

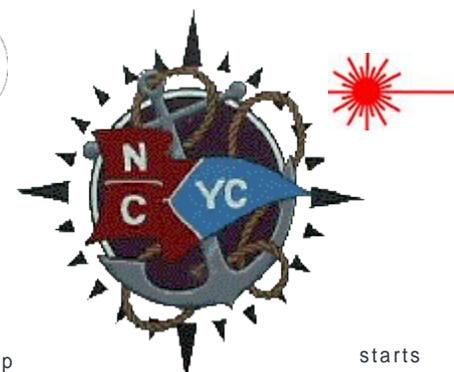


Learn from the best to be your best!

Some of the world's best coaches from top colleges and national Olympic teams will be at the clinic. The curriculum is designed to move you from mid-fleet to the podium. The drills and exercises are designed to prepare you for success at major regattas and big fleet racing.



2019 Advanced Race Clinic June 20-22, 2019



boat setup
rigging tricks
straight line speed
sail trim tips
reading the wind

starts
roundings
tactics
teamwork
fun

Clinic Fees:

Laser Full & Radial Rig:	\$250 per person
420 (per sailor):	\$225 per person
Thistle/Lightning (per sailor):	\$225 per person

Fees for all four days include:

- Home cooked Breakfast, Lunch & Dinner
- Housing at members homes, on members boats or camping on club grounds (Thurs, Fri, & Sat)
- Water and snacks on the water
- Entry Fee for I-LYA Travellers Regatta (Saturday)
- Learn to use tactics
- Learn to start in the front row every time
- Learn to find the favored side of the course
- Learn to handle crowded mark roundings
- Learn to manage the race course
- Learn to think and feel like a winner



Advanced Race Clinic
June 20-22, 2019

11850 Toledo Beach Road,
La Salle, MI 48145
734.660.6425
www.ncyc.net/ARC



Advanced Race Clinic
June 20th-22nd, 2019
www.ncyc.net/ARC
www.facebook.com/NorthCapeARC
Clinic Chairman: Leslie Hill
(419)350-9000

2019 NCYC Advanced Race Clinic

MOVING YOU CLOSER TO THE FRONT OF THE FLEET

North Cape presents an advanced level clinic for Junior

Sailors who are already competitive and want to up their game.

Coaching that will put you a Full Leg Ahead

World class coaching

Lasers: Lee Parkhill, 2016 Canadian Olympic Team
420s: Brian Clancy, Head Coach Cornell University
Chris Klaven, US Coast Guard Academy
Thistles: TBD

Please visit our website for full bios on these amazing coaches!
More coaches will be added to keep the coach-to-sailor ratio optimum.

COACHING FOR WINNERS

- DEVELOP WINNING HABITS
- PSYCH YOURSELF TO THE MAX
- GAIN SELF CONFIDENCE
- WINNING STRATEGIES



SKILLS AND GO-FAST TIPS

Our coaches will show you how to get off the starting line in clear air, develop strategies you can use to set up controlling positions, give you tips on how to round the marks, show you how to defend your position at the front and help you form a winning attitude.

On the water debriefs, video debriefs on shore and group chalk-talks will show you things that worked and areas that could improve.

REGATTA MANAGEMENT

Competing in a major regatta can be a nerve-wracking and stressful endeavor. Learn how to sweat the important stuff, de-stress the other stuff, create a personalized routine and develop a self-assured confidence that will let you focus on winning. Learn strategies for increasing your personal fitness, work out a plan for pre-race and on the water nutrition, hydration and preparation of your personal gear, all making you more competitive.

FUN EVENING SOCIAL ACTIVITIES

Enjoy a beach party with a bon-fire, hanging out, and making new friends. North Cape volunteers prepare all home-cooked meals and participants are housed nearby.

CLOSE IN COACHING

Coaches will identify those little things that make such a big difference. You will experience what it feels like to 'get it right' and later you can practice and refine your new skills.

ON & OFF THE WATER SESSIONS

NCYC provides a unique venue where you can get from the dock to the course in 10 minutes. Your time on the water is maximized. Coaches and support boats will video boats for shore debrief. Large screen displays allow coaches to zoom in on things that are going well and things that could be improved.



COACH-THE-COACH

Coaches from participant's teams are encouraged to bring a chase-boat, ride along with our coaches and sit in on debriefs. Learn from the best about how to get the best from your sailors!



www.facebook.com/NorthCapeARC

WE'RE PREPARING A WHOLE NEW CLINIC. HOW CAN WE HELP YOU?

Pass the word, bring a team-mate and expand the fleet. The bigger the turnout, the more you learn.

Detailed contact information is on our webpage. Contact us to speak with North Cape Junior Sailing parents about what your sailor will experience and how the volunteers will keep things safe and fun.