





















Pan American Games
Toronto, Ontario, Canada
July 10–26, 2015



NOC Code		Name	Gen	Position	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	Medal Race	Net Points	Total Points
1	ARG1	 Fracchia Nicolas	M	Skipper															
		 Salerno Maria	W	Crew 1	3	2	1	1	2	2	3	3	1	(5)	1	2	4	25	30
		 Conte Javier	W	Crew 2															
2	USA1	 Coplan Justin	M	Skipper															
		 Patten Caroline	M	Crew 1	1	1	6	(7)	4	3	1	2	2	2	3	6	6	37	44
		 Prior Danielle	W	Crew 2															
3	BRA1	 Biekarck Claudio	M	Skipper															
		 Ficker Gunnar	W	Crew 1	2	3	2	2	3	4	(6)	1	4	3	4	5	10	43	49
		 Altimira Hackerott	M	Crew 2															
4	CHI1	 Gonzalez Tito	M	Skipper															
		 Gonzalez Parro Triniad	W	Crew 1	(5)	4	4	4	1	1	2	5	5	1	5	4	8	44	49
		 Herman Cristian	M	Crew 2															
5	CAN1	 Allan Jamie	M	Skipper															
		 Leger Chantal	W	Crew 1	4	5	5	5	5	5 (8)/OCS		4	3	7	6	3	2	54	62
		 Deakin Jay	M	Crew 2															
6	ECU1	 Velez Carrion Julio	M	Skipper															
		 Santos Dillon Juan	W	Crew 1	(7)	6	7	6	7	6	4	6	7	4	2	1			
		 Rodriguez Ordoñez Maria	M	Crew 2															
7	COL1	 Jacob Gaudriot Raymond	M	Skipper															
		 Jacob Davila Loreana	M	Crew 1	6	7	3	3	6	7	5 (8)\RET		6	6	7	7			
		 Ramirez Arango Julian	W	Crew 2															

Our Road to Toronto 2015

By Nicolás Fracchia

The Toronto 2015 Pan-American Games are over and now it's time to go back to reality and every day business. It's been wonderful to participate as an Athlete and, for I've been told, these have been the best Games so far. The city and its people were awesome and made our experience even more pleasant. Particularly, all the volunteers and the organizers, they did an amazing job!

Our road to Toronto wasn't easy, at all. We had to deal with serious logistics issues (I live in Ecuador and my crews live in Argentina), a change of crew, a lot of tough rivals, but mostly, been new comers in the Class, without much time and events to prepare for the Regatta!.

Everything started in Ecuador, during 2014 South Americans. We got to Salinas 6 days before the first Race, and worked mostly in our boat handling and getting our boat the best we could to avoid problems during the races. We set the boat up, using standard tuning guides (no fancy, super duper special/magic set up). We weren't the fastest, but still did really well; finished 2nd, behind Claudio Biekarck (a great Sailor and Sportsman). We secured a spot for ARGENTINA in the Pan-am Games. We were thrilled and happy, but it was time to think of the Pan-am Trials in Argentina.

We sailed in San Isidro, at the San Isidro Labrador Regatta. It was really nice to sail again in Argentina after a long time (I've been living in Ecuador for the past 10 years) and meet with all the friends from fleets 522 and 446. We won the Trials comfortably and we got our tickets to Toronto, but it was a bittersweet moment though. After the Regatta was done, we learned that Gonzalo Pollitzer (our crew during South Americans and Pan-am Trials) would not be able to go to the Games due to work issues.

We started looking for a substitute, but it wasn't easy first. I was looking for a friend, primarily, with enough time to practice and racing in Canada and, finally, an accomplished sailor. Javier Conte (an old friend of mine, a Bronze Medal winner in Sidney 2000 as a 470 skipper, whom I sailed with while we were 18-19 years old in a 470) is the actual Sub Secretary of Sports in Argentina. He was 40 pounds heavier (yes, 40 pounds or 18 kilos) and hadn't sailed dinghy's for a while. Still, I called him and offered him to come with us to Toronto. He accepted the challenge and we set up an ambitious training plan: two weeks of full training (one in Argentina and another in Ecuador) and a Regatta in Canada before the Games. And a Diet, for both of us to reach our goal for a crew weight: 210 kilos.

We did the two weeks and we learned a lot there (we change many things, especially our downwind technique); sailing up to 8 hours daily while we were in Ecuador. Fortunately we had our Coach/Sparring Alejandro Cloos. We spent many hours developing our boat speed, learning how to set our sails properly for different wind and wave conditions. That helped us a lot and gave us a lot of confidence.

Javier couldn't go to Canada for the Canadian Open in Ridgeway, so we sailed with Ale Cloos. It was our first Regatta together but we were focused on knowing our boat. Tommy Allen got us Jeff Linton's famous old boat. The set up was all different, unlike any other boat in the fleet. But I quickly learned everything on the boat was quite comfortable and easy to handle. The boat was 13 years old, greenish deck, a funny looking boat, different... I liked it. In fact, I loved it. It gave us something else, something special. Everybody recognized the boat immediately. At least 20 sailors came to us and told great stories about the boat and Jeff.

We did really well again, finishing 3rd, even though we weren't looking for a result. Our boat was fast. We felt great about it and learned a lot once more. We were thrilled and honored to sail against some of the best sailors in the Class in a fleet filled with lots of former World Champs (David Starck, Matt Fisher, Tito, Larry MacDonald, David Dellenbaugh and Peter Hall). We were ready for the Games.

Racing the Pan-ams was all we expected. A high level competition, with lots of changes, but mostly, fair and fun racing. When I met Justin and his crew (they were the only ones I haven't sailed against before) I soon realized they were going to be tough competitors. The fleet was small but extremely competitive (a World Champ, two World Champ runner-ups, South American Champs, Nationals Champs). If you made a small mistake I was easy to fall from the top to the bottom in no time. That happened to us in Race 10.

It was also our first Regatta with Javier and María Paula (the three of us together) in Lightning, so it was a challenge to set up mentally for that, accepting our weaknesses and focusing in our strong points.

We were fortunate to complete a series of races without a major problem. By the end of the 12 races that were scheduled, we managed to get a solid lead of points enough to sail the "Medal Race" with the Gold Medal secured.



The last day of racing was very emotional for me. Many times I dreamed about this moment, and now it was really happening!!! While we were getting ready for the Medal Ceremony, we shared and enjoyed the moment with all the crews (Justin's and Claudio's) along with our coaches, friends and family. Peter Hall was there too. He was happy with how things turned out (he was part of the organizing committee) and relieved, I guess, since he wasn't that optimistic about the wind during the Games.

We got a lot of help during our road to Toronto 2015 including family and friends, both in Argentina and Ecuador. We also got a lot of help from our Government and personally, I was lucky enough to get support from Salinas Yacht Club, where I'm Sailing Head Coach for the past 8 years, and particularly, from ILCA's former President and current Commodore of the club, Francisco "Paco" Sola Tanca. They understood and granted me time and resources to fulfill our goal.

During the Canadian Open, many sailors approached us and congratulated us for our performance during the Regatta. One of them was Matt Fisher, who asked me what other boat I sailed. We laughed with my crew, after I reply: "I Sail a Coach Boat". Now, I realize that may have sounded like we were teasing Matt, but I was not at all, since I gave him an honest answer. If was asked again today, my answer would be: I only sail Lightning's and I'm proud of it!! The Class and its family around the World gave me lot more than I expected and for that I'm extremely thankful!

Cheers!!
Nico