

Announcing
THE NORTH U YOUTH MATCH RACING CLINIC - EAST
MAY 15 - 17, 2015



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 cover the 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, the sailors will run through all the scenarios, with on-the-spot feedback, and video replay after sailing. In addition, they will receive 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 14-22 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, 2015) until the clinic is filled. Register as soon as possible.

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 15: 3:00pm - 9:00pm..... Clinic (sailing from 3:30 – 6:00)
Saturday, May 16: 8:30am - 8:30pm..... Clinic & Debrief
Sunday, May 17: 8:30am - 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 Dillon Paiva (below) BEFORE April 15th if you will need housing. There are many hotels convenient to AYC as well.

TO REGISTER: <http://www.regattanetwork.com/event/9431>



For more information contact:

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