

“Telling ‘em Ain’t Learning ‘em”

Gary Bodie, Sr
1941

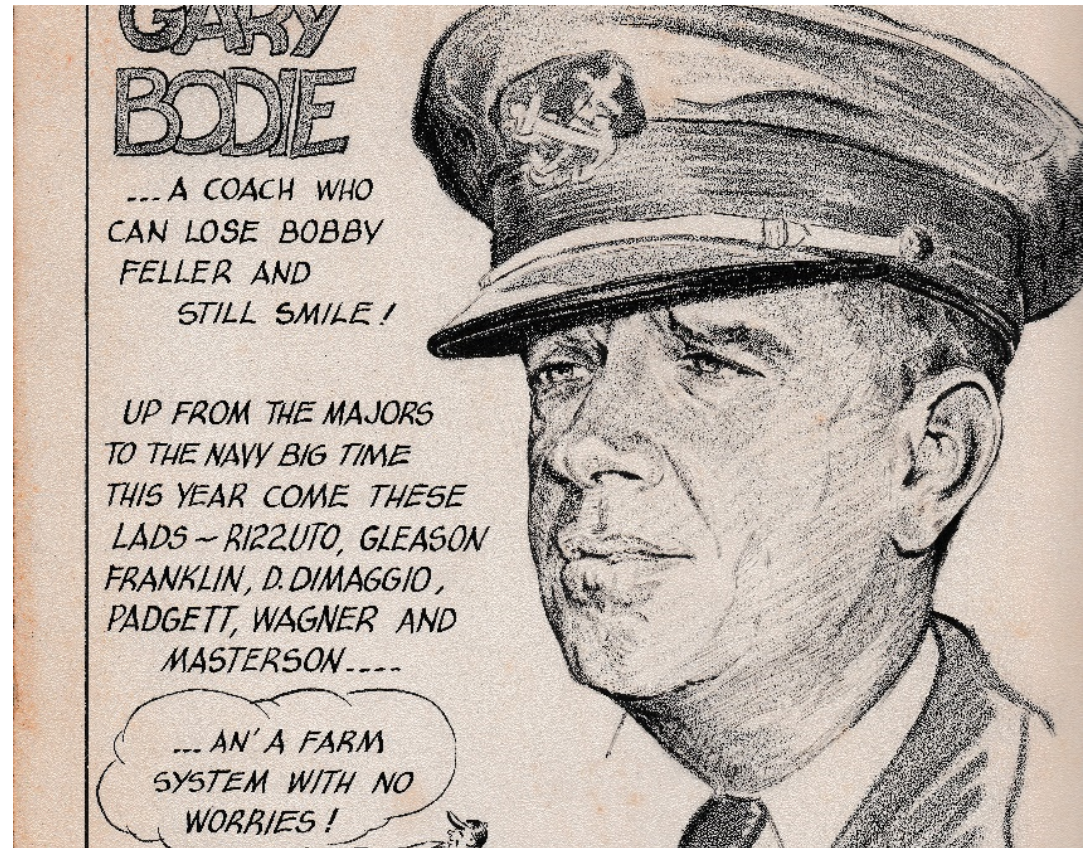
Storck Club in NYC



“You Gotta have the Horses”

Gary Bodie, Sr.

Coaching elite athletes may be more challenging than less experienced athletes.



Timeline

- 1969 Learned to Sail at Hampton YC
 - Racing Sailfish, Skipjacks, and Hobie 16
- 1974-1978 Caltech Sailing Team, summer instructor
 - Racing 505's 1975-1992
- 1978-1985 Old Dominion University Coach
- 1985-1995 US Naval Academy Coach
- 1995-1998 Hampton University Coach
- 1998-2008 US Sailing Head Coach, High Performance Director
- 2008-2020 Miami, Youth Sailing Virginia, World Sailing

Gary Jobson at Association Island 1974

Advance racing clinic in 470's



FJ's at Hampton University



“Figure it out”

- No instructor training, (Level 1 didn't exist)
 - Never had a coach myself
 - No coach training
 - No internet, google or YouTube
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- Read books
 - Observe others
 - Trial and error
 - Create a philosophy and a system

“Winning Follows the pursuit of Excellence”

Coaching philosophy