



Mentor Harbor Yachting Club June 26-28

- **Skill-Builder Clinic** – 1 of 2 in the US sponsored by US Sailing
 - Head Coach and Laser Fleet Coach: John Pearce (Washington, DC) - Head Coach & Laser Fleet Coach Multi-year ICSEA All American for Hobart, Olympic campaigner in the Laser (was top 3 at 2012 Olympic Trials). Head coach George Washington University.
 - 420 Fleet Coach: **Clinton Hayes** (San Francisco) – C420 Fleet Coach Stanford University, Assistant Sailing Coach
 - Opti Fleet Coach: **Mitch Hall** (Charleston, SC) – Optimist Fleet Coach College of Charleston, Assistant Sailing Coach
 - Coach Clinic: US Sailing is targeting this event to assess I-LYA coach training needs in a multi-year effort. Please send coaches and sign them up for this invaluable clinic!
- **Fleets:** Laser Radial, Laser 4.7, c420, Opti R/W/B, Opti Green
- **Eligibility:** All levels of sailors are welcome. Anticipating 150-200 sailors.
- **Entry Fees:** \$100 per sailor for the weekend, including 3 meals/day, t-shirt, 2 parties. Coaches participating in the Coaches Clinic will have same perks, \$75 per coach.
- **Lodging:** MHYC Local Member homes, MHYC neighborhood yards for camping, MHYC Beach for campers/RVs, Andrews Osborne Academy dormitories and headmaster house (30 beds). First come, first served! Adult supervision (parent or coach) will be required for each team. Hotel blocks with discounted rates have been reserved until May 20.
- **Registration and Information Links:**
 - Junior Olympic Festival for Sailors: <http://www.regattanetwork.com/event/10349>
 - JO Coaching Clinic for Coaches: <http://www.regattanetwork.com/event/10353>

SCHEDULE:

Thursday 6/25 : Registration and Boat Unpacking/Rigging

Registration Desk Open: 5-8pm

Unpack boats any time during the day

2015 USA Junior Olympics Sailing Festival 6/26-6/28 @ MHYC (Lake Erie/Ohio) mhycsailcamp@gmail.com

USA Junior Olympic Sailing Festival 6/26-6/28 @ MHYC
SCHEDULE (Continued)

Friday 6/26: Registration and JO Sailing Festival Clinic

8:30am - Safety meeting with all race officers, coaches, volunteers.

9:00am - Coaches meeting with all team coaches and US Sailing Coaches. Do introductions and discuss practice techniques

9:30am - Competitor's meeting for all competitors. US Sailing Coaches are introduced, format is explained.

10am - Break out into groups (Opti, 420, Laser). Begin clinic. Spend an hour talking about rigging, boatspeed, and making sure all the boats are prepped.

Continue clinic until 4pm (lunch on land)

5pm - Full clinic debrief

Following clinic debrief- Coaches meeting to wrap up the day

5-8pm Dinner and Pool Party

Saturday 6/27 Regatta Day 1

8:30am - Safety meeting with all race officers, coaches, volunteers.

9:00am - Coaches meeting with all team coaches and US Sailing Coaches. Discuss regatta coaching techniques/goals.

9:30am - Competitor's meeting for all competitors, followed by fleet (Opti, 420, Laser) briefings with US Sailing coaches.

10:30am-4pm Racing (Lunch on water)

5pm- Full clinic debrief

Following clinic debrief- Coaches meeting to wrap up the day

5-8pm Dinner and Pool Party

4:30-5:30 Ice Cream Truck

Sunday 6/28 Regatta Day 2 and Awards

8:30am - Safety meeting with all race officers, coaches, volunteers.

9:00am - Coaches meeting with all team coaches and US Sailing Coaches. Discuss regatta coaching techniques/goals.

9:30am - Competitor's meeting for all competitors, followed by fleet (Opti, 420, Laser) briefings with US Sailing coaches.

10:30am - 3pm Racing (Lunch on water)

4pm: Awards and Dinner

Questions? Contact JO Festival Chair Kathy Allyn, mhycsailcamp@gmail.com