

# SCYYRA Winter Advanced Training Clinic

December 3-4, 2022

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## 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**  
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**Long Beach, CA 90803-4405**  
**562-433-7939 Phone - 562-433-3668 Fax**  
[www.scyyra.org](http://www.scyyra.org) or [mikesego@ussclb.org](mailto:mikesego@ussclb.org)

**Boats:** C420, CFJ, ILCA 7 / ILCA 6, 29ers - Minimum of 6 Boats to form a Class (ILCA 7/ ILCA 6 Combined).

**Who's eligible:** Members of the 2021 and 2022 SCYYRA Sailing Teams and other 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 C420, CFJ, 29er, ILCA 7 or ILCA 6 programs. This is an advanced clinic and we will be accepting applications based on age (must be at least in the 8<sup>th</sup> grade), experience and skill level. **Please complete the application online by November 18, 2022.** We will publish the list of accepted sailors on the SCYYRA Website by or before Sunday evening November 20, 2022. Below is a preliminary sample schedule.

### 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:** \$280.00 per person. Includes: Continental breakfast and lunch both days, dinner Saturday evening, top level coaching, safety boats, video, facilities, etc. 2022 SCYYRA Team Members Pay ½ Price (\$140)

**Charter Boats:** Limited numbers of CFJ's, C420's, 29ers & Lasers (Laser Hull and Spars Only) may be available for charter for \$300 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. No housing is provided.

**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 18, 2022.**

**Online Registration is available at:**

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