



2009 WIND Clinic Schedule

July 8-10, 2009

Cascade Locks, Oregon

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

0800-0830	Calisthenics & stretching
0830-0930	Rig and prepare for sailing
0930-1130	On-the-water drills (coaches' choice)
1130-1330	Lunch & chalk talk on the beach
1330-1530	On-the-water drills (coaches' choice)
1530-1730	Return to beach and unrig boats. Chalk talk on the beach.
1730-1830	Move to dinner area, unwind.
1830	Dinner at Marine Park. After dinner discussion & debrief.

Friday's session ends at 1600. Plan for dinner on your own with parents or chaperone (and prepare for WIND Regatta on Saturday & Sunday!)

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

For more information, contact Jan Visser at jan@ussailing.net.