

# SCYYRA Winter Advanced Training Clinic

December 4 - 5, 2010

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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 Clinic 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](http://www.ussclub.org) or [www.scyyra.org](http://www.scyyra.org) or [mikesego@ussclub.org](mailto:mikesego@ussclub.org)**

**Boats:** C420, CFJ, Lasers / Radials.

**Likely Coaches to include:** Greg Helias, Robbie Dean, Payson Infelise, Chris Vetter, Caleb Silsby, Allie Blecher, Steve Hunt.

**Who's eligible:** Members of the 2010 and 2011 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 8<sup>th</sup> grade), experience and skill level. **If you are unsure of your eligibility, please prepare a brief (top five events in 2010) sailing resume and a two sentence description of your current training and 2011 goals, please forward this to Mike Segerblom via fax or email by November 19, 2010.**

### Saturday, December 4

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 5

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:** \$135.00 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](http://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 29, 2010.**

If mailing forms/payment after Nov. 25<sup>th</sup> please also fax a copy to the US Sailing Center.



## **Student Information**

How will you get to the US Sailing Center (with whom)? \_\_\_\_\_

Do you need a bunk on a boat for Saturday night ? Y N

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?

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 50 meters and tread water for 5 minutes in Pacific Ocean Waters.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_