



# 2022 RS Aero North American Championship

May 19 - 22, 2022

Tampa, Florida

## CLINIC SCHEDULE

with Bob Patterson

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### Schedule Thursday May 19, 2022

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| <b>1300–1400</b>  | <b>On land lesson (be rigged by 1300)</b> <ul style="list-style-type: none"><li>– Rigging checks, tips, and pre-launch checklist</li><li>– Set-up tips and recommendations</li><li>– Interaction of vang and downhaul</li><li>– Maneuvers walk-throughs and discussion</li><li>– Roy Van Maanen 5 rig tips and insights</li><li>– Gear, clothing, hydration, nutrition, and safety</li><li>– “Launch Control” concept</li><li>– Drill explanation and briefing<ul style="list-style-type: none"><li>– Start strategy</li><li>– Down speed (slow boat) tips</li></ul></li></ul> |
| <b>1400–1500</b>  | <b>On the water drills and video recording with commentary</b> <ul style="list-style-type: none"><li>– Follow the leader</li><li>– Practice starts</li><li>– Tack/jibe on the whistle</li><li>– “Power ball”</li></ul>   |
| <b>1600–1700*</b> | <b>Practice Races</b>  |
| <b>1730*</b>      | <b>Thursday Night Distance Race</b>  |

\* Open to all competitors