**I. Gill Clinic Schedule:**

**9:30am**: Registration opens

**9:30-11am**: Rigging, coaches available to check boats over and to help with rigging/tuning technique (especially explain rake, kite set-up, jibing knots, etc.)

**11am**: Clinic begins with Chalk Talk: Topics include race course strategy, starting in a big fleet, current, how tuning affects boat speed, steering on waves upwind and downwind, using tell-tales (wind-shifts, favored tack), crewing technique, light air speed tips, heavy air survival tips, 3 ways to steer (tiller, weight, sails), communication between crew and skipper

**12:15pm**: Lunch

**12:45pm**: Go over the plan for the afternoon – drills and then racing

**1pm**: Launch

**1:30pm**: On-the-water practice begins.  Begin with long windward-leewards for speed/tuning (focus: steering waves, keeping boat flat, and spinnaker work).  Then go to short-course races for tactical practice.

**4pm**: Head to shore, derig

**4:30pm**: De-brief

**5pm**: Clinic ends

**II. Goals of Clinic**

- Improve speed techniques including steering waves upwind and downwind and steering with bodyweight
- Improve spinnaker technique
- Develop tactics for start and entire race course

**III. Brief Bios of Clinic Leaders**

Liz Powers graduated from Harvard in 2010 and was the first woman in U.S. Sailing History to win the Robert Hobbs Trophy, the top Sportsmanship Award in intercollegiate sailing. She grew

up racing at the Falmouth Harbor Sailing School and was the Co-Captain of the Harvard Varsity Sailing Team. She is currently Program Director at Vineyard Haven Yacht Club.

Cindy Muther is Assistant Varsity Sailing coach at Tabor Academy where she also teaches math. She has worked with this program for the last twenty years with Head Coach, Rob Hurd. During this time the Tabor squad has been both National and New England Champions numerous times. Her sailing experience includes college sailing at Brown University as well as an Olympic Campaign in the late 80's. Although never an Olympian, her resume contains multiple top 5 – finishes at the World Class level.