

## 2008 KHYF SUMMER SAIL - RACE CLINIC PROGRAM DESCRIPTION

The Race Clinic Program is designed with race team members in mind, as well as promising new sailors from the Advanced Summer Sailing classes. Students will be split into two groups: Level 1 (Sabots), and Level 2 (Lasers, Laser Radials, and CFJ's). Participation in the Race Clinic classes will be solely at the discretion of the Summer Sailing staff, and will be based on ability, involvement, attitude, and ranking.

### Level 1

Classes will be held from **1:30pm - 5:00pm**. The first half hour of every class will be designated for rigging and preparation, and students will be expected to be **READY TO SAIL @ 2:00pm**. Program will be spent almost entirely in sabots, emphasizing advanced boat-handling, boat-speed, and racing for sabot sailors.

### Level 2

Classes will be held from **1:00pm - 5:00pm**. The first half hour of every class will be designated for rigging and preparation, and students will be expected to be **READY TO SAIL @ 1:30pm**. Participation in the level 2 program will be at the discretion of the Coach unless a student is already an active participant in the given classes. One must weigh a minimum 130 Lbs. and provide their own boat to participate in the Laser classes. Emphasis in weeks 1 and 3 will be placed strongly on, but not limited to, basic skills and training for the given class of boat. Weeks 2, 4, and 5 will build upon these skills and focus more on advanced boat-handling, boat-speed, and racing tactics.

Week	Dates	Cost (paid by 6/1)	Race Clinic Level 2	Race Clinic Level 1 (sabots)	Events
1	6/23 - 6/27	\$200 (\$170)	Match Racing(CFJ,Sabots)	Sabots	Match Race Champs
2	6/30 - 7/3	\$160 (\$140)	CFJ	Sabots	Sears Eliminations
3	7/7 - 7/10	\$160 (\$140)	CFJ/Laser*	Sabots	Junior Olympics
4	7/14 - 7/18	\$200 (\$170)	Laser	Sabots	Fleet Champs
5	7/21 - 7/24	\$160 (\$140)	CFJ - Advanced **	Sabots	CFJ Nationals
6	7/28 - 7/31	\$160 (\$140)	Team Racing (CFJ, Sabots)	Sabots	Team Race Champs
7	8/4 - 8/8	\$200 (\$170)	Laser	Sabots	US Sabot Nationals
8	8/11 - 8/14	\$160 (\$140)	Martin 242's	Sabots	Fun Day and Awards

\* Must be Participating in Junior Olympics, CFJ Nat'ls or receive Coach's approval

\*\* Must be participating in CFJ Nationals - no Exceptions

### Summer Sailing Regatta Dates

Thur. & Fri., June 26-27- Match Race Championships

Friday, July 18- Fleet Racing Championships

Thur. - July 31- Team Racing Championships