

Sailing Collegiate Dinghies Clinic at Harvard

April 20-22, 2010

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 team 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 starting. **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. Space will be limited and will be reserved on a first-come first-served basis. A minimum of 10 students is required for the clinic to proceed. The first 20 registered sailors are guaranteed a slot. If at least 30 registrations are received the clinic will be expanded to include a second coach and a maximum of 36 slots. **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 20 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 5th consecutive Fowle Trophy as ICSA's *Team of the Year*. From 2007 to the present Bern has been the single-handed coach for the *US Sailing Elite Youth Development Team* and the *Under 18 and Under 23 US Sailing Team*. 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	April 20, Tuesday, 9:00 am	Blodgett Pool Corner of North Harvard St and Soldiers Field Rd in Boston, MA (617) 495-1789
Clinic	April 20, Tues, 9:30 am - 2:30 pm April 21, Wed, 9:00 am - 2:30 pm April 22, Thurs, 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 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 sometime between 12:00 - 2:00 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 (for Spring clinic 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 April 1, 2010. 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.