

SCYYRA Winter Advanced Training Clinic

December 2 - 3, 2006

US Sailing Center – Long Beach, CA

5489 East Ocean Blvd.

Long Beach, CA 90803-4405

562-433-7939 Phone

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www.ussclb.org or mikesego@ussclb.org

Boats: C420, CFJ, Lasers / Radials.

Likely Coaches to include: Mikee Anderson, Caleb Cilsby, Robbie Dean, Adam Deermount, Greg Helias, Steve Hunt, Melanie Roberts and others.

Who's eligible: Members of the 2006 and 2007 SCYYRA Sailing Team, experienced participants in the SCYYRA Shadden, Ullman, Frost, and Perry Series' as well as other SoCal high school sailors that have been involved in serious 420, CFJ, Laser or Laser Radial campaigns. This is an advanced clinic and we will be accepting applications based on age (should be at least in the 9th grade), experience and skill level. If you are unsure of your eligibility, please prepare a sailing resume (2006 only) and a two sentence description of your current training and 2007 goals, please forward this to Mike Segerblom by November 9, 2006.

Tentative Schedule

Saturday, December 2

9 -10:00 Cont. Breakfast, Rigging, Registration
10 -12:00 Shore: Boat Setup, Rig Tuning, Boat Prep.
12 -1:00 Lunch and Launch Boats
1 - 5:00 On the Water
5 - 6:00 De-brief the day's sail
6 - 9:00 Dinner and Evening Presentation

Sunday December 3

9 -10:00 Cont. Breakfast, Boat Rigging
10 -12:00 Shore: "Building a Successful
Training Program"
12 -1:00 Lunch and Launch Boats
1 - 4:00 On the Water
4 - 5:00 Retrieve Boats and De-brief
5:00 Clinic Over

Clinic Fee: \$100.00 per person. Includes: Continental breakfast and lunch both days, dinner Saturday evening, top level coaching, safety boats, video, facilities, etc.

Charter Boats: Limited numbers of CFJ's, C420's and a very limited number of Laser/Radials may be available for charter. Hull and spars (Boards and lines included for CFJ/C420's) are \$150 for the clinic. Sails (plus boards and lines for Laser/Radial) are \$100 extra. Contact Mike Segerblom separately, well in advance to arrange charter boats.

Housing: Limited housing is available on boats at the US Sailing Center on a first reserved basis. All other arrangements will need to be made independently. A group rate at the Sea Port Marina Hotel can be secured if adequate demand arises. www.seaportmarinahotel.com

RSVP and Reservations: The size of this clinic will be limited in each class. Eligible participants may reserve a spot by completing the attached forms (Registration & Release) and returning them with payment to the US Sailing Center – Long Beach, CA. as soon as possible.

Forms and payment must be postmarked or faxed no later than November 17, 2006.