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INTERNATIONAL PULSE

Updated J/24 Class Rules

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2022 J/24 World Championship July 14-22, 2022

Corpus Christi Yacht Club,
Corpus Christi, Texas USA



Dear Sailors,

We are getting ready to show you a great time in Corpus Christi, Texas for the 2022 J/24 World Championship! We'll have special events at the opening and closing ceremonies.

Our Corpus Christi visitor's bureau is hosting a beach party for the opening on Sunday, July 17 on the beach across from the boat yard. We'll have live music, drinks and food.

Look for regatta information on our website at www.ccy.com, and on Regatta Network at <https://www.regattanetwork.com/event/23467>. Make your lodging plans soon, because July is a busy time in downtown Corpus Christi. We hope you enjoy your time with us.

See you on the water,

Brad Stokes
2022 Chairman,
J/24 World Championship

IJCA Technical Report

By Michael Peters, International Technical Chair, michaelpeters1501@googlemail.com

Dear friends and sailors of the J/24 Class,

Here in Europe, a new sailing season is about to start with great hope for normality. All preparations for the World Championship in Corpus Christi, Texas USA in July and the European Championship in Howth Ireland in August are in full swing. We also hope that worldwide national and international regattas will become possible, and for this the Technical Committee has some information for you.

ITEM 1. Boat owners are reminded that:

Measurement certificates become invalid for modifications, fairing or repairs beyond what is described in SECTION C of the Rules. Owners are required to seek out a measurer for re-certification prior to a racing event if any work as above has been done.

ITEM 2. Short Chord Keels.

A question was brought forward asking how to apply the keel template tools to measure a J/24 keel that is shorter than what the templates allow for. Boat owners are reminded that when applying the keel template to the uppermost position of the 20mm template "range," if the chord length is still short, then the templates may not be used to determine keel thickness. The keel will require being measured with callipers to meet all the measurement points in the Table of Offsets. Measuring such "short chord" keels with callipers is only to be done by a member of the International Technical Committee (ICJA) and only by special appointment. Any boat owner with a keel that has, or has had, similar issues being measured in the past should contact a Class Measurer for review with an IJCA Technical Committee member.

ITEM 3. Epoxy resin for repairs.

A question was brought forward asking whether epoxy can be used for repairs. Boat owners are reminded that:

Repairs from collision damage and core replacement / delamination may be done using epoxy resins. A Measurer's approval and photo documentation of core repairs is required.

ITEM 4. Side cabinets and shelves.

A question was brought forward asking whether side cabinets may be removed. Boat owners are reminded that:

Wood side cabinets may be repaired or replaced similar in construction to existing cabinets, or alternatively with a Measurer's written approval, as a side shelf to match the shelves that builders have used in recent years. Contact a Measurer for side shelf specifications. Any boat rebuilding side cabinets or shelves will require re-weighing. Any boat that has removed the side cabinets may not legally race until those are replaced, and the boat is re-weighed.

ITEM 5. "Can I use carbon fibre stanchion posts?"

Note that the Rules only say "stanchions"... they do not say "stainless steel stanchions." Note that carbon stanchion posts are not significantly lighter than stainless steel, just stronger and less likely to bend.

Answer: not allowed. The Class Rules used to specify things like exotic materials that were not allowed. Now the Rules are closed, and only things that are allowed need to be specified as such in the Rules. Therefore, since the boat builders supplied the boats with SS stanchions, the stanchions must be made of SS.

For more information, please ask the Technical Committee or refer to the IJCA website. A special thank you to Curt Barnes and Tim Winger for their input to this newsletter, as well as concerns on some topics.

I wish us all great sailing events, fair conditions in all respects and "Mast -und Schotbruch,"
Michael Peters and Technical Committee

New Hellenic Champion JMANIA!



Despite the ongoing intricacies of COVID-19 throughout the year and with the country heading toward some relaxation of measures in 2022, the Greek J/24 Class managed to conduct two regattas to conclude the National Championship of 2021. The Sailing Club of Agios Nikolaos in Crete came through and assumed the responsibility of organizing the first phase of the National Championship held from 19th to 21st of June, while the Sailing Club of Sitia assumed the responsibility of organizing the second and final stage of the National Championship held from the 12th to the 14th of November. Both regattas have been highly successful with variable conditions yet managing to register all races (nine races per regatta). The total number of entries of 10 crews was considered quite satisfying under the existing COVID-19 circumstances. Despite the fact that team AURORA was occupying first place following the completion of the first stage of the National Championship, finally, it was team JMANIA who was crowned the new National Champion for the year 2021.



The overall standing of the 2021 National Championship were:

1st place Team JMANIA, 2nd place Team AURORA, 3rd place HELLENIC POLICE, 4th place MINOAN SPIRIT, 5th place KIKA, 6th place KRAKEN, 7th place ANASSA, 8th place MOMENTUM, 9th place PHYSALIA PHYSALIS, 10th place SIMERA

Greece Report



2nd place Team AURORA



3rd place HELLENIC POLICE

GRE-JCA Elections 2021 and New Board Elections were held based on the GRE-JCA's articles of association during the annual general meeting toward the end of 2021. The members of the new board of the GRE-JCA are the following: Christos Kifidis (Chairman), Aris Pallikaris (Vice Chairman A), Ioannis Fakas (Vice Chairman B), Christina Garaki (General Secretary), Giorgos Kasapakis (Treasurer), Kostas Tridimas and Manos Pasamichalis (Technical Affairs), and Eirini Sigelaki and Manolis Surligas (Public Relations). Nikolaos Spiggos was also awarded a place in the board as an emeritus member. The new board is already working on finalizing all aspects and requirements of the World Championship 2023.

Despite the adversities of the year that hindered the participation of some regular attendees and within this framework, the year can be characterized by the reactivation of some old boats, the activation of new boats and the increased and sustainable interest of sailors to

participate in the GRE-JCA events. Moreover, the GRE-JCA has decided on a quite demanding program for 2022 including six regattas in total, among which also visiting the Nautical Club of Thessaloniki, host of the World Championship 2023. The GRE-JCA council and members would like to thank ANEK LINES - BLUE STA FERRIES for their continuous support with the transportation of the fleet throughout Greece and wish everyone to stay safe and healthy during these awkward times.



Paul Foerster's *Grand Slam 2* Earns Title of J/24 US Midwinter Champion



Paul Foerster's *Grand Slam 2*, with crew Mike Brown, Rob Johnston, Ryan Minth and John Skiles, are the 2022 US J/24 Midwinter Champions. No racing took place Sunday, February 27 for the 32 boats at Davis Island Yacht Club in Tampa, Florida USA due to lack of breeze, so the scores through four races became final. Foerster came from Rush Creek Yacht Club in Texas, and nailed scores only in the top two for 7 points. The team will compete in this summer's J/24 World Championship in Corpus Christi,

Texas. Tony Parker's *Bangor Packet* started out hot on day one, but a 10 in the fourth race pushed him to second place with 15 points. Losing the tiebreaker for third place is Mike Marshall's *American Garage*. James Freedman's *LOL* prevailed among the impressive 17-boat Corinthian division, and they also placed fourth overall. Following Freedman amongst the amateur teams were Al Constants' *Blitz* and Steve Callison's *Whiskey River*.



Photos courtesy of Chris Howell



Photos courtesy of Chris Howell



DAY ONE RECAP: Three races went in the books after an onshore postponement awaiting the seabreeze, which came in around 10 knots under blue skies and near record high temperatures. Parker's *Bangor Packet* and Foerster's *Grand Slam 2* battled throughout the afternoon, maintaining only top three finishes to end the day at a tie on points at a mere 5. Bill Fastiggi's *Fawn Liebowitz* was in third with 11 points. Hailing from Annapolis Yacht Club, Parker's *Bangor Packet* racked up two bullets in the first two contests, trailed both times by Foerster's *Grand Slam 2*. Foerster moved up to the top spot in race three, as boats headed for shore just prior to sunset on Hillsborough Bay.





DAY TWO RECAP: After a postponement ashore, a freshening late afternoon seabreeze provided a beautiful race. Marshall's *American Garage* won that contest in about 8 knots of wind, and Foerster's *Grand Slam 2* came in second—enough to take control of the overall lead after four races with 7 points. Parker's *Bangor Packet* dropped to second with 15 points, tied with Marshall's *American Garage*.



Photos courtesy of Chris Howell



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Photos courtesy of Chris Howell



The Championship took place from February 25-27. Photos are posted on the USA J/24 Class Facebook page, and complete results are available at <https://yachtscoring.com/emenue.cfm?eid=14856>.

TOP THREE CORINTHIAN:

1. *LOL*, James Freedman - 3 -11 -4 -3 ; 21
2. *Blitz*, Al Constants - 7 -7 -13 -7 ; 34
3. *Whiskey River*, Steve Callison - 10 -16 -6 -16 ; 48

TOP THREE OPEN:

1. *Grand Slam 2*, Paul Foerster - 2 -2 -1 -2 ; 7
2. *Bangor Packet*, Tony Parker - 1 -1 -3 -10 ; 15
3. *American Garage*, Mike Marshall - 4 -3 -7 -1 ; 15





J24

EUROPEAN CHAMPIONSHIP

27 August - 3 September 2022



Howth Yacht Club and J24 Regatta Chair, Richard Kissane, look forward to welcoming back the J24 European Championship in August 2022. “Howth Yacht Club has the experience, expertise, facilities and infrastructure needed to make this J/24 regatta an outstanding success. Having successfully hosted both the J24 European and World Championships in 2011 and 2013 respectively our experienced and enthusiastic event team are working hard behind the scenes to reset the stage for 2022.”



A wide-angle photograph of several J/24 sailboats racing on the open sea. The lead boat in the foreground has a large blue sail and a white hull with 'SERVICE' written on it. Other boats with white sails and red accents are visible in the distance.

The 2022 National Circuit of the Italian J/24 Class

While the J/24 fleets are still busy on the regatta fields of the Winter Championships, for the most popular one-design in the world, it is time to prepare for the 2022 racing season. The Board of Directors, in concert with the Italian Sailing Federation, has announced the dates of the 2022 edition of the National Circuit which, divided into nine heats from March to November (and after the break imposed by the pandemic) will again award the J/24 Trophy to the best helmsman-owner and the Perpetual Challenge Trophy Francesco Ciccolo (the unforgettable President who died prematurely) to the first classified of the National Circuit.

Also this year, the waters in front of Anzio-Nettuno will host the opening stage of the J/24 National Circuit. The first National Regatta of 2022 will take place on 26 and 27 March and will be organized by the Anzio section of the Italian Naval League. From the Lazio waters, the J/24 crews will move to the Tuscan ones where the Marina di Carrara Nautical Club will organize the second National Regatta of the Circuit on 2 and 3 April. For the third regatta of 2022, the classic Labronian waters will host the National Regatta from 23 to 25 April as part of the International Sailing Week of the Naval Academy and the City of Livorno by



the Italian Naval League section of Livorno. Immediately after, the attention of all the Italian and foreign J/24 crews will be directed to the most awaited event of the season: the 41st Italian Open Championship scheduled from 11 to 15 May in the splendid waters of Cala Galera - Porto Ercole under the careful direction of the Nautical Club and of the Argentario Vela. For the fifth stage of the National Circuit, the J/24 fleet will move to Lake Caldonazzo where the Caldonazzo Nautical Club will organize the Italian

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Cup on 4 and 5 June. Great news for the sixth stage which will take place on 17 and 18 September in the splendid Agropoli and will be organized by the local section of the LNI—a great satisfaction for Fleet Chief Peppe Manganelli who, after having constituted the Fleet in April 2020, is striving to spread the J/24 also in those waters. On 1 and 2 October, the Italian Naval League section of Mandello will be happy to host the seventh stage of the Circuit. The calendar of the J/24 Class certainly could not miss

the hospitable waters of Romagna; the Circolo Nautico Amici della Vela in Cervia will organize the penultimate stage on the weekend of 22 and 23 October. And finally, once again the splendid Sardinian waters will host the final stage of the 2022 National Circuit—the Olbia section of the LNI will

be happy to welcome all the fierce J/24 crews on the weekend of 12 and 13 November.

An intense and exciting calendar that will involve an increasing number of J/24s from not only the Italian fleets but also attract the attention of other lands! The activity of the J/24 crews will be constantly monitored through the Facebook page of the J/24 Italian Class Association.



Two J/24s of the Italian Navy in command of the regattas in the Gulf of Anzio Nettuno: La Superba is firmly in the lead in the 47th Winter Championship and Harpoon at the Lozzi Trophy.

Anzio / Nettuno: The regattas in the Gulf of Anzio and Nettuno continue, which are engaging the Roman J/24 Fleet in the Lozzi Trophy (established in memory of the owner and helmsman of the J/24 ITA 428 who died prematurely) spread over five days (one Saturday a month) - and of the XLVII Winter Championship, organized by the Circolo della Vela di Roma together with Nettuno Yacht Club, Reale Circolo Canottieri Tevere Remo, Italian Naval League section of Anzio, Anzio Sailing Section of the Navy, with the collaboration of Half Ton Class Italia, Associazione Vele al Vento, Marina di Capo d'Anzio, Marina di Nettuno, Capo d'Anzio and the support of Engage and Zhik.

After the last three regattas, disputed with a light west wind by a dozen J/24 crews and won by ITA 428 *Pelle Rossa* by Gianni Riccobono, ITA 202 *Tally Ho* with Stefano Ratto and ITA 458 *Enjoy Two* by Luca Silvestri, the provisional classification (drawn up after the first seven races and one discard) shows a great balance with four boats over

two points. Leading with 15 points is *Arpione* helmed by Michele Potenza (SVMM, in crew from bow to stern Elisabetta Centrone, replaced during the day by Franco De Franco, Caterina Spagnolo, Gianpaolo Bono and Italo Paulini 15 points; 4,2,2,2,3,2,5), followed at a single point by ITA 489 *Valhalla Blue Jay* by Vincenzo Lamberti (dnc,1,1,1,6,3,4) and by ITA 428 *Pellerossa* (2,4, 4,3,1,5,2), both at 16 points. Fourth place for ITA 458 *Enjoy Two* (17 points; 3,5,3,4,2,4,1), and fifth and more spaced out is ITA 202 *Tally Ho* (27 points; 5,6,6,5,4,1,7).

"The following day was a beautiful day of sailing with a scirocco wind of 8-10 knots which allowed the large fleet of Anzio with 20 J/24s on the water to do another three hard-fought races," commented Gianni Riccobono. "Apart the Navy crew who once again dominated the three races disputed, the rest of the fleet gave birth to very heated duels around the buoys. This is also demonstrated by the number of protests that at the end of the day were discussed by the Jury (chaired by Paolo Barbera, while the

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Race Committee was chaired by Mario de Grenet). A good second in the first race by Riccardo Aleandri's *Giuditta* and the two second places in the other two races of Luca Silvestri's *Enjoy Two* are worth noting."

The ranking after 12 days and three discards remains unchanged in the first three positions: the J/24 of the Centro Vela Altura Napoli ITA 416 *La Superba* helmed by Ignazio Bonanno (Navy, 9 points; dnc-1-1-1- 1-1-3-1-2,1,1,1) followed by ITA 428 *Pelle Rossa* by Gianni Riccobono (30 points; 6-3-7-3-4-2-1-3-1-9 -8-8) and ITA 458 *Enjoy Two* by Luca Silvestri (33 points; 13-5-3-11-7-5-2-4-3-7-2-2). In fourth place with 43 points is ITA 216 *Jumping Jack Flash*, helmed by Federico Miccio co-owned together with Alessio Cervellin and crewed with Wilson Villa, Roberto Raffo and David Galliano (4,7,8,13,3, 4,7,10,15,4,3,3). Fifth place is *Arpione* (SVMM 3,8,9,2,10,6,4,2,13,6,9,6) equally (46 points) with ITA 501 *Avoltore* co-armed by the Honorary President of the Class Massimo Mariotti, Fleet Chief of the Argentario, and Goffredo Russo (8,2,4,4,8,3,6,12,10, dsq,6,5).

The Winter Championship will end on Sunday 13 March. As part of this edition, the National Union of Officers on Leave of Italy chaired by Luciano Baietti has set up the special UNUCI Anzio-Nettuno J/24 Challenge Trophy which will be awarded to the first J/24 classified at the Anzio / Nettuno 2021-22 Winter J/24 Championship. The Lozzi Trophy will end on Saturday 12 March.

The J/24 Marbea still in command at the Stefano Pirini Memorial Winter Championship in Cervia. The number of races disputed by the 20 J/24 crews has risen to nine.

Cervia. After the long break for the holidays, the Winter Championship J/24 Memorial Stefano Pirini restarted, a traditional event reserved for the J/24 Class perfectly organized by the Cervia Amici della Vela Nautical Club and articulated as always on two heats from 24 October 2021 to March 13 2022.

Three races took place Sunday in the stretch of sea in front of the coast of Cervia-Milano Marittima, for a total of nine races completed for the purposes of the general classification.

Italy Report



“The crews wanted to participate after the long Christmas break, and this was demonstrated by the fact that they had grouped together 16 boats,” explained Gian Alberto (Ciccio) Palmieri, Councilor in charge of the CNCA events. “The sunny day gave a beautiful first race with 8-10 knots of wind from the west where the crews were able to compete as best they could. After the first race, the wind turned back, leaving all the J/24s on break for some time. The wind started up again, however, changing direction from the north, and, thanks to the constancy of the Race Committee chaired by Ettore Bonaguri, after having repositioned the field, we started again with two other races characterized by lighter but constant wind. The regattas were however very technical as the presence of a strong current put all the crews to a severe test and difficulties with alternating positions especially among the first five or six boats.” ITA 450 *Marbea* helmed by Andrea Collina “sewed” two first places of the day (in the first and last races), leaving ITA 499 *Capitan Nemo* with Guido Guadagni the victory in the second race.

Excellent placement for the ITA 1 *JayJay* boat helmed by the Italian Laser U16 Champion Tommaso Fabbri—three second places of the day and the stage victory for the crew made up entirely of Under 19 athletes of the Circolo Cervese Laser Agonistic Team, assisted by coach Mirco Minotti and head of the project of the Sporting Director Massimo Frigerio to develop new recruits who could be the future of the J/24 Class. *JayJay* is back in the water after a long and excellent restyling done by the Cantiere Tecnoresine of Massimiliano Biagini who has always taken Cervesi boats to heart.

At the end of the first day of the second round of the Championship, the provisional classification (drawn up after nine races and one discard) confirms ITA 450 *Marbea* armed by Stefano Palazzi and helmed by Andrea Collina (15 points; 2,1,4, 2,1,3,1,7,1 the partial), followed by ITA 499 *Capitan Nemo* by Guido Guadagni (27 points; 7,3,1,4,6,4,3,1, 5) and ITA 505 *Jorè* armed by the brothers Alessandro and Alberto Errani and helmed by Marco Pantano (30 points; 1,7,2,1,2,7,7,4,6) who passes from the second to the third place. He maintains the fourth position, just one point from the third ITA 1 *Jay Jay* with Tommaso Fabbri and the crew made up entirely of young sailors of the CN Cervia Laser Agonistic Team (31 points; 12,10,6,3,4,2, 2,2,2) followed by ITA 373 *Archè* armed by Giuseppe Monari and helmed by Massimo Magnani (43 points; 5,5,3,5,7,8,6,5,7).

“Also in this stage, I am very satisfied with how *Jay Jay's* crew behaved, formed in collaboration with our Laser team coach Mirco Minotti,” commented the J/24 Fleet Chief of Romagna and CNCAV sporting director, Massimo Frigerio, also co-owner of ITA 473 *Magica Fata* with Viscardo Brusori and Claudio Colombi. “The J/24 *Jay Jay* was given to us by our dear partner and friend Mario Serantoni who in recent years has always supported my project to train youth crews on the J/24, an initiative that I hope it will also be followed by other fleets.”



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Sweden Report

By Monica Persson

J/24 Swedish Championship 2022 at Falsterbokanalen – 12-14 August Welcome! Willkommen! Välkomna!



Dear J/24 sailors,

We have good news for you! After a long well-deserved winter rest, we will kick-start our J/24 sailing season 2022 by arranging two J/24 sailing clinics for our J/24 sailors—one in Västervik and one in Limhamn, Malmö. Here in Sweden, it looks like the world is opening up for national and international sail racing again, so we are making plans to continue our fantastic 'J/24 World Tour' in 2022! This summer's high here in Sweden is our J/24 Swedish National Championship 2022 on the 12th-14th of August at Falsterbokanalen. You and your team are invited and warmly welcome. Gather your "Dream Team" and come to Falsterbokanalen to compete. We are happy to say 'Welcome to J/24 Swedish Championship 2022!' Plans are in the making. The event will be organized by Falsterbokanalens BK, and there will be great sail racing and a nice social programme after performing great on the water. Let's make great fun J/24 competition and load up on 'Vitamin SEA' together! Save the dates, more information soon. Racing: Friday, Saturday and Sunday 12th – 14th of August.

The harbour of Falsterbokanalen is located 20-30 minutes drive south of Malmö and the well-recognized Öresund bridge in south Sweden in the bay north of Falsterbokanalen (close to Höllviken). The sail racing area

is regarded as very challenging regarding wind, waves and of course current. It is in the middle of a beautiful vacation area with several kilometers of long white sandy beaches, shallow waters and many colorful bathing huts. We recommend you spend some extra holiday time here. The harbour area offers everything a sailor needs, with FBK's clubhouse, changing rooms, sauna, etc. and of course beautiful sunsets.

The perpetual trophy for the J/24 Swedish Champions was presented for the first time in 2021. This beautiful piece with a 3D-printed J/24 (all handcrafted by J/24 sailor and foredecker Per

Andersson) will be on the prize table to fight for again. Which team will win the title and honor 2022?



Sweden Report



Also, the perpetual trophy 'The J/24 world' (a silver globe) sponsored by the Swedish J/24 Class Association to the 'Best Youth team under 25 years of age' will be on the prize table again. Welcome to fight for this next year at J/24 Swedish Championship 2022 and we will give you the "J/24 world"!

More information and the Notice of Race will be out shortly so keep your eyes on our Swedish J/24 Class Association website at www.j24sweden.se and follow us on Facebook: Sweden J/24 Class Association.

2022 events to plan in your calendars!

- ★ J/24 Swedish Championship, 12th-14th of August at Falsterbokanalens BK. Together with the organizing club FBK we are looking forward to welcoming you all to Falsterbokanalen!
- ★ We plan to have two J/24 training clinics during Spring:
 - on the 23rd-24th of April in Västervik and
 - on the 21st-22nd of May in Malmö
- ★ Our J/24 Annual Meeting (Årsmöte) on the 21st of May at 17.00 in Malmö.

Invitation and more information will soon be shared in our J/24 newsletter. Keep staying safe and healthy! We love international sail racing and return every year – it's like tradition for us! We have teams who are making plans to participate internationally at the J/24 German Open, Kiel Week, the J/24 Worlds

and the J/24 Europeans. These events are superb opportunities to get prepared and trimmed. We are always looking forward to super exciting J/24 sail racing!

We are very proud of all our J/24 sailors participating in 2021, and especially proud of all young, youth sailors who sail so well and have so much fun racing the J/24. Let's keep the J/24 the best, most fun community and keep being "hooked" on J/24 sail racing. The J/24 world is the best friends and family one can have! See you soon in a J/24 sail racing the same competitive way as always...and as I come to think of it 'oh my' how I long for sail race trimming the spinnaker! We are so much looking forward to seeing and meeting you all wonderful J/24 sailors "live" soon again. We have missed you so much. We will keep you posted, and let's take all the opportunities we are given to go sailing again. Looking forward to seeing you during 2022!

J/24 in our hearts and friends for life!



Be Your Own COACH

By Quantum Sails' [Carter White](#)

Sailboat racing often takes years to master. And in the pursuit of that mastery, many of us have been racing J/24s for over 40 years. But time in the boat doesn't necessarily result in better performance. Most of us are weekend warriors and vacationers who show up at a few regattas a year and race on weeknights at our local clubs. The idea of finding a team to commit to more than a few practice days and then hiring a coach can be both time-consuming and costly. I propose another option: be your own coach.

In order to coach yourself for this year's major J/24 events, you'll need to focus on mastering a variety of challenging conditions. Worlds will be in Corpus Christi, Texas, where competitors can expect choppy and windy racing. US Nationals will be in Dallas, Texas on a lake where the conditions are typically shifty with flat water. The European Championship will be in Howth, Ireland, where competitors can expect ocean sailing conditions: winds of 12 to 15 knots each day in deep water with big rollers and very few obstructions. There are other regatta venues with strong current and tricky geographic shifts. Add to all of this the potential for major weather fronts that can totally change the typical conditions for each venue.

In addition to studying up on forecasts and typical conditions, refining your skills and setting goals for your team will prepare you for the challenges ahead in the 2022 J/24 season. In order to set goals and work toward them, you'll have to learn to be your own best coach. Here are some tips to help you get started.

First, write down your goals. Not writing down a goal makes it just a dream, and dreams rarely come true without solid effort and execution. When I write down my sailing goals, I think of them in three tiers. The top tier is the big picture: "I want the experience to be fun on and off the water and to build a solid team that buys into our goals." The second tier is more results oriented: "We want to place in the top 15 at the Worlds or we want to win our local weeknight series." The third-tier goal is actionable and focuses on improving skills: "We want to improve our starting technique and downwind speed."

Next, write down the specific action items that it will take to achieve your goals. By tying the action items to the goals, you give these "chores" purpose, which will help you execute with more intention and result in better follow-through and results. For example, my most important action item related to my tier-one goal is to improve communication among the crew. As my own coach, I think about how and when I communicate and what makes communication most effective. Poor communication is one of the biggest weaknesses I see in many programs.

Other examples of action items include arriving to a race 15 minutes earlier each morning to tune the boat more accurately or checking several weather websites in advance to give you a leg up on the forecast and conditions. Preparation can also help you update equipment or perform maintenance like buying new sails, fairing the keel, measuring the rig and replacing lines on the boat. Getting into this routine will ensure you have more consistent success on the racecourse.

Finally, the action items connected to improving your skills need to be specific and easy to follow through on. For

example, if your goal is to improve your starting technique, research the drills you can do quickly and easily each time you're on the water. They may include time and distance drills that can be done with a buoy in the water. Or you can use that same spot to practice a port tack approach where the buoy represents a starboard boat you need to tack under and get as close to as possible. Or you can use that same buoy to practice keeping your boat in one place as long as possible without losing flow on the keel. This helps with accelerating off the line. For each skill, there are drills you can do that don't require much time or equipment and can be practiced easily whenever you're on the water.

And don't forget to tie your goals back to the tricky venues. A choppy venue may suggest you work on driving and trimming in waves. For shifty lake venues, practice

spotting those puffs on the water and communicating them with the rest of the team on the boat. In a venue with particularly strong tides or currents, equip yourself with time and distance drills and do some serious research on how the water moves through the area.

Once you've got your goals in place, chat with a sail consultant for some drill recommendations. They can be a great resource to help you complete the loop of goal setting, practicing and finally taking what you learned into a regatta. Many of Quantum's sail consultants have backgrounds in coaching, so pick our brains about goal setting. We're always excited to help take a program to the next level, whatever that may look like for you and your team. Get in touch with [Carter White](#) or another [J/24 Class expert](#) to talk about goal setting and all things J/24.



**ARE YOUR SAILS
READY TO
LEAD THE FLEET?**

LET'S GO

Kickstart your season now! Contact our J/24 experts for resources, support, & new sails.

Travis Odenbach | todenbach@quantumsails.com

Carter White | cwhite@quantumsails.com

QuantumSails.com





J/24

Archives

All J/24 Magazines Now Archived Online

The IJCA took on the project of scanning ALL the old Class magazines. Go to <http://j24archives.com/> to view the editions dating back to 1978!

The screenshot shows a web browser window with the URL j24archives.com. The website header includes the J/24 logo and a hamburger menu icon. Below the header, a message reads: "Download times for publications vary, please be patient as your selected publication downloads." The main content area displays a grid of 20 publication thumbnails, each with a caption below it:

- 2005 Yearbook
- 2006 Yearbook
- 2007 Yearbook
- Class Rules 1988
- Class Rules April 1978
- News No. 01 May 1978
- News No. 02 January 1979
- News No. 03 June 1979
- Vol. 04 December 1979
- Vol. 05 May 1980
- Vol. 06 March 1981
- Vol. 07 October 1981
- Vol. 08 April 1982
- Vol. 09 October 1982
- Vol. 10 April 1983
- Vol. 11 October 1983
- Vol. 12 April 1984
- Vol. 13 October 1984
- Vol. 14 April 1985
- Vol. 15 October 1985

Calendar

June 18, 2022

2022 KIEL WEEK

Start: June 18, 2022

End: June 26, 2022

Address: Kiel, Germany

July 14, 2022

2022 J/24 WORLD CHAMPIONSHIP

Start: July 14, 2022

End: July 22, 2022

Venue: Corpus Christi Yacht Club

Address: Corpus Christi, TX, United States

August 12, 2022

2022 J/24 SWEDISH CHAMPIONSHIP

Start: August 12, 2022

End: August 14, 2022

Address: Falsterbokanalen, Sweden

August 20, 2022

2022 J/24 IRISH EASTERN CHAMPIONSHIP

Start: August 20, 2022 8:00 am

End: August 21, 2022 5:00 pm

Venue: Howth Yacht Club

Address: Howth, Ireland

August 29, 2022

2022 J/24 EUROPEAN CHAMPIONSHIP

Start: August 29, 2022

End: September 3, 2022

Venue: Howth Yacht Club

Address: Howth, Ireland

August 8, 2023

2023 J/24 NORTH AMERICAN CHAMPIONSHIP

Start: August 8, 2023

End: August 13, 2023

Venue: Sandusky Sailing Club

Address: Sandusky, OH, United States

August 20, 2023

2023 J/24 EUROPEAN CHAMPIONSHIP

Start: August 20, 2023

End: August 27, 2023

Venue: Balatonfüred Yacht Club

Address: Lake Balaton, Hungary

September 9, 2023

2023 J/24 WORLD CHAMPIONSHIP

Start: September 9, 2023

End: September 16, 2023

Venue: Nautical Club of Thessaloniki

Address: Greece

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www.j24class.org/useful-links/