

## BAY AREA YOUTH MATCH RACING CLINIC

MARCH 17-19, 2023

Organized by Bay Area Youth Sailing (BAYS) &  
The San Francisco Yacht Club

with support from the Belvedere Cove Foundation, the Richmond Yacht Club Foundation,  
and the St. Francis Sailing Foundation



### NOTICE OF CLINIC

*This Clinic will be coached by Dave Perry. Dave Perry was the coach for the 2009-2012 US Women's Olympic Match Racing effort, and is a five-time U.S. National Match Racing champion and a two-time Congressional Cup champion.*

Dave will coach the tactics and strategies needed to be competitive and successful in Match Racing on the National level, including the Pre-Start, Upwind and Downwind Tactics, and Killing Penalties. On the water, Dave will run the sailors through all the scenarios, with on-the-spot feedback, and video replay after sailing. In addition, he will give much instruction and feedback on how to handle the spinnaker and sail the RS 21 fast.

**HOST:** The San Francisco Yacht Club in Belvedere, CA. The Club's website with address and directions is [www.sfyc.org/](http://www.sfyc.org/)

**TARGET SAILORS:** The clinic is targeted for Bay Area youth sailors ages 14 – 24 (high school and college) who are interested in learning more about match racing, and in raising their sailing skill level. No match racing or keelboat sailing experience is needed or expected. And experienced match racers are welcomed.

#### **TO REGISTER:**

Registration can be found on The San Francisco Yacht Club website, [sfyc.org](http://sfyc.org) > Youth Sailing > Clinics & Other Events. Direct link: <https://theclubspot.com/register/regatta/wbtFR1y88n/class>

**Sailors should register as teams of 4 sailors.** Registration will be on a first come-first served basis until the clinic is filled. **Register as soon as possible.**

**BOATS:** The boats used will be the San Francisco YC's RS 21s, with the possibility to include J/22s if more than 7 teams register.

**WEIGHT LIMIT:** There will be no weight limit for this event.

**ENTRY FEE:** The clinic fee is \$50 per sailor, which includes coaching with video replay, and dinner Friday and Saturday evening. Coaches are free and welcomed. (Coaching and boat charter fees are covered by generous grants.)

**DAMAGE AGREEMENT:** A \$500 damage agreement will be required from every participating sailor. Sailing positions and boats may be rotated and everyone must sign to be covered. The maximum \$500 outlined in the agreement only covers the "first" incident and an additional \$500 will be required for any additional incidents.

**SCHEDULE:**

**Friday, March 17**

3:00 - meet at San Francisco YC – on-water training in boathandling and boatspeed for match racing

6:15 - dinner

7:00 - 9:00 - Intro to Match Racing and the Prestart

**Saturday, March 18**

9:00 - meet at San Francisco YC – The Match Racing Prestart continued

11:30 – rig, lunch and dress on shore

1:00 - on-water training doing Prestarts and upwind and downwind tactics

6:15 - dinner

7:00 – 9:00 - video replay and How the Penalty System works

**Sunday, March 19**

9:00 - meet at San Francisco YC - Downwind & Penalty Killing tactics

11:30 - on-water Training and Racing (bring lunch on boat)

4:00 - debrief and wrap-up

5:00 - end clinic

**MEALS, WATER & PFD:** Sailors are on their own for breakfast, and should bring their own lunches on Saturday and Sunday. Dinner will be provided Friday and Saturday. Sailors should bring a refillable water bottle, PFD, and sailing gear appropriate to the weather.

**FOR MORE INFORMATION on the host club logistics or registration, contact:**

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