

Frequently Asked Questions

Who are these coaches?

The friends who have agreed to coach me if I can get them there are:

- [Kamolwan Chanyim](#) (Bam), a two-time Olympian, and the first woman to represent Thailand in sailing at the Olympics;
- [Keerati Bualong](#) (Top), a two-time Olympian and my coach at Paris 2024;
- [Chusitt Punjamala](#) (Pop), Thailand's representative for the upcoming Asian Games and a coach and sailor with many years of experience and success.

They are all great!

What are the next steps after the San Pedro OCR?

This spreadsheet outlines the other regattas I dream / hope / plan to attend to both qualify for the Olympics and to hone my competitiveness.

It will be a long campaign! There have already been years of training and the support of coaches, family, friends, and a community.

And there might still be some tough choices to make. To campaign for the 2024 Paris Olympics three years ago, I made a difficult decision to withdraw from university for a full year. While that risk was ultimately rewarded, I hope I don't have to skip any more years this time around. (But if I need to, I will!)

Event Name	Dates	Location
2026 ILCA North Americans	9 - 12 July 2026	San Pedro, CA
2026 San Pedro OCR	17 - 25 July 2026	San Pedro, CA
2026 Asian Games	19 September - 4 October 2026	Nagoya, Japan
6th ILCA Asian & Open Championships 2026	14 - 20 December 2026	Pattaya, Thailand
2027 World Sailing Championships	15 - 23 January 2027	Fortaleza, Brazil
2027 Trofeo Princesa Sofia	26 March - April 3 2027	Palma de Mallorca, Spain
2027 Semaine Olympique Française	17 - 24 April 2027	Hyerres, France
2027 Senior ILCA Europeans	15 - 22 May 2027	Los Alcázares, Spain
2027 ILCA North Americans	TBD June/July	San Pedro, CA
2027 San Pedro OCR	TBD June/July	San Pedro, CA
2027 World Sailing Championships	22 July - 1 August 2027	Gdynia, Poland

Asian Continentals	TBD	TBD
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Can you tell me in detail what the money is spent on and how much it costs?

Yes! See [this spreadsheet](#) for details.

How many races and regattas have you won, and what has been your highest ranking?

See my 2026 Sailing Resume [here](#)! I am a two-time Singlehanded National Champion for Harvard University. My highest World Sailing ranking was 58th in the world.

Why do you love sailing so much?

I believe sailing is one of the most beautiful sports in the world because it brings together physical strength, mental toughness, strategy, instinct, luck, and nature.

You are constantly reading the wind, waves, current, clouds, and your competitors, all while pushing your body to make the boat go faster. Every gust and every wave is different, so you have to stay fully in tune with the boat and the environment around you.

Sailing feels like both a game and a dance. You are making decisions, taking risks, reacting to nature, and trying to predict what will happen next. That complexity is what makes it so beautiful. You can never stop learning, because every day and every race asks something different from you. At the highest level, races are won by the smallest margins—one better decision, one better adjustment, one better read of the wind.

We chase perfection in an environment where perfection cannot truly exist, because nature is never still and never exactly the same twice. That is what makes it so challenging, and that is what makes it so addictive. There is no other feeling like it, and no other sport like it.

What was the most amazing moment at the Paris Olympics?

For me, the most amazing part of the Paris Olympics was the people. It was the feeling of being surrounded by so many different cultures, languages, and stories, yet all connected by the same drive, focus, and love for sport.

It wasn't just at the Olympics itself. It was in the entire journey leading up to it. I met athletes and supporters from all over the world, and from all across Thailand, each carrying so much pride for where they came from and so much passion for what they do. I had never felt so many emotions in such a short period of time—nerves, joy, pressure, gratitude, fear, pride, and everything in between. It was overwhelming in the best possible way, and it made me want to experience it all over again.

One racing moment that will always stay with me happened on the day the mistral winds hit Marseille. The conditions were intense. In the chaos of a 20+ knot reach, paired with the nerves

of competing on such a big stage still feeling very real (it was only Day 2, and we had only completed one race on Day 1), a huge wave knocked my cap and sunglasses straight off my head.

I watched my favorite pair of sunglasses sink to the bottom of the Marseille bay.

I was flustered, frustrated, and trying to get the boat balanced again. But in that moment of anger, I overcorrected. I wasn't ready for the next shift in wind. Another massive gust hit, and I flipped. I remember thinking, *I just flipped at the Olympics*.

I was so embarrassed. But I also had no time to sit in that feeling. I got the boat back up as quickly as I could, climbed back in, and suddenly all the stage fright was gone. The adrenaline took over. I went from almost dead last and fought my way back to 17th.

When I crossed the finish line, Top looked over at me and smiled. "Good job!" I said, "Did you see me flip?" He had no idea.

That moment changed something for me. I realized that even when things go wrong, even on the biggest stage in the world, you can recover. You can keep going. And sometimes, that is where you start sailing your best. From that race on, I kept improving throughout the day, and throughout the week.

How was sailing at Harvard? Is it different from Olympic sailing?

Sailing at Harvard was one of the greatest privileges of my life. I was incredibly lucky to be part of the best team in the country, surrounded by teammates and coaches who pushed me, supported me, and taught me something every single day.

It was also very different from the Olympic-style sailing I grew up with. I came from the international circuit, racing ILCA 6s and ILCA 4s, where boat speed was often the biggest factor. If you could make the boat go fast, especially in youth racing, you had a little more room for error.

At Harvard, I learned a completely different side of the sport. College sailing is tighter, faster-paced, and incredibly tactical. The courses are shorter and in much more demanding venues, like the Charles... College 420s and FJs are more even in speed, and so the margins are tiny. You can't just sail around people. Every small decision matters.

That environment made me so much better. I learned how to work with someone else in the boat, meaning that I had to vocalize my thoughts. I learned the precision of making one good decision after another, and how to be consistent in tight fleet racing. I learned how to team race! Those are skills I will carry with me into the next chapter of my Olympic campaign, because at the elite level, everyone can make the boat go fast. The difference is often who can make the best small decisions under pressure.

I'm so grateful to Mike, Bern, and Lior for their patience, belief, and high standards, and to my teammates, who are genuinely some of the best sailors and people I have ever known. Harvard Sailing gave me the tools, confidence, and competitive edge to keep growing.

I am so proud to have been part of such a historic and successful year for the program. What a way to end my college career. H\$KA!!

What's happening in your life other than sailing?

I graduated from Harvard University this May with a Bachelor's degree in Physics, and a minor in Mind, Brain and Behavior. While at Harvard, I was on the Harvard Sailing team and conducted lots of scientific research spanning molecular and cellular biology, biophysics, and condensed matter physics.

This summer, I have an internship in Los Angeles while working at NASA's Jet Propulsion Laboratory on the [Near-Earth Object Surveyor](#). It's a satellite that uses infrared sensors to identify both bright and dark near-earth objects that might be hazardous in the future. (Hazardous as in, they could collide with Earth!) It is scheduled to launch in September, 2027.

Then in the fall I will begin studying for my PhD in Physics at UCLA. My area of focus is condensed matter physics. I am interested in what happens at the smallest of scales and what cool physics (like superconductivity!) we can unlock with precise manipulations. I hope to work on developing qubits and making electronic devices more efficient and effective.