## **2016 CISA Clinic Schedule**

Saturday April 2, 2016:	Boathandling	
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	<b>UANTUM</b>
1:30 - 5:10	On the water	0/11110/11
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:	<u>Boatspeed</u>	
8:00	Arrive	
8:00 - 8:45	Sailors rig and launch boats	KAFNON
8:45 - 9:00	All sailors meet upstairs: Morning group briefing	P O L A R I Z E D
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	<b>/</b>
1:00 - 1:30	Fleet meeting: prepare for afternoon session	WEST COAST SAILING
1:30 - 5:10	On the water	OWN 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:	<u>Tactics</u>	
8:00	Arrive	
8:00 - 8:45	Sailors rig and launch boats.	
8:45 - 9:15	All sailors meet upstairs: Morning group briefing	RESPECT THE ELEMENTS
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	Rita. 4 R.
1:00 - 1:30	Fleet meeting: prepare for afternoon session	= DEFYING MOTHER NATURE =
1:30 - 5:10	On the water	— DEFTING MOTHER NATURE —
5:10 - 5:30	De-rig, change, snacks served	
5:30 - 6:30	De-brief with video	1
6:30 7:30-8:30	Dinner Evening Program	C %
7:30-8:30  Tuesday April 5, 2016:	Evening Program	ANDEC HOTEL C
8:00	Campaign/Training Camp Management  Arrive	AYRES HOTELS
8:00 - 8:45	Sailors rig and launch boats.	OF SOUTHERN CALIFORNIA
8:45 - 9:00	All sailors meet upstairs. Morning group lecture	www.ayreshotels.com
9:00 - 9:30	Fitness warmup	
9:30 - 10:00	·	าg
9:30 - 10:00 10:00 - 12:15	Split into fleets for small group coaching: focus on Campaigning and Training	ng
10:00 - 12:15	Split into fleets for small group coaching: focus on Campaigning and Trainin On the water	ng
10:00 - 12:15 12:15 - 1:15	Split into fleets for small group coaching: focus on Campaigning and Trainin On the water Lunch	ol a perceire
10:00 - 12:15 12:15 - 1:15 1:15 - 2:30	Split into fleets for small group coaching: focus on Campaigning and Trainin On the water Lunch On the water	GLADSTONE'S
10:00 - 12:15 12:15 - 1:15	Split into fleets for small group coaching: focus on Campaigning and Trainin On the water Lunch	GLADSTONE'S

4:00

**Awards**