

## **Women's Race Fleet Presents: 2016 Race Clinic with Coach Abby Featherstone**

For any beginner and intermediate sailor

Sunday, June 12, 2016 \* From 9 am to 3 pm \*Lower Deck KHYC

Lunch Provided by Women's Race Fleet

Registration Fee: \$10.00 by June 5th \* Late Registration: \$15.00

Spots are limited.

Register asap with: Kim Archer @ [kimberlea.archer@gmail.com](mailto:kimberlea.archer@gmail.com)

Make Checks payable to: Women's Race Fleet

The C Fleet has invited any attendee to join them on one of their boats for the Sunday Race to get some on the water experience. If you would like to participate in this easy race after the clinic, please let Kim know.

**Race Clinic Video** [Click Here](#)      **Race Clinic Flyer** [Click Here](#)

### **DETAILS OF CLINIC:**

A mixed level keelboat clinic for women interested in racing. We will be splitting up into groups depending on skill level and taking out several Martin 242's and working on different maneuvers and boat handling techniques. There will also be a strong emphasis on land exercises and chalk talks topics like starts, tactics, racing rules, boat speed and tuning. We hope that the clinic will give any female the confidence to get out and race."

The Clinic's mission is to get women of all ages comfortable enough with sailing so that they can confidently hop on a boat as crew. Split class time will be for true beginners and intermediate level skill sets so that everyone can learn at the appropriate pace.

### Schedule

0900 Welcome and introductions

0930 Split up into two groups (beginners and intermediate/advanced)

1000 Lessons on land

1200 Lunch

1300 On the Water

1430 Hit the docks

1500 Wrap Up/ Question and Answer panel

## Lesson Plan

1000 Beginners will focus on points of sail, parts of the boat, wind direction, and rigging. Intermediate/advanced sailors will focus on flying a kite basics with an FJ (on land) and go over different positions on the boat (skipper, main, jib, and bow). If time, hit the water!

1200 Lunch

1230-1300 Participants wishing to be in a real race – head for the C Fleet area. More info on being a C Fleet Racer (click the link) be on the boats by 1230. Race starts at 2 pm.

1300 Remaining participants will learn boat-handling; straight line speed, tacks, jibes, etc.

1500 De-rig followed by a question and answer segment for those who don't mind staying a little bit longer. Open panel discussion and answer any questions sailing/racing related. Ask, someone else may have the same question .

Special thanks to: Abby Featherstone; Len Abbeduto; Julie Coll, Dorian Harris, Ski Tarnosky, WRF Officers and KHYC Staff and KHFD for the coach boat.

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