



2015 Ripple Clinic Schedule

Tuesday, June 23: Boat Speed

0900-0945: arrival, check in, registration, munchies (cereal bars & fruit)

0945-1000: introductions, venue description, safety

1000-1045: onshore discussion (physical preparation, hiking exercises)

1045-1130: on-the-water drills (trimming, positioning)

1300-1330: lunch on the beach

1330-1600: on-the-water drills (boat control techniques)

1600-1700: de-rig, debrief, and refuel

1700: dinner at the Marine Park

Wednesday, June 24: Boat Handling

0900-1000: munchies, rigging

1000-1045: onshore discussion (tacks, gybes, mark rounding)

1045-1230: on-the-water drills (tacks, gybes, mark rounding)

1230-1300: lunch on the beach

1300-1600: on-the-water drills: (more boat handling)

1600-1700: de-rig, debrief, and refuel

Thursday, June 25: Strategy & Tactics

0900-1000: munchies, rigging

1000-1045: onshore discussion (strategy planning)

1045-1230: on-the-water drills (tactics, starts, strategies)

1230-1300: lunch on the beach 1300-1430: on-the-water drills (more winning strategies)

1600: de-rig, debrief, and refuel

Schedule subject to change at coach's discretion and the fate of the winds...