



**LTJG Nikole Barnes and Lara Dallman-Weiss**  
**USA Women's Olympic 470 Team**  
**Perfect Vision Sailing/2021 Summer Olympics**  
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## **U.S. Coast Guard LTJG Nikole 'Nikki' Barnes & Lara Dallman-Weiss Qualify to Represent the USA in the Women's 470 at 2020 (2021) Summer Olympics**

Miami, FL (March 19, 2021). U.S. Coast Guard LTJG Nikole 'Nikki' Barnes and Lara Dallman-Weiss have qualified to represent the U.S.A. in the Women's 470 at the 2020 Summer Olympic Games, which will take place July 23 to August 8, 2021, in Tokyo, Japan. The team's qualification came on the fifth and final day of series racing on March 12 at the 2021 470 World Championships held in Vilamoura, Portugal. After 11 races, with each of the 27 teams' worst score discarded, Barnes and Dallman-Weiss placed 7<sup>th</sup>, while the two other U.S. women's teams, Carmen and Emma Cowles and Atlantic and Nora Brugman, finished 12<sup>th</sup> and 19<sup>th</sup>, respectively. The Championship's final Medal Race, open only to the top 10 teams on the scoreboard, saw Barnes and Dallman-Weiss solidify their standing and finish the event 7<sup>th</sup> in the World. This top 10 placing also secured the women a place on the U.S. Sailing Team's Team USA to represent America in the Women's 470 at the Tokyo Games. This Olympic qualification comes three years after Barnes and Dallman-Weiss teamed up and two years after starting with Coach Robby Bisi. Going into the 2021 470 World Championships, Barnes and Dallman-Weiss were the underdogs, 3 points behind the Brugmans and 1 point behind the Cowles after two other qualifiers, the 2019 470 World Championships, held in Enoshima, Japan, and 2020 Hempel World Cup Series Miami, in Miami, Florida, USA. The final qualifier for the Women's 470 selection was originally set for March 2020, in Palma de Mallorca, Spain, but was canceled due to the COVID-19 pandemic.

### **Re-Cap: Last Year, Last Week**

This month marks a year from when Barnes and Dallman-Weiss and the two other U.S. women's 470 teams abruptly went from the high-adrenaline mode of preparing for their final Olympic qualifier to low-key state of sitting in quarantine in their respective homes.

"To recap this week and our Olympic qualification, I think overall the big theme is that this was such a long time coming," says crew Dallman-Weiss, three-time skipper and crew of the year at Eckerd College, U.S. Sailing Development Team member in the 470 class in 2013, and North American champion in the Farr 40 class. "Having another year to train was a blessing. We spent so much time developing and we needed every minute of it as well as to train against the best. But with it also came all the extra nerves and added pressure and just the buildup. Imagine putting all of that into a World

Championship that until two weeks before we didn't know would actually happen due to the pandemic."

The ability to deliver under pressure is what's remarkable for Barnes and Dallman-Weiss. They managed the high-stress conditions by focusing on one day at a time, one race at a time.

"You can't get caught thinking about the past, you can't get caught thinking about the future, you have to be completely in the present at the moment, every single day, every single race. I think another thing that was big for us is that we stayed authentic to ourselves. This is what Robby always taught us. That is, be true to ourselves and not try to copy other teams. Finally, we just really love sailing and the joy of sailing helped us in the moments that weren't so great. I think these are big reasons why we were able to achieve our two goals for the Worlds: finish in the top 8<sup>th</sup> in the world and qualify for the Games," says Dallman-Weiss.

Qualifying for this summer's Olympic Games means the world to Barnes and Dallman-Weiss.

"First off, we always had a strong belief that we'd go far and accomplish a lot," says skipper Barnes, who earned a Bronze Medal in the 420 at the 2011 ISAF Youth Championships, in 2016 was named Quantum Sailor of the Year while a cadet at the U.S. Coast Guard Academy and who is currently stationed at U.S. Coast Guard Sector Miami on a support billet from the maritime service to qualify and compete in the Olympics. "Our eyes have always been firmly set on the Games and we knew the qualifier was going to be a stepping stone. We didn't think it was going to be easy. We knew it was going to be extremely hard. But we're extremely grateful for the two other teams that pushed us in the final qualification. As I said, this qualification is a stepping stone. We are so proud of how we've done and we're so hungry for more. After a break, we'll get back on the water and finish what we originally started out to achieve – Gold in Tokyo.

### **A BIG Thank You!**

Long hours on the water and in the gym under the expert direction of a talented coach Robby Bisi and trainers Mike Kuschner of Sailing Performance and Frankie Telfort of Old Bull Athletics certainly helped Barnes and Dallman-Weiss hone their Olympic sailing skills. However, it was and is the U.S. Coast Guard and U.S. Coast Guard Academy Alumni Association, along with family, friends, supporters and sponsors that made Barnes and Dallman-Weiss had the required resources each step of the way on the road to Tokyo.

"I received a Special Support Billet and was able to remain an active-duty U.S. Coast Guard officer while training for the Olympics. It was a hard thing to do, to split time between the career of my dreams and my dream of being an Olympian. Mostly it was all my command, shipmates and classmates that never told me no, they only asked, what

needs to be done to get this done. Plus, it was the Elite Athlete Excellence Fund set-up by the U.S. Coast Guard Academy Alumni Association that created a platform to raise funds to make this dream come true! All the staff there are still working tirelessly to support us! With an extra year to the campaign, this has been a challenge that they have tackled, and we are thankful to them all,” says Barnes.

Barnes is the first CGA alumni to receive support from the Elite Athlete Excellence Fund. Additionally, Barnes is also the first active-duty officer (woman or man) to compete in an Olympic Games in any sport.

## **Road to Tokyo**

Next up, Barnes and Dallman-Weiss will compete in the 470 European Championships, April 30-May 5, in Vilamoura, Portugal. The sailing portion of the 2020 Summer Olympic Games will take place in Enoshima, July 25 to August 4, 2021. Specifically, the Women’s 470 Class will sail July 28, 29, 30, August 1, 2, with the Medal Race on August 4. <https://tokyo2020.org/en/sports/sailing/>

## **Support the Team**

To support LTJG Barnes and Dallman-Weiss, donate to the U.S. Coast Guard Academy Alumni Association’s (USCGAAA’s) Elite Athletic Excellence Fund ([www.cgaalumni.org/eliteathlete](http://www.cgaalumni.org/eliteathlete)). The athletes thank the USCGAAA for its long-standing and continued support.

Additionally, Barnes and Dallman-Weiss have been selected as a sponsored ILYA (Inland Lakes Yachting Association) campaign. This is the organization under which Dallman-Weiss learned to sail, and now with Barnes, honored to represent. To make tax-deductible donations, visit this link: [www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=CPAUDYG8B86V4&source=url](http://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=CPAUDYG8B86V4&source=url)

## **The Team**

LTJG Barnes is a native of St. Thomas, U.S. Virgin Islands, and a member of both the St. Francis Yacht Club and St. Thomas Yacht Club. Dallman-Weiss is a native of Shoreview, MN, and a member of the New York Yacht Club and White Bear Lake Yacht Club.