



2019 ODP Racing Clinic

Organized by the Olympic Development Program

Hosted by Miami Yacht Club

November 29- December 1, 2019

NOTICE OF CLINIC

Posted July 31, 2019

CLINIC INFORMATION

This Racing Clinic is an 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 and Olympic 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, Nacra 15, Laser Radial, RS:X

Olympic Classes: 49er, FX, 470, Laser, Radial

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 (not already qualified via YWQ) 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 October 29th. Regional Programs will be notified of acceptance on a rolling basis as applications are received.

Olympic Classes: Invitations for the Olympic Classes will be issued directly to the invited sailors. Invited sailors must confirm their acceptance of the invitation by registering by November 1.



REGISTRATION

All attending Youth Classes sailors and Olympic Classes sailors must register individually for the clinic by October 29th. Registration 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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| Wednesday-Thursday November 27-28 | All day | Arrival days – boat drop off at MYC |
| Friday November 29 | 0900 1000 1130 1230 1800 | Rigging Morning presentation (all classes) Individual class briefings On the water drills Dismissed |
| Saturday November 30 | 0900 1000 1130 1230 1800 | Rigging Morning presentation (all classes) Individual class briefings On the water drills Dismissed |
| Sunday December 1 | 0900 1000 1130 1230 1700 | Rigging Morning presentation (all classes) Individual class briefings On the water drills Derigged and dismissed by 1700 |
| Monday December 2 | 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 Wednesday November 27 and Monday December 3, 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 Wed Nov 27- Mon December 3 and training Fri Nov 29-Sun Dec 2.

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

29ers: race-ready 29ers available to charter from 2NINER. Contact Phil for details: 954-257-9495

Coach boats: available to charter from Professional Coach Boats. Contact info@professionalboats.com for more details.

Lasers: Laser Performance has charters available for this clinic. Contact Coco for more details: 203-981-4385 or coco.solsvig@laserperformance.com

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. Sailing Team Travel has negotiated a discounted hotel offer for the Mutiny Hotel located in Coconut Grove. 1 BR Suites at \$179/night + tax and 2 BR Suites at \$249/night + tax. **In order to take advantage of the deal, rooms must be booked by October 30th.** Contact Elizabeth to book: SailingTeamTravel@gmail.com or 305-753-5224

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:

Florenca Barletta

florenciabarletta@gmail.com

786-413-2180