

# SCYYRA Winter Advanced Training Clinic

December 3 - 4, 2011

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

**Boats:** C420, CFJ, Lasers / Radials, 29ers. Minimum 6 Boats to form a Class.

**Likely Coaches to include:** Michael Menninger, Greg Helias, Payson Infelise, Caleb Silsby, Allie Blecher, Brian Bissell, Tyler Sinks, Tinja Anderson-Mitterling.

**Who's eligible:** Members of the 2011 and 2012 SCYYRA Sailing Team, experienced participants in the SCYYRA Shadden, Ullman, Frost, Hamlin and Perry Series' as well as other SoCal high school sailors that have been involved in serious 420, CFJ, 29er, 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 2011) sailing resume and a two sentence description of your current training and 2012 goals, please forward this to Mike Segerblom via fax or email by November 15, 2011. You will get a reply by Nov. 20<sup>th</sup>.**

### Saturday, December 3

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 - 8:00 Dinner and Evening Presentation

### Sunday, December 4

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:** \$140.00 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:** Housing arrangements will need to be made by each sailor. **A group rate at the Ayres Hotel in Seal Beach is being held at \$99 per room night.** <http://www.ayreshotels.com/sealbeach/> Group Promo Code: "USSC". If space appears to be sold out online please call the hotel and mention "US Sailing Center Event" as some space is reserved. Phone **(562) 596-8330. Reserved space will be released on November 21st** and the hotel anticipates it will sell out on these dates so please reserve early.

**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 21, 2011.**

If mailing forms/payment on or after Nov. 18<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 \_\_\_\_\_