



JSA of LIS Racing Clinic at Stamford Y.C. June 24 -25



The JSA of LIS Racing Clinic for C420s, Lasers and Radials will be held at Stamford Yacht Club for two days on June 24 to 25, 2017.

Sailors will learn from experts, enhance racing skills and gain advice at the start of the summer sailing season. JSA's clinic features college sailing coaches and champions, who have competed in the Olympics and national intercollegiate championships.

The clinic will have sections for sailors who are:

- Developing their skills after moving to Lasers or C420s from other boat types
- Planning to compete at the Law Trophy regatta, which follows this clinic.
- Striving to qualify for JSA's Laser or C420 champs in August

The Oyster Bay Sailing Foundation and the JSA of LIS have been teaming up for over 20 years to sponsor this clinic to prepare talented sailors for the summer season and beyond. Programming will consist of conditioning, on-the-water drills, and interactive discussions about boat speed, tactics, and rules. The JSA has recruited a great group of coaches who will bring their enthusiasm, knowledge, and racing experience to lead this year's clinic in Lasers (standard and radial rigs) and Club 420s. Participation is open on a first come, first serve basis to those want to enhance their racing skills. The event is bring-your-own-boat. Housing is not provided, but we will try to arrange if requested early. Sailors should be 14 years old by end of this year. Clinic fee is \$130 per sailor.

Registration: Parents of juniors may register directly with JSA using the Regatta Network system at this link <http://www.regattanetwork.com/event/14948> Questions about the clinic may be directed to the JSA Office info@jsalis.org

Meet the Coaches:



Leading the clinic will be **Stan Schreyer**, head coach of the Boston University sailing team. As a BU senior Stan helped win the 1999 Inter-Collegiate Sailing Association national championship. Stan was also named All-American Skipper and College Sailing Sportsman of the Year. He coaches his sailors on boat handling, strength training, racing tactics, and understanding wind patterns. Stan has coached the Danish Olympic Sailing Team for the Laser Radials, sailed in the Extreme 40 Grand Prix circuit from 2005-2008, was a member of the US Sailing Team from 2002-2004 and the U.S. Olympic Team in 2004 in the Tornado.

Also at the clinic will be **Morgan Collins**, Assistant Coach at SUNY Maritime College, began her sailing career in the Optimist class, and was a three-year member of the Optimist National Team and International teams. As a junior sailor, she competed in national championships in the Laser Radial and 420. In college, Morgan sailed for Old Dominion University. Highlights of her college sailing career include a 5th place finish at ICSA Women's Singlehanded Nationals and 3rd place at ICSA Women's Dinghy Nationals. Morgan qualified for the ICSA Women's Singlehanded Nationals in Laser Radials all 4 years of her college sailing career. After college, Morgan coached at yacht clubs such as Annapolis Yacht Club and Lauderdale Yacht Club.



Assisting at the clinic will be **Will Logue**, who is a skipper on the Georgetown University Varsity Sailing Team. He was recently named 2016-2017 Second Team All MAISA Coed Skipper and helped his team gain third place at the 2017 College Sailing Team Race National Championship. Will was a former JSA sailor, club sailing instructor, LISOT team member, and Team USA member for various International Optimist events and International 420 events. In 2015 he won the US Youth Championship - I420, and also was the first American in 28 years to win the World Sailing Youth World Championship - I420.



JSA of LIS Racing Clinic 2017

Dates: Saturday June 24 – Sunday June 25, 2017

Venue: Stamford Yacht Club, 97 Ocean Drive West, Stamford, CT 06902 Phone: (203) 323-3161

Format: Two days of training both on and off the water. Areas of focus will include boat set up, sail trim, mechanics, boat handling, tactics, rules and fitness.

Classes: This is a bring-your-own-boat clinic in the following classes:

- Club 420
- Laser Full Rig
- Laser Radial Rig

Check-In: Sailors should check-in between 0800 - 0830 on Saturday June 24 at the Stamford YC dry sail area. We want all the boats to be rigged and ready by 0900 so the clinic sessions may start on time.

The following documents must be presented at the check-in desk if they haven't already been provided online:

- Waiver/Medical Authorization Form
- Payment of \$130 per sailor by check

Boat and Dolly/Trailer Drop Off: Just before you get to the club on Ocean Drive West, turn right on Ralsey Road South. Park on Ralsey Rd near the alley between the tennis and paddle courts. Unload your boat and push it by hand down the alley (do not drive your car in the alley). Lasers and C420s that are on dollies may be left in the dry sail area. C420s on trailers should be left on the dock along the rail on the right side. You may deliver your boat in advance on Friday late afternoon or evening if you wish.

Food: Sailors should bring their own lunches, in waterproof bags that can be put on the coach boats. Water and snacks will be provided on the coach boats.

Personal Gear: All sailors MUST BRING REFILLABLE WATER BOTTLE, sunglasses, sunscreen, hat, PFD, notebook and pencil, and athletic shoes for land drills.

Preliminary Schedule:

Saturday June 24

0800-0830 – Registration, coffee, juice and bagels

0830-0900 – Rigging and getting ready for sailing

0900 – Welcome, introduction, explanation of goals for clinic

0930 – Breakdown into class groups and discussions for the day's drills – focus on boat handling

1000-1200 – Sailing on water

1200-1230 – Lunch on land

1230-1300 – Morning debrief and discussion of afternoon drills, focus on boatspeed, proper set-up and changing gears

1330-1630 – On the water

1630-1700 – Derig, snack

1700-1800 – Debrief

1800 – End of first day

(See next page for Sunday and Contacts)



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Sunday June 25

0900 – Rigged and ready for sailing

0900-1000 – Lecture – Race Strategy –pre race planning & how to use visual aids to recognize wind shifts.

1000-1200 – On the water sailing, drills will focus on starting and racing tactics

1200-1230 – Lunch, break on land

1215-1430 – Sailing on water

1230-1300 – Debrief and discussion of afternoon drills, focus will be on starting and racing tactics

1300-1530 – On the water

1530-1600 – Debrief

1600-1630 – Derig and pack up

1630 – End of clinic

Contacts:

- **Stamford YC:** Richard West dickwest@gmail.com 917-647-8894 or
Brendan Larrabee sailingdirector@stamfordyc.com

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