

Santa Barbara Laser Clinic

June 12th and 13th

Come kick off the summer sailing season with a special Laser Clinic hosted by the Santa Barbara Youth Sailing Foundation!



Who: Any sailor interested in improving their boat handling and tactical strategies.

What: This clinic will be taught by David Hochart, with assistance from SBYSF Instructors. The clinic will include classroom lectures, on the water drills, and video debriefings as outlined below

When: June 12th and 13th

Cost: \$40 for Adults and Juniors, before the early registration deadline of June 10th (\$50 after June 10th). Free for SBYSF Race Team members.

Please register online at www.duncanshea.com/sbyc . We are not able to accept credit cards; please make checks payable to "SBYSF".

Saturday – June 12th

8:30 - 9:00	Registration and Check-In	SBYC Fleet Room
9:00 - 11:00	Classroom Lecture	
	- Goal Setting – Creating a “game plan”	SBYC Fleet Room
	- Laser Technique	
	- Course Strategy	
	- Boat on Boat Strategy	
11:00 - 12:00	Rigging, tips, and lunch	Boat Ramp
12:00 - 4:00	Sailing on the Water Drills	Ocean
4:00 - 5:00	De-rig	Boat Ramp
5:00 – 6:00	Video Debrief	SBYC Fleet Room

Sunday – June 13th

8:30 - 9:00	Registration and Check-In	SBYC Fleet Room
9:00 - 11:00	Classroom Lecture	SBYC Fleet Room
	- Speed = Success	
	- Starting	
	- First Beat Strategy	
	- Final Beat Strategy	
11:00 - 12:00	Rigging, tips, and lunch	Boat Ramp
12:00 - 4:00	Sailing on the Water Drills	Ocean
	Practice Races (Time Permitting)	
4:00 - 5:00	De-rig	Boat Ramp
5:00 – 6:00	Video Debrief	TBD

For more information, please contact Duncan at headcoach@sbyc.org or (805) 965-4603