

# Sailing Collegiate Dinghy Clinic at Harvard

April 22-24, 2008

## Program

This **three-day clinic** is intended for high school and college sailors who wish to learn collegiate sailing techniques and practice like one of the top college sailing teams in the country. It will be a great opportunity for sailing teams that need a little extra coaching boost to get some additional instruction. All aspects of sailing the Collegiate FJ and 420 will be covered. Specific topics will include straight-line speed, tacking, gybing, and boat handling for. **Please note**, strategies and tactics may be covered in the clinic, however the focus will be on sailing the boats well. Sailing will take place in Harvard's fleet of FJs and 420s. It will be limited to 20 sailors on a first come first served basis. A minimum of 10 students is required for the clinic to proceed. No housing is provided.

## Eligibility

- Must be of high school age. (14+ years)
- Skippers may sign up alone. Although it is highly recommended that you attend with your crew for a more productive clinic.
- Crew must sign up with their skipper.
- Must be able to pass the Harvard Recreational Boating Swim Test, which involves swimming 100 yards consecutively with no assistance.

## Coach

Bern Noack has been a collegiate coach for 19 years. He has coached more than 30 All-Americans and 4 College Sailors of the Year. As the Harvard Assistant Sailing Coach, Bern led the Crimson to the 2002 and 2003 Intercollegiate Sailing Association North American Team Racing Championship and to the 2003 Men's Single-Handed Championship. In 2005 the Crimson won their 5<sup>th</sup> consecutive Fowle Trophy as ICSEA's "Team of the Year." In addition, Bern coaches many high school and junior sailors at clinics nationwide.

## Schedule

<u>Items</u>	<u>Times</u>	<u>Location</u>
Swim Test	Tuesday, April 22, 9:00 am	Blodgett Pool Corner of North Harvard St and Soldiers Field Rd in Boston, MA (617) 495-1789
Clinic	April 22, Tuesday, 9:30 am - 2:30 pm April 23, Wednesday, 9:00 am - 2:30 pm April 24, Thursday, 9:00 am - 2:30 pm	Harvard Sailing Center 45 Memorial Drive Cambridge, MA (617) 495-3434

## Drop off / Pickups

- **First day:** Students must first go to the pool for the swim test. After the test, the students must provide their own transportation to the Harvard Sailing Center. Pick up is at 2:30 PM at the Harvard Sailing Center.
- **Second & Third day:** Participant should be dropped off at or drive to the Harvard Sailing Center and be picked up at 2:30 PM at the Harvard Sailing Center.

## Food

Please bring lunch. Refrigeration is available. Lunchtime is from 12:00 to 12:40 pm.

## Valuables

Valuables may be stored in lockers at the sailing center. You must provide your own padlock.

## Housing

This is a **day clinic** only. **No accommodations** are provided.

## Bring to Clinic

Please bring the following personal items to make the experience more enjoyable.

- appropriate sailing clothes required (wetsuit or drysuit is required)
- a bailer (laundry detergent jug with bottom cut off)
- sunglasses
- a hat
- bathing suit for swim test is required
- sunscreen
- change of clothes

## Application Deadline

The four-page application form must be completed and a check made out to Bern Noack must be submitted by March 31, 2008. Please send the application form and check to Bern Noack at 42 Watson Rd, Belmont, MA 02478.

## Fee

\$175.00 per sailor. Please send a check payable to Bern Noack with the registration.

## Contact Information

**Telephone:** (617) 489-3987 **Email:** [BernNoack@yahoo.com](mailto:BernNoack@yahoo.com) **Address:** 42 Watson Rd, Belmont, MA 02478

