

Orlando Women's Match Racing Clinic & Regatta Rollins College, January 23 – 25, 2009

Intro to Match Racing

As part of a world wide promotion of match racing, WIMRA and North U are organizing a series of match racing clinics. This domestic series parallels WIMRA's (WIMRA.org) world wide schedule of clinics. Since 2007 dozens of clinics have been held on five continents.

Lake Virginia, Rollins College, January 23-25.

The three day Rollins event is open to Women and will include both an optional clinic on Friday, January 23 and a regatta on Saturday and Sunday, January 24 & 25. A complete schedule is posted at NorthU.com

Why Match Racing?

You'll learn all about dial-ups, circling, lead/push, the hook, shift left, and a slew of other match racing tactics and techniques. When you try it you will find Match Racing to be a captivating form of sailboat racing – fully engaging, relentlessly exciting, and great fun. Not only that, but it will improve your fleet racing skills.

Curriculum

The Match Racing Clinic Curriculum was created by Dave Perry and Liz Baylis with assistance from North U. The course combines shoreside sessions with on the water drills and races.

The clinic is targeted to racing sailors. Prior match racing experience is not required. This clinic will use Geary 18 with spinnakers. Enrollment is limited.

Lead Instructor

North U Director Bill Gladstone will lead the Rollins clinic. In addition to his extensive racing and match racing experience, Bill has over thirty years experience teaching sailing. Graduates of his programs are winning races in fleets the world over.

Registration & Information

The Registration Fee is \$250.00 per BOAT (crew of 3) or \$100 per person registering alone. The fee includes the clinic, regatta, course materials, use of the boats, snacks and lunches each day. The Friday clinic is optional for teams with spinnaker experience.

To get more information and to sign up visit:

www.northu.com

Or call or email Bill Gladstone or Fran Wainer at North U.

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2008 Rollins Clinic Participants



Racing at the 2008 Rollins Clinic



More action from 2008 Rollins Clinic

North U.
WIMRA