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## American Youth Sailing Force : Committed to winning the Red Bull Youth America's Cup

Friday, 11 January 2013

The American Youth Sailing Force (AYSF), representing the City of San Francisco in the Red Bull Youth America's Cup (RBYAC), is determined to beat Team America and the ten competing international youth teams this September. AYSF's single-minded focus to win includes training with ORACLE TEAM USA (OTUSA), sailing and racing various high-performance yachts and pursuing an ambitious fundraising effort. Racing for the RBYAC takes place September 1-4, 2013.

Team Manager, Ian Andrewes (age 22), relates, "Access to the physical training program at OTUSA's Pier 80 has blown open my whole idea of what's possible. I've always been fit, but the level these guys are at and the level we are now being pushed to, is something completely different. Our team is making this a large part of our focus."

"OTUSA's coaches Philippe Preste, Darren Bundock and others are phenomenal," according to teammate Tommy Pastalka (age 21). "The debriefs at the base are hugely helpful. The feedback from Philippe et al, ensures that we know where corrections need to be made and the proper way to affect those changes. It will take more than a few days to reach our goals but with the support of OTUSA we are confident we will reach them." The team plans three days of coaching and 20 days of sailing monthly.

Matching the team's physical training with a boat that pushes their limits as far as the AC45 is vital. "We plan on mainly sailing the SL33 (in our spring training program)," says Evan Sjostedt (age 19), "this is the closest catamaran to an AC45, enough for Emirates Team New Zealand to buy two as training platforms for their America's Cup program."

Skiff sailing also plays an impressive role. Pastalka continues, "We've focused quite a bit of our time on Aussie 18s because they reward strength and efficient crew communication, both of which are major factors that we have identified as strongly related to our success in the RBYAC."

Physical and mental challenges aside, AYSF seeks to raise significant financial support to fund training regimens, racing objectives and various operational expenses. Visit [americanyouthsailingforce.com](#) to learn more about AYSF and support their remarkable efforts.

Vince Casalaina  
[americanyouthsailingforce.com](#)

Visit our new home: AYSF will be open for business on January 16, 2013 at Pier 80 in San Francisco, next door to OTUSA at 501 Cesar Chavez Blvd., San Francisco, CA 94107.

American Youth Sailing Force · 501 Cesar

[See 12ft Skiffs and 18Foot Skiff images](#)

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