

**SDAYC
Laser Clinic
January 3rd and 4th**

Come join San Diego Youth Laser Sailors for a Laser Clinic



Who: Any sailor who is interested in improving both their boat handling and tactical strategy.

What: This clinic will be taught by local laser sailors David Hochart and Caleb Paine. The focus of the clinic will be both boat handling and tactics/strategy. The clinic will include both on the water drills and lectures. There will also be a video debrief at the end of each day.

Where: Mission Bay Yacht Club

When: January 3rd and 4th, commencing each morning at 930am

Why: Create a fun environment for learning new techniques for sailing a laser

Proposed Schedule

Thursday – Boat handling

930 - 1030 Rig Boats / Registration /

1030 - 1100 Introductions

1100 – 1130 Boat handling Lecture

1130 - 1200 Rigging checks and tips

1200 - 1230 Lunch

100 - 430 On-the-water boat handling drills

430 – 500 Video De-brief

Friday – Tactics and Strategy

930 - 1000 Rigging

1000 - 1100 Lecture – Starting/Upwind Tactics

1100 - 1130 Lunch

1130 - 330 Sailing drills on the water

430 – 500 Concluding debrief

For additional information please contact Doug Paine at:
Sailingissues@cox.net
619 287-9446

Send an email to Sailingissues@cox.net if you plan on attending so we can determine the approximate number of sailors