

Announcing
THE NORTH U YOUTH MATCH RACING CLINIC - EAST
MAY 30 - JUNE 1, 2014



NOTICE OF CLINIC

This Clinic is designed to introduce young sailors to the excitement, skills and tactics of match racing. It is also an opportunity to learn the techniques needed to sail a small keelboat, including spinnaker use and sail trim.

The Clinic will be coached by Dave Perry, four-time U.S. National Match Racing champion and two-time Congressional Cup champion, as well as a coach for the 2009-2012 US Women's Olympic Match Racing effort and Chairman of the US Sailing Match Racing Committee.

Dave will coach the advanced tactics and strategies needed to be competitive and successful in Match Racing on the National level, including the Pre-Start, Upwind and Downwind Tactics, and Killing Penalties. On the water, Dave will run the sailors through all the scenarios, with on-the-spot feedback, and video replay after sailing. In addition, he will give much instruction and feedback on how to sail a keelboat fast and do all the boat handling needed to be successful.

HOST: The Annapolis Yacht Club (fly into the Baltimore Washington International airport - BWI)

BOATS: The boats used will be J/22s.

TARGET SAILORS: The clinic is for sailors in the 15-22 age range (high school and college) who are interested in learning more about match racing in small keelboats, and in raising their sailing skill level. No match racing or keelboat sailing experience is needed or expected.

Sailors can register as individuals or in teams of 3 or 4. There will be a cap on the number of participants. Registration will be on a first come-first served basis (with preference to sailors who sail in the Annapolis area until April 15, 2014) until the clinic is filled. Register as soon as possible.

(more)

ENTRY FEE: The clinic fee is \$50 per sailor, payable on registration. This includes the coaching, use of the boats, dinner on Friday and Saturday night, *Dave Perry's Match Racing Playbook* and other materials from North U, and much more.

Damage deposit information: Each sailor who wishes to skipper at some point in the Clinic must provide a refundable damage deposit of \$500, which will be done via credit card at the event.

SCHEDULE:

Friday, May 30:	3:00pm - 9:00pm.....	Clinic (sailing from 3:30 – 5:30)
Saturday, May 31:	8:15am - 8:30pm.....	Clinic & Debrief
Sunday, June 1:	8:15am - 5:00pm.....	Clinic, Racing & Wrap-Up

MEALS/WATER: Dinner Friday and Saturday evening is included in the entry fee. Participants are responsible for breakfast, and for bringing their own lunches and water (refillable containers please). Water coolers are available at AYC to refill.

ACCOMMODATION: Accommodation can be arranged by the host club in members' private homes. Please contact Alana O'Reilly (below) BEFORE April 30th if you will need housing. There are many hotels convenient to AYC as well.

TO REGISTER: <http://www.regattanetwork.com/event/7765>



For more information contact:

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