended on July 13th and I thought that was it for the year, but the Biscayne Bay Cruise and instructor training continued.

The month of August was busy, too. I never thought that we would run a youth camp, but we did and it was a lot of fun. As it turned out, it was a preview of what YogaSail offers. We had three siblings between the ages of 9-15. The kids didn't have much sailing experience, but they could all swim. We started out using the Sonar, but that's not a magnet for kids. Instead, we used Shake-A-Leg Miami's Sunfish fleet, paddle boards and wind-surfers. We did Yoga at the Aum Home Shala in Coconut Grove when lightning and thunder prevented us from being on the water. We also provided a drumming class for the kids which was a lot of fun. Check out the collage below.



**10/31/2011**

The winter season for sailing in Miami is upon us and Olympic/Paralympic hopefuls from around the globe are returning to Biscayne Bay. The excitement is building as most teams have yet to be selected for the 2012 Games. Only one team per country qualifies and the competition is fierce. Everyone is looking for an edge.

Team Paradise will be co-hosting US Sailing/AlphaGraphics High Performance Paralympic training camp at Shake-A-Leg Miami in the Sonar class during November 5-6, 2011. World-class race clinics typically include components such as speed testing, starting practice, and short-course racing. This clinic is no different. Plain and simple, the top teams come here to get better.

The event will include several top crews from North America, including US Sailing Team AlphaGraphics (USSTAG) members Ricky Doerr / Brad Kendall / Hugh Freund and Paul Callahan / Brad Johnsson / Tom Brown along with USSTAG head coach Betsy Alison. Canadian contenders Bruce Millar / Logan Campbell / Scott Lutes and the world's number-3 ranked team—Norway's Alejks Wang Hansen, Per Eguen Kristiansen / Maria Solberg—will be attending as well.

Team Paradise sailors will be introducing some new, but very talented sailors to the mix. Daniel Evans will be skippering a Team Paradise boat with Canadian Paralympic sailor, Brenda Hopkins, trimming the jib. On the other Team Paradise boat, Sweden's Patrick Norstrom, will be helming with Brian Tabler trimming the jib. Both teams will have Olympic and World Champion sailors trimming the main, upgrading the crew-roster, in an attempt to stay even with the more established Paralympic medal contenders.

Sailing is one of the few sports where disabled can compete against anyone, disabled, or not. The sport integrates individuals with a wide range of abilities and disabilities. Boats are adapted to suite the needs of the sailor. Blind sailors develop their other senses, some paraplegics control their boat from a swivel chair, double leg amputees often require transfer benches and cross bars for lateral movement and participants with no arms are able to steer with their feet and only minor adaptations are needed.

11/08/11

The US Sailing/Alphagraphics/Team Paradise High Performance Paralympic training camp at Shake-A-Leg Miami concluded this past Sunday. Four days of Miami sailing in some of the most spectacular conditions is the best way to describe the event. South Florida was blessed with the first cold front of the season. It usually translates to shifty winds since the breeze can't seem to make up its mind on how to manipulate the high-rise building on Brickell and downtown Miami.



Five boats came to play on Thursday, then Bruce Millar from Canada joined in to make us an even 1/2 a dozen. The camp started out in light to medium air, but ended in 20+knots of wind.

Team Paradise had two teams in the mix. On-board **Team Paradise 1** were US Sailing Team members, Mark Mendelblatt and Brian Fatih, who altered sailing with Danny Evans and Brenda Hopkins. Jeff Ecklund was filling in for Mark and Brian on Thursday. **Team Paradise 2** had Patrik Norstrom at the helm, Brian Tabler trimming the jib and me at the main. I learned about Patrik about 18 months ago when he contacted me from Sweden. It took until September of this year for us to meet. He is a good sailor with Paralympic ambitions, but really doesn't know much about racing. It is all going to change. Patrik and Brian are planning on sailing in the Miami Olympic Classes Regatta in next January.

The shifty winds made it difficult to line-up for speed testing. Betsy Allison and Ed Adams were quick to recognize the fact and instead, we did a bunch of short races every day. We typically had two practice starts with a 3-minute sequence and then a windward-leeward, often twice around. The cream always floats to the top and this was no different. Paul Callahan, Ricky Doerr, Alejks Wang Hansen and their teammates did the best. Team Canada with Bruce Millar at the helm is hugely potent, but they are relatively new to the Sonar and face some serious training to get the job done.

Our teams did better than expected. Danny is super talented but also relatively new to racing. Brenda did a good job in front of the boat and they both learned a lot from Brian, Mark and Jeff. Danny will now revert back to his 2.4mR and Brenda will continue her SKUD18 campaign for Canada.

The main challenge on our boat was to properly adapt the steering to compensate for Patrik's lack of arms. We had some "smoking" starts, but loosing the tiller control from time is detrimental for a good finish. I'm stoked to say that we finished ahead of every team at some point or another, during the four days of racing. Also, we would have been much better served had the wind been a bit lighter. We spend a good portion of yesterday to figure out the best possible adaption for Patrik. There are several ideas bouncing around, but nothing on the drawing board yet. Any suggestions? Brian Tabler used a short peg leg to transfer from side to

side. He is very talented, but needs additional time in the boat to perfect his skills. Jib-sheet fine-tune adjustment is now on our wish-list, because it will help him in breezy conditions.

A great big “thank you” to the all volunteers that help us out and to Shake-A-Leg Miami for hosting and facilitating all of our needs.

Thank you all for participating.

**11/16/2011**

### *2.4 mR sailing in Miami*



### *2.4 mR repair*



We dusted off the 2.4mR boats and put away the Sonar, last week. It was time for a Melges 20 regatta at Shake-A-Leg, so Team Paradise had to scale back on its activities. Instead, we dusted off our 2.4mR boats, worked on a couple of them and then went sailing.

The next few months will be busy for disabled sailing in Florida. St Pete is hosting the America's Regatta in the beginning of December. Then the focus shifts a bit further south and then south-east, to Miami.

The IFDS (International Association for Disabled Sailing) is the world organizing body for disabled sailing. It conducts an annual world championship regatta for Paralympic class boats, the 2.4mR, the SKUD-18 and the Sonar. The IFDS chose Charlotte Harbor Regatta, Inc., a 501(c)(3), not-for-profit corporation, to serve as



host organization of its world championship in 2012. The regatta will be staged at Lashley Park Municipal Marina in Punta Gorda, Fla., from Jan. 7-15, 2012. More than 100 sailors on some 75 boats from nearly 20 countries are expected to participate.

Most of these teams will then likely come sailing in Miami, participate in the Miami Olympic Classes Regatta (MOCR), which also is the final Paralympic Team selection for the US. The 2.4mR Mid-winter Regatta will be hosted at Shake-A-Leg Miami just before the MOCR.

**12/05/2011**



Damaged rudder on Sonar



What is this?



Let me down!



Danny off to St. Pete.

Sailing in Miami has been spectacular for the past couple of months. The strong easterly flow of endless breeze has been accompanied by sunshine and blue skies. Life is perfect!

Part of operating [Team Paradise](#) and a fleet of sailboats must include the ability to fix whatever gets broken or damaged. We have been lucky for a while because nothing much has gone wrong. Win or loose, it's a victory in itself to return to port on a windy day after tight racing with nothing broken and nothing damaged.

Running aground in Sweden is usually very different from running aground, while sailing in Miami. In Scandinavia running aground often translates to hitting granite. One of our Sonar ran aground last week, hitting a sand bank. The incident was remarkable because only the rudder got damaged. The keel had only minor scratches, but the rudder was bent to a point where it locked more like a hydrofoil than a rudder. It was an honest mistake by the operator. If you ever find a sailor who says "I never ran aground", you know he/she is a liar!

We send David Bannister up the Sonar mast to take a picture of the boat. I wanted to compare it to the blue print of the Sonar design, obtained from Bruce Kirby, last year. The blueprint was scanned into a computer and traced in Illustrator. The picture Dave took was later super imposed on the drawing. Guess what I found?

Daniel Evans headed to St Pete and the [America's Disabled Regatta](#) last week. He finished in 10th place, only 1 point behind a US Sailing Team member. Not bad at all. What impressed me was his attitude. He told me that his sailing was mediocre, at best. The truth is that it was a very good finish!

12/13/2011





Last week was action packed! It was a busy weekend for sailing in Miami. Team Paradise main event of the week was to provide six Sonar with skippers for a corporate team building event at Castle Harbor Sailing School in Matheson Hammock Park. Shake-A-Leg and Coconut Grove Sailing Club hosted about 40 Melges

20s, Biscayne Bay Yacht Club hosted a 40 boat Etchells regatta and both the Coral Reef Yacht Club and the Sailing Center had their regular activities going on. Shake-A-Leg prepared three boats for the Winter-fest Parade in Ft. Lauderdale, you get the idea?

The good news was that eight volunteers/coaches came to help and get the job done. We launched one Sonar for the sailing school on Tuesday, then two more on Wednesday morning. I had made an arrangement with the City of Miami to store three boats on the municipal anchorage at Dinner Key. My buddy, Kevin Burnham, help us tow them out there so that we could launch another three boats and still fit at the dock.

There was zero wind on Wednesday, so we decided to tow the three boats on the anchorage down to Matheson Hammock, where Cai Svendsen and reserved dock space for us. Cai had asked me for an E.T.A. and I remember answering "about 4.15pm". We tied up at the dock at about 4.14pm, which was pretty cool. Our event started at noon on Thursday. We left Shake-A-Leg around 10.30am and sailed the remaining three boats down to Matheson. We tied the boats up next to the other Sonar, leaving the mains hoisted. We then rigged and hoisted the main on the other three boats, finishing just in time for our noon commitment. On time again!

Cai Svendsen has perfected the corporate team building event. We had three races on a beam-reach/short beat/reach to finish course. No gybing allowed! Each boat had an instructor, but not holding the tiller other than in an emergency. The novice crew operated the boats, trimming main, jib and steering.

After a short de-brief and awards ceremony, we towed four boats back and returned to Shake-A-Leg just before dark. The next day we hauled the four boats, then returned to Matheson and picked up the remaining two boats. We hauled all boats except for one, just in time before all the racers returned to the docks. The timing was near perfect and the event was a success!

Can't believe that some people ask me why I moved to Miami. Many of the visiting sailors are people that I know for a long time. By living in Miami I get to meet them every year as they come here to sail in Miami. Karl Anderson is one of them. We share a lot of history together and I couldn't help myself from taking a picture of him as he came to the trailer every morning to get taped-up like any other athlete may need from time-to-time.

I went sailing in a brand new P-Star with Miami's Augie Diaz on Sunday. Augie, who is the best sailor in Miami, takes every opportunity to practise. His favorite boats are Snipe, 505 and Star boat. He probably sails as much as anyone in Miami, part of the reason he is so good. We sailed around for a couple of hours in 15-18mph breeze. Unbelievable reaching and running. Upwind the boat tracks like nothing else and we easily beat the Melges 20. Augie, You are the MAN!

12/16/2011

### *America's Disabled Regatta*



J2 Racing USA supported by Team Paradise finished on top of the SKUD 18 fleet at the 2011 America's Regatta in St. Petersburg, Florida. Debuting back on the racing circuit after several months of training, the J2 Racing USA team with JP Creignou and Jen French fought hard to climb their way to the top of the fleet. The event hosted by St. Petersburg Yacht Club was from December 2-4 with 5 countries represented and consisting of all 3 Paralympic classes. "It was a good event for our team to gauge our performance against the other USA team and the international teams." says Jen French. Jen French was also the recipient of the Milam-Gruson award for top disabled female skipper.





Team Paradise has supported J2 Racing USA team since they started training together two years ago. The team is now preparing for IFDS 2012 World Championship and the Miami Olympic Classes Regatta both held in January and both part of the USA Paralympic selection process. Only one SKUD 18 team will be selected to represent Team USA at the Paralympic Games. Jen French continues, "With the Team Paradise behind us, we have the needed resources to compete on the world stage. We are looking forward to soon be sailing in Miami again. Thank you, Team Paradise!"



## **2010**

**2/19/10**

Båtnytt, the largest yachting magazine in Scandinavia, published an article on Team Paradise today. The story is in Swedish, so only about 10,000,000 of you will be able to read it. It talks about sailing on Biscayne Bay and opportunities for internship with Team Paradise. Philip Carlson from Sweden was our first intern last year and David Jensik from the Czech Republic is currently in Miami learning more about sailboat racing and helping out Team Paradise. Win-win!

**11/23/10**

"Green Team" kicked butt in the first ever Calle8Regatta on Biscayne Bay. All five Sonars were racing at the same time. The 8-12 knots of wind speed was perfect for a crew of three. "Green Team" was adapted for

Patrick LoDuca who trimmed the jib from forward position. David Jensik was on the main and balanced their boat mid ships. Ezra sailed fast and they won with a core of 2-1-2.

Check [images](#) by Marco from the event.

Grand Avenue [News](#)

Miami's Community [Newspapers](#)

11/16/10

Team Paradise has partnered with Shake-A-Leg Miami to help enable those with physical and developmental challenges to empower themselves through sailing. The Calle Ocho Regatta is a series of short-course races that take place each week on beautiful Biscayne Bay in Miami, Florida, with the final race coinciding with the annual Calle Ocho Festival. Each team must have at least one disabled crew member.

[Read](#) full Press Release

11/11/10

My name is Daniel Evans, and I am in the beginning stages of becoming involved in sailboat racing. Recently I had the opportunity to visit Team Paradise in Miami Florida for a few days of training. Now I know traveling half the eastern seaboard from Maryland may seem like a stretch to learn sailing technique but once you understand how unique Team Paradise is, two and a half hours by plane is minuscule.

[Read](#) full story by Danny

**11/2/10**

Team Paradise sailor, JP Creignou, participated in an intense training camp at Miami Shake-a-Leg from October 28 thru November 1. He was accompanied by Diane, team campaign manager, and Elizabeth Kratzig, renown match-racing sailor. Elizabeth was driving the SKUD in Jen's absence, who is restricted from sailing until after Thanksgiving due to surgery. Betsy Alison and Jonathan Farrar were the coaches for this camp.

**8/28/10**

One of the best experiences that I have in sailing was to be part of the winning team of the 2010 Blind National Sailing Championship in Newport, R.I. Sailing with the blind, or vision impaired, is very special. Blind Sailing is like a college football game, awesome moves and fabulous plays are being traded with obvious errors. No lead is big enough and anything can happen and it happens quickly. The intensity and competitiveness is fears and like any other sailing event, the most prepared teams usually wins.

Read [more](#)

**8/1/10**

Training continued with Janice Bartleson and Dave Bannister on Biscayne Bay. The focus of the session was on jib trim and moving from side-to-side. When fully powered up, the crew should be the last to leave the "old" weather rail and the first to hike the boat back down on the new tack. We realized that the Harken jib ratchet block can be of great help to the vision impaired because of the clicking sound when trimming in. Typical adjustments would be measured in number of clicks. We also worked on identifying a position for Jan where the jib cleat and ratchet block will line-up.

My question to Harken: could the clicking sound somehow be amplified?



**7/29/10**

The Good News is that Janice Bartleson and JP Creignou will once again compete at the Sail Newport Blind Sailing National Championship. The event is included in the 8TH Annual C. Thomas Clagett, Jr. Memorial Clinic & Regatta August 22 - 26, 2010.

Team Paradise is helping Janice by providing both equipment and coaching support. We are using a Sonar for sailing, but they will be racing in a J-22 in Newport. I wish that she could be sailing in a J-22 now, but there is non available. It's a pleasure to sail with Janice, she is very talented and has great feel for what she does. JP and Jan were runner-up last year, but are hoping to improve. That is a hard task, because there are several good teams out there and last year's winner, [Matthew Chao](#), sure wants a repeat.

**7/16/10**

Congratulations to all the podium finishers at the Disabled Sailing Worlds in Medemblick, Holland. It's amazes me that Alexandra Rickham was a rookie sailor in 2007 and now, together with Niki Birrel (GBR) are World Champions in the Skud 18 class! Megan Pascoe's (GBR) Bronze in the 2.4mR class must be very sweet for her. Nothing like beating up on the men and winning a tie-breaker! We hope to see you all in Miami this winter.

[Read](#) more.

**6/25/10**

It was great to be back in Kiel, Germany for the 2010 Kiel Week Regatta, the penultimate stage of the ISAF Sailing World Cup. The 2.4 class was the only Paralympic class represented and many of our friends were in the roster. Heiko Kröger (GER) won, followed by Helena Lucas (GBR) and Thierry Schmitter (NED). I was thrilled to once again race in Kiel, this time with my partner in the Star class from the 2008 US Olympic trials, Mark Mendelblatt.

[Read](#) my report from the event

**6/6/10**

Team Paradise was represented by Jen French and JP Creignou at the 2010 Robie Pierce Regatta last weekend, which was hosted by the Larchmont Yacht Club in NY. It was great fun with 18 Ideal 18s, good breeze on race days and close competition. Our team finished third overall. John McRoberts and Brenda Hopkin won the event with Andrew Fisher and Maureen McKinnon-Tucker taking second. All three team had used Team Paradise equipment at some point or another.

[Read](#) full report from the event

**6/5/10**

This was my fourth visit to the Lake Hopatcong Yacht Club in New Jersey. I am a bit spoiled having Miami and Biscayne Bay as my home base, but the hospitality and friendship at this lake is awesome and makes well up for discrepancies, if any. We raced E-Scows on Friday and Stars on Saturday and Sunday. It is also a fund raiser for Team Paradise. Ricky Doerr who was training in our Sonar on the Long Island Sound visited on Saturday night in support of the event. Monies where raise, stories were told and the sailing was good, too.

**6/1/10**

It is always advantageous to have 2 boats for training, but we can't take full advantage of the situation if the boats are not equal. While training with both boats, we noticed that one was not consistent. We spend quite some time getting SKUD 004 up to speed and the way we like it for the regattas earlier in the year. Over the past month, JP did much of the work to get 001 equivalent to 004. Lines have been replaced, the seating system improved and repaired, direct steering installed and systems checked. After sailing this week, we are confident that we have two boats that are as equal as we can get them. Now, we can really use the tools to a greater extent! [Read](#) full report.

**5/30/10**

Bryan Tabler visited Miami and Team Paradise during the Memorial Day weekend in preparation for Disabled sailing worlds in Holland later this summer where he will be trimming the main sail for Ricky Doerr and Hugh Freud on a Sonar. Bryan was in need off some good practice since he is new to that position. He also tried sailing with one prosthetic leg, customized in length to better suite his needs. The use of one leg will drastically relieve his shoulders when mowing across the boat.

**4/25/10**

Report from Jen French

After back to back regattas in February plus the SKUD training camp with Anthony Kotoun, Team Paradise SKUD sailors JP Creignou and Jen French took a short break from on the water training. During the month of March, much emphasis was placed on boat work including improving the systems, repairs, and getting both boats up to speed.

Near the end of the month, Jen participated in the US Sailing Team Paralympic Classes camp at Lakeshore Foundation in Birmingham, AL.

[Read](#) full report.

**4/21/10**

Philip Carlson has returned as planned to Sweden after spending six months with Team Paradise in our internship program. Philip made a big difference for us and he became a very popular figure in a short period of time. I especially appreciated his knowledge and expertise around boats and sailing. He would make it back to port, safe and sound, no matter what challenges that he faced. He will be greatly missed, both on a professional and personal level. Come back and see us soon!

**4/11/10**

Bryan Tabler is preparing himself to join Team Ricky Doerr and represent the US at the ISDF World Championship in Medemblick, Holland, this summer. Him and his wife Electra and their one year-old baby Joyce drove down from Orlando to come sailing with Team Paradise for the weekend. The focus was on main sheet trim and traveller adjustments, because that's what he will be doing at the worlds. We went without the jib on Sunday so that we could focus on timing moving from side to side. It was blowing about 12-14 mph in

a nice easterly and it was just him and me. We later reviewed the on-board camera and we both realize the improvements made.

### **4/3/10**

The Miami Science Museum Gala had a hugely successful fundraising event a couple of weeks ago. One of the silent auction items was a sailing lesson on Biscayne Bay with Team Paradise. Highest bidder was Jay Nichols who paid \$800 to go sailing. We had a great time navigating past the Key Biscayne light house, then returning through Stiltsville and Vizcaya before heading back to port. All proceeds went to the new Miami Science Museum, which will be build next to the American Airlines Arena, downtown Miami.

### **3/16/10**

Lars Grael, who is one of the very best sailors in the world and also a one leg amputee, competed in the 2010 Bacardi Cup. He and his team mate, Ronald Seifert, sailed to victory in one race and on to another great regatta. They finished 7th over all in the 84 boat fleet that had 14 nations competing. I teamed up with Peter Bromby from the Bermuda, but we were unable to repeat our victory from 2009.

[Read my report from the final race](#)

### **2/22/10**

The St Pete Disabled/Open Midwinter Regatta took place this past weekend on Tampa Bay. Team Paradise had two Skud 18 racing. They were Jen French/JP Criegnou in #004 and Davis Durston/Jackie Gay(GBR) in #001. Only five boats came to start in the Skud 18 class and three boats in the 2.4mR class. The racing was very exciting as only one point separated the top two boats in the final standings. Scott Whitman/Julie Dorsett won the event narrowly followed by Jen and JP.

The races were run by St Petersburg Yacht Club's Race Committee Chairs, Bob Johnson and Janet Walker, who did an excellent job despite the tricky conditions.

### **1/29/10**

The whether conditions for Biscayne Bay remained about the same as throughout most of the week for the final race day. The paralympic classes does not have medal races like the olympic classes do, so today would be it. The 2.4s raced in the morning. Paul Tingley (CAN) came through in a BIG way. The 2008 paralympic champion seems to thrive under pressure and finished the week with a 1, 3 for the over all victory.

Paul Tingley (CAN) came through in a BIG way. The 2008 paralympic champion seems to thrive under pressure and finished the week with a 1, 3 for the over all victory. Thierry Schmitter dropped to second with a 9 and a 2. The current world champion, John Ruff won the last race, but had to settle for third over all. [read more](#)

### **1/28/10**

Day four had blue skies with cumulus clouds rolling in with an easterly gradient flow at 10-14 knots. The race committee managed to run three races in each of the Paralympic classes and most everyone seemed pretty thrilled. No wonder, a day, or a week of similar conditions while the rest of the North American continent and most of Europe is freezing. It couldn't get much nicer. [read more](#)

**1/27/10**

Day three was just as nice as, but a bit less wind, especially for the 2.4mR racing in the afternoon. A 45-degree didn't give the left side much of a chance on the short upwind leg. Paul Tingley had the best day with 2, 1 finishes. The Sonar fleet is almost as tight as it gets. Our Norwegian brothers and sister has a two point lead over the French and only six points separate the top four boats. The number one US team of Whitman/Dorsett had a stellar day posting two first in the Skud 18 class. One point separates the next three boats. Anything can happen. Andrew Fisher and Maureen McKinnon-Tucker climbed out of the basement on this second day of racing. The team is new and Andy had never sat in a Skud 18 until this regatta. He is used to bigger boats, but seems to make the transition rather quickly. Most impressive was the downwind speed of the GBR team of Rickham/Birell, pretty awesome. They are tied for second with McRoberts/Hopkin (CAN).

1/26/10

The Rolex Miami OCR is the flagship event for Olympic and Paralympic sailing on Biscayne Bay. Lots of preparation and training proceeds it, not just for the sailors, but for the organizers as well. Team Paradise has five 2.4 mR, two Skud 18 and two Sonars racing in the regatta. For those boats and for everyone else seeking our help, it is our busiest time of the year.

[read more](#)

**01/19/09**

January is the height of our season and we have just completed the Caviglia Blue-Water Classic. Team Paradise had four 2.4mR and one Sonar sailing in the event. Our sailors came from England, Canada Norway and the US. The 2.4 mR was the hottest contested class and Megan Pascal from GBR won it.

Please visit [www.cavigliafoundation.org](http://www.cavigliafoundation.org) for more info on the event.

**01/01/10**

Happy New Year! The next three months are considered the height of the Miami racing season. This is when the world's top sailors come here to compete against the best.

**2009**

**12/31/09**

The Orange Bowl Regatta, hosted by Coral Reef Yacht Club in Miami, is a very popular junior sailing event. 700 plus people raced in it this year. I was helping fellow Olympians Anna Tunnicliffe, Zack Railey, Jim Barton handing out the awards. The Sportsmanship Award bearing my name was won by Carolina Manitilla for never giving up, finishing all the races even though sometimes in last.

[read more](#)

**12/19/09**

Not many days left of the year 2009. What has not yet been accomplished might have to wait for 2010. I have no regrets, at least not many. As head coach and founder of Team Paradise I feel as if our motto of "being the best that we can possibly be" has been met.

Sailing in Miami is in "full bloom". Reports have been filed, our year end mailing completed and our Seasons Greeting were sent out. In short, it is all good.

A BIG "thank you" for donations received. It is always exciting to go to our mailbox and find envelopes from our supporters.

2010 looks good. Most of our boats are chartered for the next few events and people are arriving from far away.

The breeze is up, we are going sailing.

### **12/16/09**

The Sonar instructor training is going on at Shake-A-Leg Miami. We are sailing between noon and 4PM, six days a week. Monday is our day off. The purpose behind the course is to introduce the Sonar and bring all the sailing instructors to a uniform teaching level.

Anyone interested, please contact Stephen Rottblatt at 954-560-7569 or email us from this website.

### **12/07/09**

A charter fee program will be implemented in 2010 for our Sonar, Skud 18 and 2.4mR boats. It is designed to help us survive these trying times, in order to be able to continue to provide paralympic equipment to sailors from around the world. We offer Scholarship Programs, ranging from full to non. Most common is a 1/2 scholarship, when the user gets a 50% discount. Anyone may apply.

### **12/07/09**

Report from America's Disabled Regatta, by Jen French.

"Hi Magnus,

This was a weekend filled with challenging conditions. Friday, we had breeze but lots of rain. Saturday, we had one race in fun conditions (16-18 gusts 23) but only one race. Sunday, it was light air."

[Full story](#)

[Results](#)

### **11/28/09**

Happy Thanksgiving all of you! Next up for Team Paradise is the St. Pete Disabled Regatta in the beginning of December. We will be represented in all the three Paralympic classes. It will be exciting to follow the development of the New Skud18 team of JP Creignou and Jen French. For JP it is a matter of a comeback. He won the Skud18 worlds a couple of years ago together with Karen Mitchell. Jen is brand new to the class. The team has practiced for sometime and are the home-town favorites. Good luck to them and all the other sailors.

### **11/08/09**

It's been super windy in Miami this weekend. On Sunday sail with the Veterans we had sustained wind in the upper 20's and gusts well over 30 mph. Our Sonar "Free Willy" performed very nicely as we sailed across Biscayne Bay. Everyone got a chance to hold the tiller. I was surprised how these rookie sailors managed to

get in the groove and go fast, so soon. They could be the talent we are looking for. Our trial run on Saturday made difference. The boat was tweaked and very balance despite the strong breeze. [Check out our picture album](#)

### **10/26/09**

We had full activity in Miami this past weekend. The arrival of my assistant Philip Carlson made a big difference. Mark Bryant brought the du Pont family to Miami on Saturday and we had a great time sailing 2.4. On Sunday we facilitated the BRAIVE program, which caters to Iraqi and Afghanistan vets with Post Traumatic Disorder. We used the Green Team and Free Willie Sonars and everyone was grinning ear-to-ear. Great weekend!

### **9/30/09**

Check out our latest page titled "[Adaptive Equipment](#)".

### **9/22/09**

Check out a couple of videos from the 2009 Sail for Gold Regatta, posted on our video page.

### **9/14/09**

The Sail For Gold Regatta started today in in England. Good luck to everyone racing.

### **9/14/09**

Jen French, St. Petersburg YC, won the Disabled Sailing Championships, together with Roger Cleworth and Kevin Wixom in the Ideal 18. Charles Rosenfield won the 2.4 class with straight "bullets". Too bad that the Skud 18 and Sonar events didn't happen, but it was nice to see that some of those sailors competed in the Ideal 18 instead, making that fleet deeper and more exciting.

[Read](#) report by Jake Fish

### **9/10/09**

The U.S. Disabled Sailing Championship begins to day at the Riverside Yacht Club, Riverside, CT. Team Paradise has Skud #001 competing, sailed by the rookie team of Mike Strahle and Donna DeMarest. Donna sailed in Newport at the Clagett, but Mike is new to the class.

### **9/02/09**

Stu Hebb has been campaigning his Viper in New England this summer, promoting Team Paradise on different venues. Looks cool, doesn't it? You're the MAN!

### **8/25/09**

The wind was very light in the morning, but the Race Committee managed to get one race in before the wind died. The sea breeze filled in later in the day and racing is on schedule after day one here in Newport, RI. The blind sailing has the most excitement and three boats are tied for first. JP and Janice is one of them. Scott and Julia are kicking butt in the Skud 18 and so is Ricky Doerr in the Sonar and Julio Reguero in 2.4.

**8/24/09**

The C. Thomas Clagett, JR. Memorial Regatta starts tomorrow in Newport, RI. Incorporating the Blind Sailing National Championship. Team Paradise is on location in support of Maureen McKinnon-Tucker in the Skud 18 and Ricky Doerr in the Sonar class, both teams sailing in Team Paradise equipment. In addition, Team Paradise has helped to make it possible for blind sailor JP Creignou and Janice Bartleson to compete in their National Championship series.

**7/22/09**

Tamara Vermette and Andrew Ross participated in a 2.4 clinic in Miami last week. We sailed every day, sometimes around the buoys, other times just straight lining it.

Tammy is a stroke victim from Connecticut and this was her third time visiting us in Miami. Andrew, also from Connecticut, is an abled sailor and a "heck" of a guy. You are both welcomed back at any time.

Click on the picture to view photo album.

**7/11/09**

Our two Skud 18 were loaded up in an amazing way and shipped north for the summer. Maureen McKinnon-Tucker will be using the boats in her Boston based program and then race them in Newport and Marblehead. One of the boats, including trailer and all, was loaded on top of a truck and the other boat was on being towed on an over-seized trailer. They made it to Boston.

**6/29/09**

Our Skud fleet was back out sailing on Biscayne Bay this past weekend. Karen Mitchell team up with Richard Hughes and John Ross-Duggan sailed with a Team Paradise coach. It was rainy and stormy both days, but not enough to keep us away.

**6/10/09**

The "No Barriers Festival" was a unique experience for Team Paradise. It is not often that we get to showcase our Paralympic program in front of 400 people with physical challenges, all taking place at our home dock. Our goal for the week was to spread the word about Paralympic sailing and make people aware of Team Paradise and its mission. We also hoped to find one or more potential sailors who would like to get serious about our passion. Having fun was also a priority, but we knew that if all executed well, the fun part would happen by itself. We had also decided that we wouldn't turn down any donations, not now, not ever.

[Read full story](#)

**5/16/09**

Check out Jen French on [CBS Channel 10](#) Tampa Bay/St. Pete.

5/7/09

How [sweet](#) is our home?

**5/5/09**

Next event for Team Paradise is the No Barriers Festival, co-hosted by Shake-A-Leg, in Miami. It's a "home game" for us, which is usually a good thing. We are expecting people with disabilities from near and afar to descend on Miami by the hundreds. It promises to be a spectacular event with participants showing of

their adaptive equipment for whatever sport or hobby that they are in. Team Paradise will show off its Paralympic equipment and give race clinics during the 3-day event. Our goal is to build interest around competitive sailboat racing and find disabled individuals who want to pursue the sport.

#### **4/29/09**

Team Paradise helped support a great event in St. Petersburg this past Saturday, April 25th. The City of St. Petersburg Therapeutic Recreation Department hosted a Sailing Expo that included not only sailing, but kayaks fitted with adaptive equipment and paddle boarding! There were about 100 registered participants, with various levels of disabilities who were able to share these experiences with their family, friends and care-givers. The response was overwhelming, not only by the parents, but the participants as well. We had so many who had never experienced any sort of water sport who were absolutely thrilled with their first experiences.

There was an army of volunteers around to help passengers onto and off the boats, and help direct everyone around so that if they wanted to do all the stations, they could. There was a Hoyer Lift available to assist those with higher level disabilities, which was such a thrill: many had not realized they could participate in such activities! The weather was picture-perfect with a light breeze, and lots of sunshine. It was a great opportunity to have been a part of this event as well as truly utilizing the facilities that the St. Petersburg Yacht Club Sailing Center has to offer.

And the most popular question? When are you doing this AGAIN?!?!?

#### **4/12/09**

We finally went sailing in the latest donation to Team Paradise yesterday. It is called a Dyer Dhow, a 9' dinghy which design dates back to the 1930's. She sailed very nicely. I cruised around the anchorage on a spectacular Sunday afternoon on Biscayne Bay. I later stored the sails away and took her out for a excise row. She is really a gentleman's row boat and tracks beautifully with the centerboard down. The boat fits well in our program because it will attract attention to our mission and bring people to our program. We have access to two of these boats and will be able to offer Gentleman's rowing and cruising programs. It will work for disabled as well, depending on their level of impairment.

#### **4/3/09**

We spent the day at the Honda Grand Prix and it was pretty awesome. The Sam Schmidt Paralysis Foundaion had invited some of the local disabled population, including the Wounded Warriors and us for a 5-star luncheon at the race track. Team Paradise were represented by Jen French, Phil Smithes, Cat Bostian, Allen Fiske and myself. We strolled around at first, checking out the different teams and all their cool gear. It is mind boggling how professional the motor sport is compared to our sport. We are all happy for our new 26' trailer, but it is nothing compared to the trailers, trucks and flair that you will find here.

[Check out](#) what Dave Lewandowski at [Indycar.com](#) had to say about our sail yesterday. You also may want to click on the [Bleachrreport.com](#), [Catchfence.com](#) and/or [Scuttlebutt.com](#).



**4/2/09**

St. Petersburg Yacht Club, Team Paradise and the City of St. Petersburg Therapeutic Recreation Department hosted a pretty unique event on Thursday afternoon in conjunction with the Honda Grand Prix, in St Petersburg, FL. Our mission was to race our two Skud18's, skippered by two retired racecar drivers, one with a very high level spinal cord injury. Sam Schmidt became a quadriplegic after a near fatal race-car crash almost a decade ago. The other driver was Jim Guthrie, a long time friend and rival of Sam's who had never sailed before.

To make it all happen we decided to go with a third person onboard. The two teams consisted of Jim Guthrie, John Jennings and Phil Smithes, sailing Skud18 # 004 and Sam Schmidt, JP Creignou and myself onboard Skud18 # 001.

To minimize problems we took both boats out for a trial run in the morning. Local disabled sailor, Jen French, had her first hands-on experience in Skud18. We made a couple of last minute adjustments to the boats and equipment before TV cameras, press and players arrived.

Bob Johnson and the race committee briefed us and we headed out on Tampa Bay. The 20-25 knots of breeze that normally would have canceled the day would not stop us. We set off on a screaming starboard reach when all of a sudden the battery operated seating system malfunctioned for Sam. His seat was tilted to weather, which was fine for a starboard leg, but unless I somehow could tilt it the other way, we would be in big trouble on port tack. It seemed like forever before I had stripped the wires and located the ones that had to be connected. I was in the back of the boat, clinging on to Sam while having one toe on one of the battery terminals and my hands on the wires. We had rigged an emergency steering system which enabled JP to control the boat from crew position.

Anyway, we made it back through a finish line, providing a photo opportunity with both boats sailing close together.

Please stay tuned for a more detailed update. We are off to the races with pit passes on hand, all provided by the Sam Schmidt Paralysis Foundation.

**3/21/09**

Team Paradise participated in the Boating and Beach Bash event in Boca Raton on Saturday. We brought a couple of 2.4s to the extravaganza and it was a total hit. [Read](#) full report by Jay Van Vechten

**2/23/09**

I made it back to Miami, towing Skud 001 from St Petersburg. It was a great weekend and some of the most exciting sailboat racing that I have watched in a long time. The Skud class was very close with three boats able to win the regatta going in to the last race. There were several lead changes and it was still an open affair 200 yards before the finish. Alexandra Rickham / Nick Birrell ended up at the top of the podium after a fantastic effort. It was Alex's first victory as a skipper, this being her third ever regatta at the helm. John and Stacy won four races in a row, but had to settle for the silver. Scott and Julia were heavy favorites going in to this event and it looked like they would pull off another victory during the final day of racing. But the day and the regatta belonged to the British team. We had worked hard on Skud 001 going in to the series. I

personally spend 8 ten hour days preparing the boat and we kept working on her every day during the regatta. She was dialed in.....

Scott Danberg ended up in second overall, but he won the three final races. Scott is awesome!

The Sonar class was won by Paul Callahan / Roger Cleworth / Brian Hayes, who fought off the charging team of Ralf Steitz / Jamie Gross / Alex Baird.

### **2/21/09**

The day started out in breezy and choppy conditions, but then the wind faded to a drifter and the race committee had to shorten the second race to 1/10 of a mile beat. Rickham/Birrell held on to their one point lead. Our Skud18 # 004 won both races and sit only two points behind the leaders, in third place.

Paul Callahan / Roger Cleworth / Brian Hayes are winning big in the Sonar class.

Scott Danberg keeps finishing second in the 2.4 class, but he is getting closer to the winner as each race goes by.

### **2/20/09**

Opening day at the St Pete Disabled/Open Midwinter Regatta had windy and shifty conditions as a cold front blew through and the racecourse was tucked in close to shore. Team Paradise have two Skuds and one 2.4 racing in the regatta. The British Team of Alexandra Rickham / Nick Birrell are sailing in hull 001 and are leading after four races. Paralympic bronze medallists John McRoberts / Stacy Louttit are in hull 004. Scott Danberg, on his first roadtrip as a sailing athlete, is in second place in the 2.4 class.

### **1/31/09**

Scott Danberg made the US Sailing Team on his first ever, try. Scott, a 4-time Paralympic track and field athlete, began sailing in November 2008, when he came to train with Team Paradise at Shake-A-Leg. In a very short time, he has made a gigantic leap in skills and performance, to earn the third and final spot on the US Sailing Team. Nice going!

### **1/31/09**

The Rolex Miami OCR concluded yesterday for the Paralympic classes. Scott Whitman /Julia Dorsett won the Skud 18 class with straight "bullets", which is a rare occurrence in sailing. John McRoberts /Brenda Hopkin and Karen Mitchell/Bob Jones, both using Team Paradise equipment, finished second and fourth, respectively. The Sonar Class was won by John Robertson/Hannah Stodel/ Alex Hansen in our Sonar, which also was the winning boat last year. The 2.4 was won by Allan Leibel, followed by Damien Seguin and Paul Tingley. Damien, sailing in a standard Team Paradise 2.4, had a brilliant first race of the final day, recovering from "deep" to win the race. Congratulations to all of the participants for racing hard and making the event a big success.

### **1/29/09**

I watched race #10 today in the 2.4s. The wind was light at the start and then faded to almost nothing. The race was shortened and finished after the second beat. Two boats didn't make the time limit and four boats

were OCS. Damien Sequin sailed very smoothly and kept wind in in sails, "he won by a mile". Allan Leibel made a huge comeback, retaining the overall lead in the regatta, with one race to go.

### **1/28/09**

Rolex Miami OCR is being held in on Biscayne Bay this week. All of our boats are being used by sailors from Canada, France, Argentina and the USA. The 2.4mR are sailed by Scott Lutz, Nigist Legesse Sewnnet, Damien Seguin, Juan Fernandez Ocampo, Matias Paillot and Scott Danberg. Our Sonar is sailed by the British team of John Robertson, Hannah Stodel and Alex Hansen, The Skud 18's are sailed by John McRoberts/Brenda Hopkin and Karen Mitchell/Bob Jones.

### **1/27/09**

Yabadabadoo! We are finally able to update this website again. Karelia Software finally tracked the issue down to a problem with some HTML on the home page.

1/7/09 Tribute to Nick

"God saw you getting tired and a cure was not to be.

So he puts your arm around you and whispered "come with me".

With fear full eyes we watched you and we saw you pass away.

Although we loved you dearly, we could not make you stay.

A golden hart stopped beating. A wonderful man is at rest.

God broke our harts to prove to us. He only takes the best".

## **2008**

### **9/16/08**

This is not the time to be bashful! Team Paradise earned a piece of each of the three Gold medals handed out at the Paralympic Regatta in Qingdao last week. That is right, we are talking about a clean sweep here! Please click on Reports (above) for the full article.

### **8/29/08**

The 2008 Clagett Memorial Regatta was the final tune-up for several Canadian and US team, before heading off to the Paralympic Regatta, in China. Team Paradise were represented by two boats, Team Team Odysse in the Sonar class and John McRoberts and Stacie Louttit in the Skud18. It was the first time that the Canadian Skud Team used #004 and they seemed to like it. They finished runner-up to Scott Whitman/Julia Dorsett.

Team Odysese must like our Sonar, because Ricky, Tim and Bill keep their winning ways. Team Raven from Canada tied for first, but lost the tiebreaker.

Paul Tingley and John Ruf finished first and second in the 2.4s. Next time these teams meet, it will be for the real Gold.

I was very happy to see that Tamara Vermette could climb up from the basement in the 2.4. We spend a week at the end of July sailing in Miami, sailing together, and improvements were made. Nice job!

**7/2/08**

Email from Kevin Burnham, who is coaching the US Olympic Team In Qingdao, China:

"Thanks to algae, Olympics truly go green. More than 5,000 square miles of water in Qingdao—including one-third of the Olympic swimming course—are covered in a thick algae that more than 20,000 workers must clean up in the next six weeks.

**7/1/08**

Nick Scandone and Maureen McKinnonTucker are preparing for the Paralympics in Newport, CA. Check out the July issue of Sailing World and the nice picture of them sailing in Team Paradise's Skud #004, which they are using as training boat.

**6/14/08**

Team Ricky Doerr won the U.S. Disabled Championship in Larchmont, NY. The team members, consisting of Ricky Doerr, Tim Angle and Bill Donahue, will be representing the US at the Paralympic Games, later this summer. Team Ricky Doerr is using Team Paradise's Sonar for training and racing while their boat is on location in China. Congratulations to all of you!

**6/5/08**

Wednesday Night sailing was extra special last night. Only two boats came to start, but it didn't bother me, nor Tamsin Maund or Bill Quesenberry. It gave me the opportunity to focus on them and I'm pleased to say that Tamsin has now passed our beginners course, which entitles her to take a boat out all by herself. We focused on lining up properly for speed testing and sailed towards Virginia Key, while I provided tuning tips. We then sailed around the buoys, refining technics and tactical options. The evening ended with a couple of races before sailing back to port.

The objective of training abled sailors to become teachers is part of our mission. The need of volunteers to teach and facilitate for the disabled is very important.

**6/4/08**

Sorry for the infrequent updates, but it is not because of inactivity.

Wednesday night sailing as taken place as scheduled the last couple of weeks. The level of sailing has improved for the Wednesday night crowd. I was just reviewing some video from last week's event and it is starting to look pretty good. Tom Franklin made it out for the first time in our boat. Tom did a Paralympic campaign in 2000, but has not sailed much since. He is "thrilled" to be back and we hope to see a lot more of him. Thanks to all the abled bodied sailors of have used the boats, we are now able to accommodate most disabled sailors in our 2.4 fleet. We would still need to develop a zip-and-puff system, but we are able to provide a safe product with all systems working.

The Lake Hopatcong Yacht Club, in New Jersey, hosted a Team Paradise fund-raiser during their 50th Annual Tomahawk Regatta, this past weekend. It was the third time that this wonderful group of people set out to help our cause and put on a show. In lack of a full report (which will be available soon) I have to tell you that it all worked out extremely well.

We raised some cash during the raffle and silent auction on Saturday night. Great contacts were made and a sponsorship from Rums of Porto Rico was obtained. We have been asked to participate in an even grander scale next year. The early plan is to bring our fleet of boat to the lake and bring our disabled athletes along. Sounds exciting to me, for sure!

### **5/17/08**

A fantastic weekend was topped off by taking a group of teenagers from Bronx, NY, out on Biscayne Bay. Steven Castro had never sailed before, but this was his opportunity to change that. Team Paradise and staff from CampInteractive cheered on as Steven steered clear of trouble. Coach Kevin Burnham was amazed by his talent saying "he could go far".

The teens were heading back to New York that evening to attend school in the Bronx on Monday. What a difference a day makes.

Team Paradise were represented at the Laureus Foundation's Welcome Gala on Saturday Night, at the Indian Creek Country Club, hosted by Marcus Allen. It was the Third Annual Celebrity Golf and Tennis Invitational, benefitting CampInteractive, a non-profit organization determined to introduce the creative powers of the outdoors, to young people in the underserved neighborhoods of American cities. We met some amazing people and many legendary superstars were in attendance. How about Edvin Moses and Fred Stolle, just to mention a couple? We were seated at the Dolphin table with some current NFL stars. It was all as good as it gets.

### **5/15/08**

The 2.4 stayed in water over night. We put the new sails on and Stu Hebb, Kevin Burnham, Elizabeth Kratzig, Molly Lucas and myself went for a sail. We met up at the Coral Reef Yacht Club for a briefing, then headed over to Shake-A-Leg via our coach boat. It was a lot of fun to sail and for a change I actually got in a boat and raced. EK did really well and so did Stu Hebb. Kevin and I struggled a bit, but we also had moments of brilliance :) Paige worked the cameras and provided good encouragement.

### **5/14/08**

Kevin Burnham, Ian Raphael and myself worked hard on the 2.4's for several days. We changed spreader angles, mast rake and rig tension, so that all boats are evenly matched. They are looking pretty sweet by now. It amazes me how much work goes in to a small boat like the 2.4. Our standard is high and everything needs to be "tip-top".

We had four 2.4's sailing around around a couple of markers during Wednesday night. We are focus on boat handling and the necessary maneuvers required to successfully complete a race course. We finished the evening with a couple of races. Lionel Baugh did the best and his previous experience skippering his J-24 was evident.

**5/11**

Email from China:

Hi Magnus

Many exciting things have happened for us since we last saw you in St. Petersburg. Our first task was the Skud worlds in Singapore in March - and as we were

new to sailing together, it was wonderful for us to have the chance to compete in the St Pete midwinters in the Team Paradise boat! We felt more confident as a team after St Pete, and so when we traveled to Singapore only a few weeks later, we didnt feel too 'new'! We finished in 5th place at Singapore, and qualified a place for Ireland in Qingdao. the Qingdao international regatta will be starting in a few days time, and we are unpacking our boat and setting it up.

Amy Kelehan

Irish Paralympic Team

[Read more in Testimonial](#)

**5/11/08**

Happy Mothers Day! I learned a long time ago not to schedule any events on Mothers Day, because Mothers Day is an event in itself and only a few would show up. Anyway, we had a great week. Wednesday Night Sailing was great. Peter Rabbino and Carlos Aloma were eager to get out and learn more about sailboat racing. We did a bunch of leeward and windward mark roundings and they both improved as the practice progressed.

Kevin Burnham brought Elisabeth Kratzig and Molly Lucas out for a Thursday sail. Molly is super talented and did great in her first time out in a 2.4. So did Elisabeth. Kevin's eye for sailboat racing has never been questioned. He picked up on several differences of the two boats. We worked improving our 2.4 fleet the following day.

David Schroeder made it back out in the Skud18, sailing with Bill Mauk on Saturday. It was great seeing him back out on the water.

**5/4/08**

Please join us for weekly racing on Biscayne Bay. On Wednesdays we sail out of Shake-A-Leg and on Thursdays the US Sailing Center. We meet up at 4PM for practise and then race between 6-7PM. We are

back at the dock by 7.30PM. We designed the schedule to allow you to slip away from work a little early to get in some practice, or if you have to work until five, you can still make the racing!

#### **4/25/08**

Team Paradise's volunteer Bill Quesenberry took Tam out for a sail in our 2.4's. Tam is a stroke victim from Connecticut and was visiting Miami with her mother. Magnus gave on-the-water instructions and took pictures of the event. There is nothing like smiling faces!

#### **4/23/08**

Team Paradise's wednesday sailing kicked off last night. Tamsin Maund coordinated the event and we all gathered at 4PM. We had all of our five 2.4's in the water and with a waiting list of people eager to give it a try, we traded skippers on the water in order to give everyone a chance. Peter, Mark, Jason, Gary, Tamsin, Henrik and myself had a really good time and we managed to run four short races before returning to port at 7.30PM. Dinner and a debrief followed at Scotty's Landing. Let's find out just how quickly a week will pass.

#### **4/19/08**

The 2008 Star Worlds ended on Friday with the sixth and final race. The Polish "wunderkind" Mateusz Kusznerewicz and his crew Dominik Zycki won the champion with the low score of 14 points. As predicted, the winner had to have the ability to recover from bad positions whenever caught on the wrong side of the course in any race. The Winners climbed back from being deep in in the last two races to score a 4 and 5.

Team Paradise was involved as one of two charity partners and co-hosted the mid-week awards ceremony. Our message was explained to the 208 participants and al the coaches and supporters.

One disabled skipper participated. Lars Grael, who lost his leg in a boating accident years ago, finished in 25th place which is an awesome display of courage and ambition.

Congratulations to al the winners and a special thanks to Carol Stout Ewing and Conny Bischoff for all the help.

#### **3/27/08**

We are pleased to announce that Team Paradise have moved from "application pending" to final approval of the 501 (c) (3) tax designation by the IRS. The application was submitted in August of last year and is now a done deal! It seem like a long time and it is. We never doubted our legitimacy and followed professional advice. Viciana & Shafer, P.A. were instrumental in the filing and should have a lot of credit for the accomplishment. Everyone involved with Team Paradise have a good reason to be happy about this critical milestone in our relatively short existence.

**3/12/08**

Progress report from Team Paradise: Skud18 was delivered back to Miami from St Pete. We gave her a interior wash to rid air tanks from salt and mildew. We then performed a blow test in search for leaks. A vacuum cleaner was reversed and air was blown in to the tanks, carefully. The good news is that we only discovered two leaks, easy to seal.

Paralympian Paul Tingley have been training with Team Paradise for a several days. We worked on our 2.4mR fleet, moved mast butts, adjusted rig tension and rake. Boats are looking great!

Skud #004 has been delivered to California and is currently at the San Diego Yacht Club. Team Nick Scandone will train against it in preparations for the Paralympic Games. They will sail in San Diego this weekend and then in Newport Beach.

Both boats will be shipped to San Francisco for a fundraiser in early May. This event will mark the first time Skud18's will be sailing on San Francisco Bay.

Check out our Media page for new content and

stay tuned for the next update.

**3/3/08**

The 2008 Disabled-Open Midwinter Regatta took place in St Pete over the weekend. Team Paradise brought two Skuds and one Sonar to the event. The "hottest" fleet was the Sonar class with eleven boats on the line. Our Norwegian friends, Stordahl/Kristiansen/Wang-Hansen, edged out Team Kroker from Germany and the US Paralympic representatives, Doerr/Angle/ Donahue, who finished in third place. Nick Scandone/ Maureen McKinnon-Tucker continue their winning ways in the Skud 18 class. The latest European team combination, Amy Kelehan /John Twomey, from Ireland, sailing in Team Paradise Skud 18 #001 made good improvement throughout the weekend, but had to settle for a ninth place finish. The 2.4mR class was won by Canadian, Bruce Millar. Marco Dahlberg (FIN) was second and Paul Tingley (CAN) third.

See "More links" below for the complete final results.

**2/18/08**

Both Team Paradise's Skud 18's were picked up from the Shake-A-Leg Miami campus and moved to St. Petersburg, FL, for the Open Regatta, taking place at the end of the month. The Irish team of Amy Kelehan/John Tumi will be racing in hull, #1 while hull #4 will be sailed by Nick Scandone/Maureen Tucker-McKinnon.

**2/15/08**

The Fundraiser at the Alexander Hotel on Miami Beach was a very pleasant affair. The synergy between Team Paradise and the Mega Yacht world is easy to recognize. The Mega Yachts represent the top of the line



in their category and the same could be said of Team Paradise's, which focus on sailors with Paralympic ambitions.

We raised some money and made several great contacts. I was very pleased with the attendance, especially with the support from the sailing community. The raffle awards from Jewels and Little Switzerland were awesome.

Special thanks to them, Ashmead & White and Moore & Company.

### **2/11/08**

The 2008 ZAG Masters Regatta took place this past weekend at the Coral Reef Yacht Club. It is one of my favorite events of the year. It didn't bring me back from retirement, but I did observe the racing and I took over 500 pictures during Sunday's windy race. Frank Zagarino was my skipper for a couple of years and I learned a lot from him. He passed away a few years ago and his widow created the Zagarino Memorial Fund, which provides scholarships to the Coral Reef Yacht Club's youth sailing programs. It benefits kids who otherwise could not afford to attend.

Ian Raphael (11) is a volunteer at Team Paradise, a very special individual and an awesome sailor. He is a current recipient of the Zagarino scholarship. He never met Zag, but I'm sure that Frank would have been very impressed by him and what Louan Zagarino has accomplished.

### **2/7/08**

Check out our Media Files. The most recent one is with NBC 6, "Spirit of South Florida". It provides a clear message of what we do.

### **2/1/08**

Team Paradise boats won in both the Sonar and Skud18 classes in the 2008 Rolex Miami Olympic Classes Regatta, which ended with the medal round for Stars, Ynglings and Laser Radials, on Saturday. The Paralympic Classes ended on Friday, on a course located much closer to shore. I'm not sure why the Race Committee would go that far south in the bay, especially since the wind came up sooner, closer to shore. Isn't spectating the reason why they started the medal rounds?

### **1/30/08**

Two days into the 2008 Miami Rolex OCR and the racing could not be any more exciting. Team Paradise is providing boats, free of charge, to participants from Holland, France, Germany, Finland and the U.S. Nick Scandone and Maureen McKinnon-Tucker in the Skud18, team Jens Kroker in the Sonar are both winning in their respective classes.

**01/21/08**

The latest addition to our fleet of boats arrived to Miami last week. It is a Skud18, hull number 001.

David Schroeder made his debute in it, racing in the Caviglia Blue Water Regatta, this past weekend.

**12/30/07**

The Junior Orange Bowl Regatta finished on Sunday afternoon with the awards ceremony at the Coral Reef Yacht Club, in Miami. Grace Howie was awarded the "Magnus Liljedahl Sportsmanship Award". I'm thrilled, not just by having a trophy named after me, but also for being part of the entire process. Local Optimist sailor, Ian Raphael, nominated fellow "green fleet" sailor Grace Howie, stating "she waved me by, despite being on the yielded port tack". It is an act of sportsmanship for sure and not only that, it could be a smart tactical move from time to time. The decision to give her the award was not a very difficult one, even though we had numerous nominations. Young Grace (9) throw her arms up in jubilation, as I announce her name. She posed with the trophy, smiling from ear to ear. I had to call her back to the podium to give her some important advice; "don't let them by every time!"

Maybe she will come sailing with us at Team Paradise sometime?

**12/27/07. It was**

We are in the middle of the Holiday Season, perfect time to reflect on the past and plan for the new year ahead. I have been sketching on a Shake-A-Leg Miami's Paralympic Team, which would be operated by Team Paradise. We would name one or two teams in each of the three Paralympic classes and then provide them with all the support necessary to become contenders at the 2012 Games in England. In todays world it is near impossible for a disabled athlete to singlehandedly put together the effort required to go all-the-way. We would raise the funds needed in a combined effort, the athletes, Shake-A-Leg Miami and Team Paradise. Any ideas?

As always, the reward is in the journey.

**12/23/07**

This is a very special time of the year. Everything seems so final and it is. Time is ticking and no one can stop it. What wasn't accomplished in 2007 will have to wait until next year. Maybe that is a good thing? Sometimes time works for you and other times against you. Sometimes you want it to pass as quickly as possible while at other times you wish time would stop. Usually it kind of works in the reverse order. When you want time to "fly", it takes forever and when you really like to enjoy a moment, it seems to pass quicker than usual. Why is that? Anyway, check out the greeting card and learn how it came about in the Photo Album. Ho Ho Ho!

**12/16/07**

Thanks to John Muir and all the other volunteers for making it possible for Team Paradise to participate in the Winterfest Parade in Ft. Lauderdale, last night. Coachboats.com provided the tow for our Sonar,

skipped by Team Paradise board member, Kerry Gruson. Some of us were watching from the fabulous home of Karen and Dave Humble. Check out our photo album for more pictures. Earlier in the day, while the finishing touches were put on our "float", Mike Grimm made his debut in the 2.4mR, sparring against Paul Tingley. Fowey Rocks indicated 24 knots of breeze and I had my concern, but was really pleased when both returned to port about 4 hours later, Mike "Grin" smiling ear-to-ear.

**12/11/07**

The Paralympic Bronze and Silver medallist from the Sydney and Athens games visited Shake-A-Leg Miami for an Etchells regatta this past weekend. On Monday and Tuesday he trained with Team Paradise in the 2.4mR, sailing against Paralympic hopeful, Canadian Paul Tingley. Tuesday started out with speed training, then a bunch of short racing with practice starts. The day ended as it began, with more straight lining up the bay. Tom, who was campaigning a Sonar during the recent Paralympic Trials, hasn't lost much at all, if any. He looked very fluent around the course. Paul did better as the day progressed. We made small changes to his setup, which proved very fast.

**12/9/07**

Miami is full of sailors these days. No wonder, we have the best place for winter sailing in the world. I know that it is a big statement, but we can offer some of the nicest stuff, when the rest of the northern hemisphere seems freezing. Forty some Star boats participated in the Commodores Cup and about 80 Etchells raced in the Jaguar Cup series. I went 2.4mR sailing with Paul Tingley, who is here preparing for his Paralympic trials. It was my first time out sparring in one of our new 2.4. The breeze was blowing nicely out off the NE, perfect conditions for most boats. It was nice to be able to get back on the water and go sailing. We lined up and did some speed work. I was please to stay pretty even with Paul, even if he won most line-ups. The boat I was in needs more work, but it seemed fast. My goal as a coach during this type of training is not so much trying to win as it is trying to make the other skipper to work harder and become better. We will have many of the worlds top Olympic sailors here this winter and I know that many of them will come and help me at Team Paradise. The opportunity for a disabled sailor to race some of these names is very limited.

**12/1/07**

The favorite boat for most kids to sail and race is the Optimist Dinghy. The class is huge and it is sailed in every country where one would race boats. I remember growing up on the Swedish west coast, in the early sixties, my cousin and his dad build hull number 12. Coral Reef Yacht Club, in Miami FL, has one of the top Junior Sailing programs in the US and probably the world. It is led by Marek Valasek, a team of professionals and volunteers. I was out observing their practice on Saturday afternoon, and saw some great boat handling and coach work. The "Alien Invasion" start configurations seem really worth while. A second starting line is set to leeward of the regular line and this is where the top kids start. It causes the top teams to deal with sailing through the fleet, which happens after a bad start. Great practice. Later in race I saw some kids that didn't take advantage of what they had learned. They tried sailing around the fleet, when behind. This is very risky and should only be done when sure, or desperate. The focus factor always seem to be a challenge for kids (and for some of us adults as well). When looking at the pictures taken at the rate of five

frames per second, it is notabel how much their heads are still "in the boat" instead of "out of the boat". Their course was pretty close to the shore with plenty of wind shifts and velocity.

**12/02/07**

The 2007 world champion Skud18 arrived home last week. The boat has been campaigned by the successful team of Karen Mitchell and JP Creignou, who won the ISDF's worlds in Rochester, NY this year. Karen has been undergoing surgery since the Paralympic Trials and all is reportedly going well for her. We hope to have them back out sailing soon. Bill Mauk and I surveyed the boat and equipment in addition to giving it a serious scrubbing and rinse, inside out. It all looked very good. Karen and JP did a good job in running the program. The plan is to get David Schroeder out sailing in it while we are looking to purchase a second boat. The Rolex Miami Olympic classes regatta is coming up in January of next year and there will be several boats to practice against.

**11/23/07**

Kerry Gruson was racing our Sonar during the weekend, using some very cool adaptive equipment, designed by Canadian Jorg Pawlik. His goal was to make a design that could be built from materials purchased at any builders mart in the country, easily be installed and removed from any Sonar, in addition of being at low cost. The prototype she used fits really well in the boat and it is easy to take in and out. Nice.

**11/24/07**

The 2.4mR boats are now at Shake-A-Leg Miami's Water Sports Center, the home of Team Paradise. The boats will be set up so that they can be used a lot and handled with ease. If you are interested in sailing one of them, please let us know.