

Thank you Bahia Sail Racing Association for supporting my trip back east this summer to Bristol, Rhode Island to compete in the US Youth Champs at Roger Williams University.

Overall, I learned many new things both on and off the water. Off the water, I learned the importance of staying hydrated and eating the right food in order to help with my overall performance and energy levels. During most of the regatta days, the wind was anywhere from 10 to 30 knots, offering me heavy wind experience. On the windy days, I learned how important it was to have good stamina, especially during the first beat of the race.

All in all, this regatta taught me a vast array of new skills which I will take with me to other regattas.

Thank you so much BSRA for your support!

Maddie Nichols



