

## **C420 WIND Clinic 2024**

### **Day 1 - July 8**

0900-1030

Arrival, check in, pre-rigging  
Label back of boats with team names

1030-1115

Welcome & Introductions  
Venue info/safety- leaving the beach, rigging safety (rudder safety line, bow line, bailers), tie things in, knowing your limits  
Expectations-work ethic, camaraderie, encouragement, team work, here to learn  
Self care- hydrating, food, sunscreen, proper attire  
Group activity (team building)  
Agenda review- quick overview of what we will work on during the clinic

1115-1230

Boat setup and settings  
Calibrate Halyard 16'3"  
Base: Tension 28 Rake 20'9" High Bridal (how to know if bridal is in proper position-boom at center line, leeward edge should not go slack.  
Medium: Tension 28-29 Rake 20'6" Medium Bridal  
Heavy: Tension 29 Rake 20'3" Low Bridal for vang tension  
Super Heavy: Max low on pins with max tension Very Low Bridal

1230-1300

Lunch and dress for afternoon sailing

1300-1315

Briefing for afternoon drills-proper trapping technique  
Capsize recovery techniques  
Launching procedures  
Split into two groups

(Leaving 30ish minutes for launching)

1400-1600

Objective- assess skill levels and identify low hanging fruit improvements  
Warm up drill- Figure 8, w/ trapping if windy enough  
Follow the leader into upwind tacking on whistle  
Follow the leader into downwind whistle drill; set, gybe, douse (wind/skill level permitting)

1600-1700

De-rig, debrief, and refuel

## **Day 2-July 9**

0945

Rigged and ready by this time

1000-1030

Morning briefing

Trapping technique continued

Communication-productive and effective

Boat balance- bow in the water vs. bow out of the water

1030-1100

On land demos

Possible spinnaker discussion

1100-1130

Early lunch with afternoon on water plan discussion

1130-1200

Getting ready and launching

1200-1500

Break into two groups

Upwind practice with focus on trapping and sail trim-crew trims main drill

What to communicate

What to prioritize

Basic downwind drill

1500-1600

De-rig, video debrief, and refuel

## **Day 3-July 10**

0945

Rigged and ready by this time

1000-1030

Morning briefing

Downwind sailing

Know your role

Sense of urgency with elegance

Boat speed

Weight placement

1030-1230

On-the-water drills

Two groups

Long downwind from the beach

1230-1300

Lunch on shore, morning debrief

Afternoon briefing-Starting technique

Golden rules  
Confidence in your line knowledge  
Where is the playground?  
Knowing your strengths and weaknesses  
Knowing what faze you are in  
Starting plan matches your upwind game plan

1300-1500

On water drill

2-minute drill

1500-1600

De-rig, video debrief, and refuel

#### **Day 4-July 11**

Big Picture Day-Putting it all together (Racing)

0945 Rigged and ready by this time

1000-1030 Morning briefing/Early Lunch

1030-1200 Warm Up Drill

1200-1500 Racing drills

1500-1600 De-rig, debrief, and refuel

#### **IMPORTANT EQUIPMENT/GEAR YOU SHOULD HAVE**

-2 bailers; one with tie in line, one with velcro

-measuring tape and tension gage

-electrical tape

-clear packaging tape

-sharpie markers

-extra line

-extra pins and split rings

-large syringe

-note book