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

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Friday October 11</td>
<td>All day</td>
<td>Arrival days – boat drop off at MYC</td>
</tr>
<tr>
<td>Saturday October 12</td>
<td>0900</td>
<td>Rigging</td>
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<tr>
<td></td>
<td>1000</td>
<td>Morning presentation (all classes)</td>
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<tr>
<td></td>
<td>1130</td>
<td>Individual class briefings</td>
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<td></td>
<td>1230</td>
<td>On the water drills</td>
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<td>1800</td>
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<tr>
<td>Sunday October 13</td>
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<td>Rigging</td>
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<td></td>
<td>1700</td>
<td>Derigged and dismissed by 1700</td>
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<tr>
<td>Tuesday October 15</td>
<td>All day</td>
<td>Departure day – boats leave MYC</td>
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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/ACCOMMODATIONS
All sailors are responsible for arranging their own housing/accommodations 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:
Florenicia Barletta
florenziabarletta@gmail.com
786-413-2180