



## 2018 ODP Racing Clinic

Organized by the Olympic Development Program

Hosted by Miami Yacht Club

November 23-25, 2018

### NOTICE OF CLINIC

Posted September 19, 2018

#### CLINIC INFORMATION

This Racing Clinic is an Olympic Development Program (ODP) sponsored event open to sailors across the country. The ODP will be providing Olympic-level coaching to work with attending sailors and coaches across the fleets. The three day clinic will comprise of morning group presentations, on the water drills and racing. The clinic will be comprised of Youth and Olympic classes, outlined below. Sailors who wish to attend the clinic should fit into the criteria outlined below.

#### CLASSES

Youth Classes\*: Laser Radial, 29er, i420, Nacra 15

Olympic Classes: FX, 470, Laser U21, Radial U21

\*Youth Classes sailors **must** be accompanied by their coach from their team or regional program.

#### CLINIC PARTICIPANT CRITERIA

- High Skill Level: Currently at the top of their respective class in their region
- Youth Classes sailors must be accompanied by coach
- Must bring own boat or arrange own charter
- High Commitment Level: Sailors should be passionate about the sport and personally driven. They should have an existing training plan executed with a coach
- High Fitness Level

#### INVITATIONS

*Youth Classes:* Invitations for the Youth Classes will be issued to regional program/team coaches and team leaders. Each team is invited to send a coach or coaches with sailors at a 1:8 coach to sailor ratio (1:3 for Nacra 15). Attending team coaches must confirm their acceptance of the invitation by November 1 and send their team roster to [MeredithCarroll@ussailing.org](mailto:MeredithCarroll@ussailing.org). Sailors and coaches must register for the event by November 1<sup>st</sup> in Regatta Toolbox.

*Olympic Classes:* Invitations for the Olympic Classes will be issued directly to the invited sailors. Invited sailors must confirm their acceptance of the invitation by registering by November 1.



## REGISTRATION

All attending Youth Classes sailors\*, Olympic Classes sailors, and Youth Classes coaches must register individually for the clinic by November 1<sup>st</sup>. Registration can be completed [via this link](#). The registration is important for information and waiver retrieval, there is no fee from US Sailing to attend this clinic. *Registration is not complete until the electronic waiver has been signed.*

\*Youth Classes sailors must note which coach or team they are attending with in the appropriate section during registration:

COACH OR TEAM NAME

## EQUIPMENT

Attending sailors must bring their own boat or arrange their own charter.

Attending Youth Classes coaches must bring their own coach boat or arrange their own charter.

## MEALS/WATER

Attending sailors and coaches must bring their own reusable water bottle. Water refill stations are available at MYC. No meals will be provided, sailors are to bring their own lunches and post-sailing snacks to eat during the clinic days.

## PRELIMINARY SCHEDULE

|                                      |                                      |                                                                                                                                      |
|--------------------------------------|--------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Wednesday-Thursday<br>November 21-22 | All day                              | Arrival days – boat drop off at MYC                                                                                                  |
| Friday November 23                   | 0900<br>1000<br>1130<br>1230<br>1800 | Rigging<br>Morning presentation (all classes)<br>Individual class briefings<br>On the water drills<br>Dismissed                      |
| Saturday November 24                 | 0900<br>1000<br>1130<br>1230<br>1800 | Rigging<br>Morning presentation (all classes)<br>Individual class briefings<br>On the water drills<br>Dismissed                      |
| Sunday November 25                   | 0900<br>1000<br>1130<br>1230<br>1700 | Rigging<br>Morning presentation (all classes)<br>Individual class briefings<br>On the water drills<br>Derigged and dismissed by 1700 |
| Monday November 26                   | All day                              | Departure day – boats leave MYC                                                                                                      |



## VENUE

This clinic is being generously hosted by Miami Yacht Club. MYC is located at 1001 MacArthur Causeway, Miami, FL 33132. Visiting sailors and coaches are asked to be respectful to staff and members who will also be on site during this time. Sailors and coaches are to keep their boats and gear in the designated areas for the clinic and clean up after themselves.

## ARRIVALS/DEPARTURES

The designated arrival and departure days for the clinic are Wednesday November 21 and Monday November 26, respectively. In order to arrive earlier or leave later, you must coordinate in advance directly with Florencia Barletta at Miami Yacht Club ([florenciabarletta@gmail.com](mailto:florenciabarletta@gmail.com) or 786-413-2180) and be aware that a site fee will apply. MYC's daily boat storage fee is \$5/day + tax and there is an additional fee of \$10/day + tax for training. These rates are for boat storage and training **outside** of the designated clinic days. There is no site fee for clinic attendees associated with boat storage from Wed Nov 21- Mon Nov 26 and training Fri Nov 23-Sun Nov 25.

## TRAILER/OVERNIGHT PARKING

There is no trailer or car overnight parking available at MYC. Trailers must depart MYC after boats are unloaded. There are two overnight lots nearby: Jungle Island (covered spaces available) and a Public Parking lot run by the city. Clinic attendees must arrange their own trailer storage directly with the parking lot companies.

## COACHBOATS

The same terms for arrivals, departures and trailer/overnight parking apply to incoming coach boats. MYC has one crane hoist and two launch ramps that can be used for attending coaches to launch their coach boats. Coach boats will be stored during clinic days at MYC's J dock or on sheltered moorings.

## PARKING

There is free day parking available at MYC during the clinic for sailors and coaches driving themselves. Cars may not be left at MYC overnight.



## CHARTERS & TRANSPORT

**Lasers** - Based on demand, a limited number of Laser charters might be made available by Laser Performance. To indicate interest in chartering, please make note during your registration and/or e-mail [meredithcarroll@ussailing.org](mailto:meredithcarroll@ussailing.org) to express your interest in a charter.

**29ers** – Zim Sailing has two 29er charters to offer. They are also offering transport services from the Northeast to Miami. Contact Carson Turowski for more information: [carson@zimsailing.com](mailto:carson@zimsailing.com)

KO Sailing will be providing a limited number of 29er charters. [More information can be found here.](#)

## DISCOUNTED HOTEL OPTION

[Mutiny](#) - November 21-25, 2018 in Miami, FL

- \$179 per night, plus tax **One Bedroom Superior Suite** with King or Queen bed and a Queen sleeper sofa.
- \$279 **Two Bedroom Superior Suite** with 2 bathrooms, 2 King beds, and a Queen sleeper sofa.

**Amenities:** *Full kitchen & laundry facilities in apartment, free wi-fi access, fitness center, beautiful pool, restaurant and bar facilities, valet parking. The MUTINY is a luxury apartment and located on BAYSHORE DRIVE.*

**Parking:** *Valet parking is available at \$28 per day with unlimited in/out privileges.*

**Cancellations:** *Reservations must be cancelled at least 15 days prior to check-in to avoid a penalty of one night room and tax*

**Booking:** to book, contact Elizabeth Kratzig at Sailing Team Travel.

[Sailingteamtravel@gmail.com](mailto:Sailingteamtravel@gmail.com) or 305-753-5224. Or book directly with the Mutiny: Ask for Claudia and mention the ODP Clinic rate.

## FURTHER INFORMATION

For further information, please contact:

Meredith Carroll, Youth Development Manager  
[MeredithCarroll@USSailing.org](mailto:MeredithCarroll@USSailing.org)  
401-342-7949

For early arrivals/late departures to MYC, please contact:

Florencia Barletta  
[florenciabarletta@gmail.com](mailto:florenciabarletta@gmail.com)  
786-413-2180