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CISA Advanced Racing Clinic 2023

March 18 - March 20

Alamitos Bay Yacht Club | Long Beach, CA

Introduction

CISA Advanced Racing Clinic began in 1978. It will be held this year from March 18-20 at ABYC in Long Beach, California, with the goal of teaching the nation's best youth sailors how to do it better. While all sailors must apply to attend, invitations to apply will be sent to a portion of the elite sailors in each of the supported classes which include the ILCA 6, 29er, I420/C420. The clinic has a long tradition of great coaches and legendary sailing and this year is no exception. The 2023 CISA Coaching Staff will be unique, with a mix of veteran perspectives and new, young energy.

Alamitos Bay Yacht Club is perfect for a classroom setting with ocean access. Participating athletes will experience a variety of conditions with lighter air and flat water most mornings, and building breeze and waves most afternoons. Sailors will also get first hand experience sailing the 2028 Olympic Sailing venue and local knowledge from some of the foremost expert coaches in their classes before several high stakes National regattas to be held in the spring including some the weekend directly after the clinic

Clinic Goals

Improve Boat-speed, Boat-handling, Starting Skills, Tactics/Strategy, Team Racing (C420), Rules Comprehension, Fitness, and Regatta Mindset. The three day program will consist of lectures and on-the-water drills. Coaches will utilize the latest technology in addition to daily video footage, archival footage, chalk talks, land demos and on-the-water exercises. The clinic will conclude with a one day regatta.

Important Dates/Information

Application Deadline: February 15th

Acceptance Notification: March 1

Link to Application/Registration: <https://theclubspot.com/regatta/irK51XpUI6>

Cost per sailor is \$500 and covers 3 days of coaching & meals (Breakfast, Lunch, Dinner). CISA can help with housing if needed, but we urge sailors to contact their friends in the area and make their own arrangements. It is a full day program from approximately 8am-8pm daily. All participants must supply their own boats; however,

there may be charter boats available, especially for those travelling from out of state. You will be charged a \$25 application fee upon submission. If accepted, that \$25 will be applied to your entry fee.

Coaching

Harry Melges, Charlie Mckee, Willie McBride, Maru Urban, Steve Michell, Shawn Harvey, Trevor Bornarth, Udi Gal, Elizabeth Kratzig, Jeff Bonanni, and more to be announced. Video Presentations by Steve Hunt and Dave Perry.

2023 CISA Clinic Director: Aubrey Mayer

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