

WIND Clinic Schedule

July 9-11, 2008

Cascade Locks, Oregon

Every day will begin at the beach. Sunscreen is a must!

0800 – 0830	Calisthenics & stretching (coaches' choice)
0830 – 0930	Preparation for fleet to sail
0930 – 1130	On the water (coaches' choice)
1130 – 1330	Lunch on the beach. Chalk talks
1330 – 1530	On the water (coaches' choice)
1530 – 1730	Boats on the beach. Boat care. Chalk talk
1730 – 1830	Move to dinner area, unwind
1830	Dinner at Marine Park
After dinner	Coaches' discussion & debrief
Last day (Friday)	early release 1600. Dinner on your own with parents or chaperone. Prepare for Regatta on Saturday & Sunday.

All times are approximate and may change; however, start time is fixed. Be there promptly!