

We are one week away from the start of the 2016 CISA Advanced Race Clinic so it is time to start sending out some reminders.

Clinic Director Robbie Dean has a great clinic planned for all of you. Below is the Guest Speaker Schedule and the Coaching Lineup.

Guest Speaker Schedule

- Saturday Night Brian Camet and Riley Gibbs will be talking about the Hydrofoil Kiteboard Racing
- Sunday Night Bill Hardesty will be sharing his knowledge about what it takes to be at the very top of the game, and how to have some serious fun along the way.
- Monday Night Taylor Canfield will be talking about the World Match Racing Tour.

Coaches:

Lasers: Brendan Casey and Edward Wright
29ers: Jonny Goldberry, Cameron Biehl, Riley Gibbs
I420s: Adam Roberts
Radials: Stephanie Roble, Sean Kelly, Lisa Ross
C420s: Joey Mello, Jackson Benvenuti, Adam Corpuz-Lahne

Housing information will be out soon. Every time someone changes plans the whole grid has to be reshuffled. Sailors, if you are arriving on Friday you are responsible for your own arrangements from your house/the airport to your host family's house (if flying in we recommend Super Shuttle). Tuesday after everything is packed up you are responsible for getting back home/to the airport (once again, we recommend Super Shuttle).

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. You are not required to come early but if you are local and want to drop off your boat on Friday the yard will be open until 5pm. The coaches will provide time to rig your boat Saturday morning so there is no reason to arrive earlier than 8am. 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.

All trailers will be stored across the street in the public parking lot. You will unload and load your trailer from the public lot (trailers will never enter the ABYC parking lot). We will tag them for you Friday afternoon/Saturday morning. Anyone arriving before Friday or planning to leave their trailer at ABYC after Sunday night needs to make arrangements with the ABYC Office for yard storage (there may be fees involved with leaving your boat there beyond the clinic dates). ABYC's hours and contact information is available here: <http://www.abyc.org/contact.cfm>



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Sailors need to bring clothes to workout in each day (this includes running shoes). The workouts will be on the grass/beach so dress accordingly (it can be damp in the morning).

LABEL EVERYTHING WITH YOUR NAME AND PHONE NUMBER!!! You would be amazed how much gear we give to the sailing center each year after the clinic because it is not labeled. With 80 kids there are bound to be multiple bags, spray tops, life jackets, etc that look exactly like yours.

Packing List

- Sailing gear – just because it is Southern California does not mean that it is warm, pack some extra layers
- Wetsuit and/or full body gear
- Spray Top/Dry Top
- Base layers
- Boots
- Small Dry Bag to store extra gear in coach boat
- 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

We're looking forward to another amazing clinic. Be prepared to learn a lot and have some fun!