

SCYYRA Winter Advanced Training Clinic

December 2-3, 2017

@

United States Sailing Center - Long Beach

5489 E. Ocean Blvd., Long Beach CA 90803

Please direct 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.scyyra.org or mikesego@ussclb.org

Boats: C420, CFJ, Lasers / Radials, 29ers Minimum of 8 Boats to form a Class (Lasers/Radials Combined).

Coaches to include: Steve Hunt, Nick Kaschak, Nate Dunham, Kayla McComb, Cameron MacLaren and more to come.

Who's eligible: Members of the 2017 and 2018 SCYYRA Sailing Teams and other 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 C420, CFJ, Laser or Laser Radial programs. 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. **Please complete the application online by November 17, 2017.** We will publish the list of accepted sailors on the SCYYRA Website by or before Wednesday evening November 22, 2017. Below is a preliminary sample 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 - 8:00 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: \$200.00 per person. Includes: Continental breakfast and lunch both days, dinner Saturday evening, top level coaching, safety boats, video, facilities, etc. 2018 SCYYRA Team Members Pay ½ Price.

Charter Boats: Limited numbers of CFJ's and C420's may be available for charter for \$200 for the clinic. Sails 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 discount rate at the Ayres Hotel in Seal Beach may be available.** For group bookings please contact Lynell DePerio, Director of Sales 562-296-1408. For individual reservations click the booking tool link below or copy/paste it into a web browser to receive the USSC rate. <https://bookings.ihotelier.com/Ayres-Hotel-Seal-Beach/bookings.jsp?hotelId=12622&rateplanid=755380> This is a very nice hotel with a pool/Jacuzzi and full breakfast is included. The hotel is owned by sailors!

RSVP and Reservations: The size of this clinic will be limited in each class. Eligible participants must reserve a spot by completing the Online Registration **no later than November 17, 2017.**

Online Registration is available at:

<http://www.scyyra.org/about/winter-clinic-application-form>