



PIB COMMUNITY
SWIM & SAIL

Put-in-Bay Community Swim/Sail 2010 Race Clinic, June 14–18, 2010 www.pibswimsail.org

Work is currently being done to plan for this year's PIB Race Clinic. Returning instructor Kate O'Brien will be joined this year by Tim Vining, a sailor and coach from Edgewater Yacht Club, and Marcie Butz who is from Florida. All are excited about jumping in and getting some time on the water and in the classroom with a group of sailors with similar goals and interests.

SCHEDULE: The finalized schedule is listed below. *The schedule has been updated from what was originally posted online.* Please note that the Opti clinic runs Tuesday through Friday and Sunday's parent meeting has been moved to Wednesday night. Parents of racers are encouraged to attend to receive information about summer travel, I-LYA Junior Race Week, race lunches, and race team fundraising. Final race team paperwork will also be completed at that time.

FOOD: As part of the clinic, dinner will be provided for the Opti sailors on Tuesday evening and for the 420/laser sailors on Wednesday. Lunch will be provided for both groups on Friday. After lunch on Friday, racers will load boats for Saturday travel to Sandusky. On all other clinic days, sailors should plan on heading home for lunch and a break or eating before they arrive.

Come ready to sail and, if possible, bring an empty one-gallon Arizona ice tea or Arnold Palmer container or something similar to use as a bailer.

Questions should be directed to Jane O'Brien: 440-227-0626.

Coaches: Kate O'Brien 440-313-5804
Tim Vining 216-272-0119
Marcie Butz 321-960-9573

2010 FINAL RACE CLINIC SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9 A.M.–12:30 420/Laser	9 A.M.–12 420/Laser	8 A.M.–11:30 Optis	9 A.M.–12:30 420/Laser	9 A.M.–12:30 Everyone Opti/420/ laser	7:00-PIBYC 7:30 A.M. Ferry to Sandusky
	12:30–2 Lunch	12–1:30 Lunch	12–4 420/Laser	12:30–1:30 Lunch	12:30– ? Wrap-Up Lunch / Load boats	
	2–5:30 420/Laser	1:30–4:30 420/Laser	4–5:30 Dinner and debrief	1:30–5 Optis		
		2:30-5 Optis	5 P.M. Race Team Parent Meeting			
		5-6 Opti Dinner/ debrief				

ONE WEEK LONG RACE CLINIC—GOALS

Goals for 420 sailors:

- Properly rig /de-rig entire boat (inc. spin)
- Tie all necessary knots
- Launch efficiently and dock safely
- Sail upwind - using tell tales and paying attention to boat speed
- Sail downwind
- Flying a spinnaker
- Tacking and gybing in different wind conditions.
- Roll tacking
- Keeping the boat flat (trap)
- Understand the skipper and crews jobs—know how to make each others' job easier
- Weight placement and its importance
- Knowledge of the different courses they will sail
- An understanding of the start sequence
- Line sights, line sag, starting techniques
- General knowledge of sail controls and what they do
- Understanding headers and lifts
- Seeing puffs and lulls
- Quick efficient mark rounding
- an understanding of responsibilities for regatta travel.
- General knowledge of sportsmanship and rules—basics of protesting—Execute a 720

Goals for Laser sailors:

- Properly rig and de-rig (put their own mast up)
- Launch and dock safely
- Sail upwind
- Be conscious of proper weight placement
- HIKING
- Roll tack
- Tacking through waves
- Gybe both S and C
- Sail downwind
- Pumping and steering through waves
- Knowledge of sail controls and when to adjust them
- Steering with weight
- Understanding headers and lifts
- Seeing puffs and lulls
- Quick efficient mark roundings
- an understanding of responsibilities for regatta travel.
- General knowledge of sportsmanship and rules—basics of protesting—Execute a 720

Goals for optimist sailors:

- How to properly rig and de-rig the boats
- Tie all necessary knots
- Check for sail ties
- Launch efficiently and dock safely
- Steer on a tow
- Hold the tiller and mainsheet properly
- Be conscious of weight placement
- Sail upwind
- Recover from irons
- Understand tell tales—sailing in the groove
- Tack
- Gybe (safely even in heavy air)
- Hiking
- Sailing in waves – avoiding bow diving
- Righting a capsized – bailing efficiently
- Sail downwind
- Endurance (what it is like to spend all day at a regatta)
- Understand sail controls and what they do
- An understanding of a basic start sequence
- an understanding of responsibilities for regatta travel.
- General knowledge of sportsmanship and rules—basics of protesting—Execute a 720

More advanced optimist sailors:

- Roll tacking
- Seeing puffs and lulls
- Basic understanding of headers and lifts
- Quick efficient mark roundings
- Understanding of line sights, favored ends, timing