



2019 ODP East Clinic

Organized by the Olympic Development Program
Hosted by Miami Yacht Club

October 12- 14, 2019

NOTICE OF CLINIC

Posted July 31, 2019

CLINIC INFORMATION

This ODP East Clinic is an annual Olympic Development Program (ODP) sponsored event open to sailors across the country. The ODP, supported by Quantum Racing, 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 Worlds classes, outlined below. Sailors who wish to attend the clinic should fit into the criteria outlined below and follow the directions in the application/invitation section below to attend.

CLASSES

Youth Classes: 29er, i420, Laser Radial, RS:X

CLINIC PARTICIPANT CRITERIA

- High Skill Level: Currently at the top of their respective class in their region
- Regional Program 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
- Must be a US Sailing member

APPLICATION / INVITATIONS

Youth Classes:

-**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 September 12th. Regional Programs will be notified of acceptance on a rolling basis as applications are received.



REGISTRATION

All attending sailors and coaches must register individually for the clinic by September 12th. Registration for invited sailors 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.*

Sailors must note which Regional program and coach they are attending with in the appropriate section during registration.

EQUIPMENT

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

Attending Regional Program 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

Friday October 11	All day	Arrival days – boat drop off at MYC
Saturday October 12	0900 1000 1130 1230 1800	Rigging Morning presentation (all classes) Individual class briefings On the water drills Dismissed
Sunday October 13	0900 1000 1130 1230 1800	Rigging Morning presentation (all classes) Individual class briefings On the water drills Dismissed
Monday October 14	0900 1000 1130 1230 1700	Rigging Morning presentation (all classes) Individual class briefings On the water drills Derigged and dismissed by 1700
Tuesday October 15	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 Friday October 11 and Tuesday October 15, 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 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 Friday Oct 12 - Tues Oct 15 and training Sat Oct 12-Mon Oct 14.

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. Member cars or boats at MYC can absolutely not be blocked in by ODP cars or trailers during the clinic. We will not be invited back if this happens!



CHARTERS & TRANSPORT

Private charter companies may provide boats if there is demand. Please make a note during your registration if you'd be looking for a charter and/or email meredithcarroll@USSailing.org. Stay tuned for information on the event page in the ClubSpot.

HOUSING/ACCOMODATIONS

All sailors are responsible for arranging their own housing/accomodatoins for the duration of the clinic. Hotels and Airbnbs on the downtown side of Miami (west of MYC) are recommended or Coconut Grove. Discounted hotel options may be made available by Sailing Team Travel. Stay tuned for information on the event page in the ClubSpot.

FURTHER INFORMATION

For further information, please contact:

Meredith Carroll, Youth Development Manager

MeredithCarroll@USSailing.org

401-342-7949

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

Florencia Barletta

florenciabarletta@gmail.com

786-413-2180