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## WELCOME TO THE 2013 CISA ADVANCED RACE CLINIC

Here are a few important reminders before the weekend gets rolling.

### Packing List

- Sailing gear – just because it is Southern California does not mean that it is warm, pack in layers
- Wetsuit and/or full spray gear
- Spray Top/Dry Top
- Base layer
- Boots
- Hat
- Sunglasses
- Sun block
- Gloves
- Towel
- Shore side clothes
- Warm layers for morning and evening talks
- Workout clothes
- Running shoes
- Refillable water bottle
- Copy of health insurance card
- Notebook & pen/pencil for chalk talks
- Spare parts
- Small tool kit
- Sail repair tape

### Schedule

Sailors need to be at ABYC at 8:00 am each morning and will likely be onsite until 8:30 pm each night. **Sailors must notify the CISA Staff if they will not be there for any reason during those hours.** CISA will provide lunch, a snack when they get off the water and hot dinner. Sailors should eat a hearty breakfast at their housing before arriving each morning (do not plan on the ABYC snack bar being open every day) and if you like snacks on the water during the day bring them with you. The detailed daily schedule is attached.

### Work Out

Each morning and afternoon CISA Trainer Harry Legum of [Annapolis Sailing Fitness](#) will be working with the kids. Be prepared for an intensive workout. Sailors should have appropriate gear for running and doing exercises on the lawn. If a participant needs to sit out for a portion of the exercise they need to arrive with a note from their doctor explaining what they can/cannot do.

### ACT

If you are taking the ACT Test you need to notify the CISA office before Friday and let us know what time you anticipate arriving, and ideally make arrangements to have your boat ready to go. If you are sailing a doublehanded boat your skipper/crew should rig and have the boat ready to go for when you arrive.

### TRAILERS

Anyone arriving before Friday, after 5pm on Friday or planning to leave their trailer at ABYC after Tuesday night needs to make arrangements with the ABYC Office for yard storage. ABYC's hours and contact information is available here: <http://www.abyc.org/contact.cfm>

**ABYC OFFICE NUMBER: 562-434-9955**

# 2013 CISA Clinic Schedule

## Saturday, April 13, 2013:

### Boathandling

8:00 Arrive  
8:00-9:00 Sailors register, rig, and launch boats  
9:00-9:30 All sailors meet upstairs: Morning group lecture  
9:30-10:00 Split into fleets for small group coaching: focus on plan for the day  
10:00-12:00 On the water  
12:15-1:00 Lunch – staggered by class  
1:00-1:30 Fleet meeting: prepare for afternoon session  
1:30 - 5:10 On the water  
5:10 - 5:30 De-rig, change, snacks served  
5:30 - 6:30 De-brief with video  
6:30 Dinner  
7:30-8:30 Evening Program



## Sunday, April 14, 2013:

### Boatspeed

8:00 Arrive  
8:00-8:45 Sailors rig and launch boats.  
8:45-9:15 All sailors meet upstairs: Morning group lecture  
9:15-9:45 Split into fleets for small group coaching: focus on plan for the day  
9:45-12:15 On the water  
12:15-1:00 Lunch - staggered by class  
1:00-1:30 Fleet meeting: prepare for afternoon session  
1:30 - 5:10 On the water  
5:10 - 5:30 De-rig, change, snacks served  
5:30 - 6:30 De-brief with video  
6:30 Dinner  
7:30-8:30 Evening Program



## Monday, April 15, 2013:

### Tactics

8:00 Arrive  
8:00-8:45 Sailors rig and launch boats.  
8:45-9:15 All sailors meet upstairs. Morning group lecture  
9:15 - 9:25 Group photo on lawn  
9:25-9:45 Split into fleets for small group coaching: focus on plan for the day  
9:45-12:15 On the water  
12:15-1:00 Lunch - staggered by class  
1:00-1:30 Fleet meeting: prepare for afternoon session  
1:30 - 5:10 On the water  
5:10 - 5:30 De-rig, change, snacks served  
5:30 - 6:30 De-brief with video  
6:30 Dinner  
7:30-8:30 Evening Program



## Tuesday, April 16, 2013:

### 2013 CISA Championship Regatta

8:00 Arrive  
8:45 Competitors meeting  
9:30 Harbor Start  
10:00 Start of the first race  
Multiple races with lunch on the water  
3:30 Video review of racing, snacks served  
4:00 Awards

