

announcing
THE BAY AREA YOUTH MATCH RACING CLINIC
MARCH 1-3, 2019

**Organized by Bay Area Youth Sailing &
The San Francisco Yacht Club**

with support from The Belvedere Cove Foundation, The Richmond Yacht Club Foundation,
and the St. Francis Sailing Foundation



NOTICE OF CLINIC

This Clinic will be coached by Dave Perry. Dave Perry is the Vice-chairman of the US Sailing Match Racing Committee, a coach for the 2009-2012 US Women's Olympic Match Racing effort, a five-time U.S. National Match Racing champion, and a two-time Congressional Cup champion.

Dave will coach 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, 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 handle the spinnaker and sail a J/22 fast.

HOST: The San Francisco Yacht Club in Tiburon, CA. The Club's website with address and directions is www.sfyc.org/

TARGET SAILORS: The clinic is targeted for Bay Area youth sailors ages 14 – 24 (high school and college) who are interested in learning more about match racing, and in raising their sailing skill level. No match racing or keelboat sailing experience is needed or expected.

TO REGISTER:

Registration can be found on the San Francisco Yacht Club website, sfyc.org > Youth Sailing > Race Teams. As well as on the BAYS website, <http://www.bayarea-youthsailing.com>.

Sailors should register as teams of 4 sailors. Registration will be on a first come-first served basis until the clinic is filled. Please contact the clinic organizer if you are an individual looking for a team. **Register as soon as possible.**

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

WEIGHT LIMIT: There will be no weight limit for this event.

ENTRY FEE: The clinic fee is \$50 per person, which includes the use of the boats, coaching with video replay, and dinner Friday and Saturday evening. Coaches are free and welcomed.

DAMAGE DEPOSIT: A \$500 damage deposit check will be required from every participating sailor. Sailing positions and boats may be rotated and everyone must be covered. Please bring checks made out to 'SFYC' to check-in. This \$500 only covers the "first" incident and an additional \$500 will be required for any additional incidents. The remainder of the deposit will be returned to the participant after the conclusion of the event, after all equipment is inspected.

SCHEDULE:

Friday, March 1

3:00 - meet at San Francisco YC – on-water training in boathandling and boatspeed for match racing in J/22's

6:15 - dinner

7:00 - 9:30 - Intro to Match Racing and the Prestart

Saturday, March 2

8:30 - meet at San Francisco YC – Prestart and J/22 Boat Handling & Boat Speed

11:30 – rig, lunch and dress on shore

1:00 - on-water training doing Prestarts and upwind and downwind tactics

6:00 - dinner

6:45 – 8:30 - video replay and How the Penalty System works

Sunday, March 3

8:30 - meet at San Francisco YC - Downwind & Penalty Killing tactics

11:30 - on-water Training and Racing (bring lunch on boat)

4:00 - debrief and wrap-up

5:00 - end clinic

MEALS AND WATER: Sailors are on their own for breakfast, and should bring their own lunches on Saturday and Sunday. Dinner will be provided Friday and Saturday. Sailors should bring a refillable water bottle.

ACCOMMODATION: Participants are responsible for arranging their own accommodations. For those in need of housing, contact Justine O'Connor, youth@sfyc.org, as soon as possible.

FOR MORE INFORMATION on the host club logistics and to register, contact:

Justine O'Connor

Youth Sailing Director

The San Francisco Yacht Club

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www.sfyc.org/youth