

# Dave Perry Youth Training Clinic and Tactics, Strategy & Rules Seminar July 28 and 29, 2009

US Sailing Center – Long Beach, CA  
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[www.ussclb.org](http://www.ussclb.org) or [mikesego@ussclb.org](mailto:mikesego@ussclb.org)

**Who's Eligible:** The program is open to ages 12-18, or students entering the 8<sup>th</sup> grade in the fall of 2009 with a background in CFJ sailing. Some exceptions may be made for experienced younger sailors.

**Boat:** Club/Collegiate FJ

## Tentative Schedule

### Tuesday, July 28

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 Tactics, Strategy & Rules Seminar**

### Wednesday, July 29

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 per sailor who comes with a coach. \$100 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 may be available for charter for \$200.00. Sails are \$100 extra. Discount Packages for Clinic and CFJ National charters with coaching (for Nationals) may be available. 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.

**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 20, 2009. Please Fax to (562) 433-3668 if sending after July 15.**



## **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 \_\_\_\_\_