



2019 ODP WEST CLINIC

Organized by US Sailing Olympic Development Program
Hosted by St. Francis Yacht Club, San Francisco, CA

August 31-Sept 2, 2019

NOTICE OF CLINIC

Posted July 30, 2019

CLINIC INFORMATION

This 2019 ODP West Clinic is an annual Olympic Development Program (ODP) sponsored event for invited sailors from across the country to train in the Youth Worlds classes: 29er, i420, Nacra 15, Radial, and RS:X. The ODP, with support from Quantum Racing, will be providing Olympic-level coaches for each fleet to lead the group briefings/presentations and work with the attending Regional Program coaches and sailors.

APPLICATION/INVITATION

New for 2019, there are two ways to attend the clinic:

-Qualify to be invited by placing in the top 3 in the 2019 Youth Worlds Qualification Series or top 2 at the 2019 U.S. Youth Championship. Sailors who have qualified to be invited will train directly with the ODP provided fleet coaches. E-mail invitations will be sent directly to the sailors.

-Attend with your Regional Program. Regional Programs are invited to apply to attend the clinic. Regional Programs must send a coach to the clinic to work with their sailors and alongside the ODP fleet coaches and other Regional Programs. Regional Programs must adhere to a 6:1 sailor to coach ratio (4:1 for Nacra 15s). Applications to attend are due August 11th. Regional Programs will be notified of acceptance on a rolling basis as applications are received.

REGISTRATION

Sailors invited to attend the clinic must register in advance via the ClubSpot and complete an online waiver. Sailors attending with a Regional Program must note their Program and Coach name in their registration. Registration is due August 14th.

CLINIC PARTICIPANT CRITERIA

- High Skill Level: Currently at the top of their respective class in their region
- Sailors coming through their Regional Program 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: sailors should have an existing fitness program to compliment their sailing training
- US Sailing Membership Required



PRELIMINARY SCHEDULE (subject to change)

Saturday, August 31	0900 0900-1800	Sailors to be rigged and ready Clinic (group briefing > individual fleet briefings > sailing > individual fleet debriefs)
Sunday, September 1	0900 0900-1800	Sailors to be rigged and ready Clinic
Monday, September 2	0900 0900-1700 1700	Sailors to be rigged and ready Clinic Debriefed and derigged by 1700

HOST INFORMATION

St. Francis Yacht Club, with support from the St. Francis Sailing Foundation and the Belvedere Cove Foundation, is generously hosting us for this event, providing us with rooms to hold briefings, boat storage and a prime location to launch from for training in the Bay! Remember we are invited guests during this time, so please be respectful to staff and members.

- Location: 99 Yacht Rd, San Francisco, CA 94123
- Showers are available for use after sailing (towels available on site)

ARRIVAL & DEPARTURE

Sailors should arrive on Friday August 30th to drop off their boats and rig before the clinic begins on Saturday morning. Sailors can depart with their boats on Monday evening after the clinic concludes at 5pm or by the end of the day on Tuesday September 3rd. Requests for early arrivals or late departures can be sent to the StFYC Race Coordinator, Grace Carick (GCarick@StFYC.com) between the office hours of Wed-Friday 2pm-5pm.

ACCOMODATIONS

Sailors are responsible for arranging for their own accommodations. Elizabeth Kratzig with Sailing Team Travel (SailingTeamTravel@gmail.com) may have discounted hotel options in the area.

BOATS AND COACH BOATS

All sailors and Regional Program Coaches are responsible for bringing their own boats & coach boat or arranging their own charter. St Francis Yacht Club has a limited number of Radials available for charter. Contact acorpuzlahne@stfyc.com for details. Vela LA also has Radial and coach boat charter options. Contact Tim directly for further details and availability: charters@vela-la.com | 844.216.9607

INFORMATION FOR COACHES

Invited Regional Program Coaches must attend the clinic to work with their group of invited sailors. Each coach may invite up to 6 of their sailors/teams depending on the fleet (with the exception of the Nacra fleet which should have up to 4 teams per coach). At the clinic, invited Regional Program Coaches are to collaborate with the ODP hired fleet coaches and other Regional Program Coaches in the same fleet.

FURTHER INFORMATION

For further information please contact:
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