

SCYYRA Winter Advanced Training Clinic

December 5 - 6, 2009

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Alamitos Bay Yacht Club

7201 E. Ocean Blvd., Long Beach CA 90803

Please direct registration forms and questions to:

Michael Segerblom, SCYYRA Chairman

US Sailing Center – Long Beach, CA

5489 East Ocean Blvd.

Long Beach, CA 90803-4405

562-433-7939 Phone - 562-433-3668 Fax

www.ussclub.org or www.scyyra.org or mikesego@ussclub.org

Boats: C420, CFJ, Lasers / Radials.

Likely Coaches to include: Mikee Anderson, Caleb Silsby, Robbie Dean, Whitney Loufek, Payson Infelise, Zack Maxam, and others.

Who's eligible: Members of the 2009 and 2010 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 8th grade), experience and skill level. **If you are unsure of your eligibility, please prepare a brief (top five events in 2009) sailing resume and a two sentence description of your current training and 2010 goals, please forward this to Mike Segerblom via fax or email by November 13, 2009.**

Saturday, December 5

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 6

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: \$120.00 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 \$200 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 must 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 20, 2009.

If mailing forms/payment after Nov. 19th please also fax a copy to the US Sailing Center.

Acceptances will be posted by 10pm on November 25th at www.ussclub.org & www.scyyra.org

Student Information

How will you get to Alamitos Bay Yacht Club (with whom)? _____

Do you need a bunk on a boat for Saturday night? Y N
(You must receive approval. If you circle yes here you should get a call or email by Dec. 1st)

If not where will you stay? _____

What is your sailing background? (Please be brief)
(ie. experience, types of boats sailed, major regattas sailed, best finish positions, awards, etc.)

What are your goals in the sport of sailing?

Please list any personal medical situations (severe allergies, medications, conditions, etc.) that might affect you in any way during this clinic. Please be thorough and specific. Use another sheet if necessary.

By signing this form I agree to abide by all rules and regulations of Alamitos Bay Yacht Club, SCYYRA and the US Sailing Center Long Beach. I understand that while at Alamitos Bay Yacht Club and during this clinic I must obey the instructions of the Alamitos Bay Yacht Club, SCYYRA and the US Sailing Center Long Beach Staff and Coaches. I agree to wear a lifejacket at all times while on the water and I attest to my ability to swim at least 50 meters and tread water for at least 5 minutes in Pacific Ocean Waters.

Student Signature _____ Date _____