



Media Release

Royal Sydney Yacht Squadron Ladies of the Sea Coaching Regatta

Enter online at <https://www.revolutionise.com.au/rsys/events/370529>.

Royal Sydney Yacht Squadron will host its seventh annual **Ladies of the Sea (LOTS) Coaching Regatta from 2– 4 October 2026**, inviting sailors from across Australia and New Zealand to participate, with the support of **Club Marine**.

The RSYS LOTS Regatta focuses on coaching to build skills, confidence and capability among participants under the guidance of Nickie Jones, Australian Sailing's Chief Instructor – Keelboats. The event welcomes participants of all experience levels, from first-time sailors to those with many years' experience. Divisions include spinnaker and non-spinnaker boats, all-female crews, and female-helm mixed crews. Male crew members are welcome and encouraged.

After morning skills-building activities, a series of short races allows sailors to put what they have learned into practice.

RSYS Vice Commodore Karyn Gojnich OLY said:

"RSYS hosts the Ladies of the Sea coaching regatta to build women's sailing. We would love to welcome sailors from across the country to Sydney Harbour for a weekend of learning, confidence-building and outstanding sailing. It is a unique opportunity to be coached by some of Australia's most accomplished and experienced women sailors, who usually have as much fun as the participants!"

Nickie Jones, Australian Sailing's Chief Instructor – Keelboats, said:

"I love coming to RSYS's LOTS Regatta. It is a joy to see the growth among sailors, and the camaraderie that is built. If you are looking for an excuse to visit Sydney, this is it. I know you and your team will learn so much, and you'll have a great time doing it. So, save the date, and I'll see you there!"

Sailors are welcome to bring their own boats, charter a boat, or request to be assigned to a boat.

For a review of the 2025 event, visit the RSYS website (<https://www.rsys.com.au/web/pages/ladies-of-the-sea>), or follow **Ladies of the Sea** on [Facebook](#) or [Instagram](#).

For more information, contact Karyn Gojnich vice.commodore@rsys.com.au or contact sailing@rsys.com.au