

## ADVANCED RACING CLINIC - GENERAL INFORMATION

### Training Program

Our primary goal is to offer you the very best in individual instruction, **Naval Academy** experience, take-home training materials, and safe operating environment. The purpose of our camp is to provide you with an educational environment to learn about and develop finer points of contemporary match and team racing. The daily schedule will combine classroom instruction with on the water drills and be followed up with debrief of tactical situations, strategy, and umpire feedback. Sailors will receive individual attention. The training will be



complemented with video of day's practice sessions. Each sailor will receive a copy of **Contemporary Team Racing** (computer animated discussion of tactics and strategy), and a copy of **both** team racing and match racing call books.

### Sample Daily Schedule

TIME	EVENT	LOCATION
0715	Wake Up	<b>Bancroft Hall</b>
0730	Breakfast	<b>King Hall</b>
0800-1000	Morning Session One	<b>Robert Crown Center</b> On water – Severn River
1000-1200	Morning Session Two	<b>Robert Crown Center</b> On water – Severn River
1200-1300	Lunch	<b>King Hall</b>
1300-1500	Afternoon Session One	<b>Robert Crown Center</b> On water – Severn River
1500-1700	Afternoon Session Two	<b>Robert Crown Center</b> On water – Severn River
1700-1800	Dinner	<b>King Hall</b>
1830-2000	Evening Session	<b>Robert Crown Center</b> Classroom

## **Enrollment**

The day camp and overnight camp are open to sailors who are between thirteen and eighteen years old. Sailors are expected to be experienced dinghy racers. The coaches will select applicants from the applications received by the application deadline and inform all applicants of their acceptance, wait list or deferral status within one week. NOTE; Early applicants may receive early acceptance and all spots may fill up BEFORE the application deadline.

## **Day Campers**

Except for the first and last days, the advanced racing clinic starts at 8:00 AM and ends at 8:00 PM. On day 1, all participants should check in at 7:00PM at the Robert Crown Center for a 7:30 meeting and those not staying at the Academy are ready for pick up at 9:00 PM. On the last day, clinic participants will arrive at normal time (8:00 AM) and will be ready for pick up at 3:00 PM.

## **Housing**

Overnight clinic participants will stay in Bancroft Hall, the dormitory of the U.S. Naval Academy. Sailors are requested to bring their own sheets, blankets and pillow for a single bed. Sailors will be roomed two, three or four per room. Accommodations are excellent. Mature, experienced male and female chaperones provide supervision in the hall and provide fun evening recreational programs.

## **Meals**

Breakfast, lunch and dinner are provided to residential sailors in King Hall - the U.S. Naval Academy dining hall. Lunch will be provided to day campers. Snack and juice machines are located in sailing clinic area.

## **Rules And Regulations**

Upon acceptance in the clinic, each sailor will be provided with the rules. While the aim of the camp is to accommodate each athlete with an enjoyable and worthwhile experience, the right is reserved to send home any sailor who does not conduct himself/herself in a favorable manner.

## **Items to Bring**

- Sailing Gear (boots, pfd, gloves, spray top)
- Bedding and towel for rooms in Bancroft Hall Dormitory
- Money for snacks
- Notebook