

announcing
THE S.O.D.A. YOUTH MATCH RACING CLINIC
March 1-3, 2024
hosted by the San Diego Yacht Club

It is important to point out that sailors who have participated in these S.O.D.A. youth match racing clinics over the years have gone on to win the US Sailing Youth Match Racing Championship for the Rose Cup, the Intercollegiate Match Racing National Championship, and are some of the highest ranked match racers in the U.S. right now!



NOTICE OF CLINIC

The Clinic will be coached by five-time National Match Racing Champion Dave Perry, author of the *North U Match Racing Playbook* and frequent coach at past S.O.D.A. clinics, and Beka Schiff, three-time National Women's Match Racing Champion.

The clinic will cover the tactics and strategies needed to be competitive and successful in Match Racing, and will focus on the boat handling and boat speed aspects of match racing a J/22 well.

HOST: The San Diego Yacht Club, San Diego, California

TARGET SAILORS: The clinic is for Southern California sailors in the 14-18 age range (high school) who are interested in learning more about match racing in small keelboats, and in raising their sailing skill level. No match racing or keelboat sailing experience is needed or expected.

BOATS: The boats used will be J/22's.

ENTRY FEE: The clinic fee is \$150 per sailor, payable on registration. This includes the coaching, use of the boats, and dinner Friday and Saturday evening.

TO REGISTER: go to www.sdyc.org/soda.

Registration will be on a first come-first served basis until the clinic is filled. **Sailors are encouraged to register as soon as possible.**

Sailors must register individually. Sailors who register individually will be put in teams during the clinic. Sailors can also indicate that they wish to sail as a team. It is expected that sailors will try different roles on the boat, including skipper if they wish to.

SCHEDULE:

Friday, March 1

3:45 – sailors arrive at SDYC

3:45 – 5:45 – on water boat handling and boat speed training in the J/22's

6:15 – dinner (supplied by club)

6:45 – 9:00 – Welcome to Match Racing presentation

Saturday, March 2

9:00 – clinic begins

9:00 – 12:00 – on land match racing training

12:00 – lunch – BYO

12:30 – 5:45 – on water match racing training

6:15 – dinner (supplied by club)

6:45 – 9:00 – video debrief and Match Racing Penalty System

Sunday, March 3

9:00 – clinic begins

9:00 – 10:30 – on land match racing training

11:00 – 3:30 – match racing on the water (BYO lunch)

4:00 – 5:00 – final debrief

5:00 – clinic ends

MEALS/WATER: Dinners Friday and Saturday evening are included in the entry fee. Participants are responsible for bringing their own lunches and water.

ACCOMMODATION: If asked for well in advance, accommodation may be arranged by the host club in private homes.

FOR MORE INFORMATION:

To contact the San Diego Yacht Club, for registration and other host club information:

SDYC Sailing Office

- Jared Wohlgemuth

- 619-758-6309

- jared@sdyc.org