

2016 CISA Clinic Schedule

Saturday April 2, 2016:

Boathandling

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| 8:00 | Arrive |
| 8:00 - 9:00 | Sailors register, rig, and launch boats |
| 9:00 - 9:20 | All sailors meet upstairs: Morning group briefing |
| 9:20 - 9:50 | Fitness warm-up |
| 9:50 - | Split into fleets for small group coaching: focus on Boathandling |
| 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 3, 2016:

Boatspeed

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| 8:00 | Arrive |
| 8:00 - 8:45 | Sailors rig and launch boats |
| 8:45 - 9:00 | All sailors meet upstairs: Morning group briefing |
| 9:00 - 9:30 | Fitness Warm-up |
| 9:30 - 10:00 | Split into fleets for small group coaching: focus on Boatspeed |
| 10:00 - 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 4, 2016:

Tactics

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| 8:00 | Arrive |
| 8:00 - 8:45 | Sailors rig and launch boats. |
| 8:45 - 9:15 | All sailors meet upstairs: Morning group briefing |
| 9:15 - 9:25 | Group photo on lawn |
| 9:30 - 10:00 | Fitness warmup |
| 10:00 - 10:30 | Split into fleets for small group coaching: focus on Tactics |
| 10:30 - 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 5, 2016:

Campaign/Training Camp Management

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| 8:00 | Arrive |
| 8:00 - 8:45 | Sailors rig and launch boats. |
| 8:45 - 9:00 | All sailors meet upstairs. Morning group lecture |
| 9:00 - 9:30 | Fitness warmup |
| 9:30 - 10:00 | Split into fleets for small group coaching: focus on Campaigning and Training |
| 10:00 - 12:15 | On the water |
| 12:15 - 1:15 | Lunch |
| 1:15 - 2:30 | On the water |
| 2:30 - 3:00 | De-rig, change, snacks |
| 3:00 - 4:00 | De-brief with video |
| 4:00 | Awards |



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