

Dave Perry Racing Clinic

US Sailing Center – Long Beach
July 13-14, 2010



Clinic Details: Great Coaching in Long Beach's great breeze led by Dave Perry, one of the most respected sailing coaches in the world.

Boats to be used: Lasers, Radials, CFJ's, C420's

Prepare for Junior Olympic Regatta in Santa Barbara on Thursday July 15th and CFJ Nationals in Long Beach on July 30th.

Dave Perry RULES and TACTICS SEMINAR:

Seminar is open to the public at \$15/per person.

Clinic Cost: \$75/per sailor with a Junior Program instructor or \$100 w/out instructor. Included are: 2 Lunches, 1 BBQ Dinner, 1 Continental Breakfast, Snacks and Water.

US Sailing Center – Long Beach – (562) 433-7939 – www.usclub.org

Dave Perry Youth Training Clinic and Rules Seminar July 13 and 14, 2010

US Sailing Center – Long Beach, CA
5489 East Ocean Blvd.
Long Beach, CA 90803-4405
562-433-7939 Phone
562-433-3668 Fax

www.usscib.org or mikesego@usscib.org

Who's Eligible: All junior sailors ages 13-18 with racing experience in the classes listed below.

Boats: C420, CFJ, Lasers / Radials.

Tentative Schedule

Tuesday, July 13

9 -10:00 Coaching Orientation
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 - 7:00 Dinner and Evening Presentation
7 - 9:00 Dave Perry Rules Seminar

Wednesday, July 14

8 -10:00 Coaching Discussion
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: \$75.00 per person w/ Coach or \$100.00 per person without a coach.

Rules Seminar Fee: Free for clinic participants. \$15/per person for general public.

Charter Boats: Limited numbers of CFJ's and C420's may be available for charter for \$200.00. Sails are \$100 extra. Contact Mike Segerblom separately, well in advance to arrange charter boats.

Coaches: All instructors will have their meals with Dave Perry in a private setting for coaching development.

Housing: Limited housing is available on boats at the US Sailing Center on a first reserved basis for TUESDAY NIGHT ONLY. All other arrangements will need to be made independently. A group rate at a local hotel can be secured if adequate demand arises.

RSVP and Reservations: The size of this clinic will be limited in each class. Eligible participants may reserve a spot by completing the attached forms (Registration & Release) and returning them with payment to the US Sailing Center – Long Beach, CA. as soon as possible.

Forms and payment must be postmarked or faxed no later than July 6, 2010. Please Fax to (562) 433-3668 if sending after June 28.

Student Information

How will you get to the US Sailing Center (with whom)? _____

Do you need a bunk on a boat for Tuesday night ? Y N

If not where will you stay? _____

What is your sailing background? (Please be brief)
(ie. experience, types of boats sailed, major regattas sailed, best finish positions, awards, etc.)

What are your goals in the sport of sailing?

By signing this form I agree to abide by all rules and regulations of the U.S. Sailing Center. I understand that while at the Sailing Center and during this clinic I must obey the instructions of the Sailing Center Staff and Coaches. I agree to wear a lifejacket at all times while on the water and I attest to my ability to swim 50 meters and tread water for 5 minutes in Pacific Ocean Waters.

Student Signature _____ Date _____