



**California International Sailing Association  
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**FOR IMMEDIATE RELEASE**

**April 3, 2014**

**37<sup>th</sup> CISA Advanced Racing Clinic – April 5-8**

*Long Beach, CA*

With a week off from school, more than one hundred of America's best young sailors from the East Coast to Hawaii will spend Saturday through Tuesday in another classroom: the California International Sailing Association's 37<sup>th</sup> annual Advanced Racing Clinic, held at Alamitos Bay Yacht Club.

CISA Clinic Director Andrew Campbell, 2008 US Olympian and now a member of the Oracle America's Cup team commented, "I'm really excited to be directing the CISA Clinic again this year. We're reformatting a bit this year to expand our coaches' impact on the sailors through four full days of clinic. That will be in addition to our great tradition of high intensity fitness, great evening speakers and presentations, and awesome conditions off ABYC. I'm excited to have the support of the US Olympic Team with USST Development Director Leandro Spina as well as performance specialist Fuzz Spanhake joining us on the coaching staff fresh from Palma. It's going to be a great week. "

The annual CISA Advanced Racing Clinic has been at the forefront of top level clinics for top US aspiring sailors and has been seen as the kick-off for most high level racing. The sailors will have intensive on-the-water and classroom training in Lasers, Radials, 29er, I420, C420 and CFJs. Laser full rig sailor Richard Didham commented, "I have attended the CISA clinic for the past 4 years in a row now and every year, I leave the clinic as a stronger and smarter sailor than I had been before." Didham has continued to climb in the results over the past few years and will be off to collegiate sailing ranks this fall. Traveling from Oklahoma, Radial sailor Kelly Cole is "...looking forward to the CISA clinic because I have never been. I can't wait to sail in a new location and make new friends. I am also looking forward to all the great coaches they have lined up and new skills I will learn."

Several of the teams attending the ISAF Youth Worlds to be held in Tavira, Portugal this July will also be using CISA as their pre-training event including 29er skipper Quinn Wilson. Wilson commented that "CISA is always a great event to solidify our early season training. The clinic always attracts top competitors and the coaches tend to really put everybody through rigorous drills and competition settings that are hard to duplicate elsewhere. I personally love the challenge because it's really intense. Great psych up for the rest of the season leading into the summer."

Coordinating with the US Olympic Sailing Committee, the I-420 has been in the CISA fleet since 2004 offering the pathway to the Olympic 470. Campbell D'Eliscu, switching from the 29er to the I420 commented, "The CISA clinic is hands down the best clinic of the year. From the coaches to the hard hours on the water, the clinic allows you to take your sailing to the next level by getting out of your comfort zone."

Evening programs are scheduled after dinner and will include CISA Board member Pete Melvin who will be talking about his recent role in the America's Cup and the new rules. Tom Burnham from Quantum Sails will be lead a panel discussion on managing a campaign and sailing program for top results with the USST Fuzz Spanhake as the final speaker, talking about sail dynamics and set ups.

The coaching staff will include 3 Olympians and current sailors training for Rio in 2016 as well as previous Olympic campaigners and coaches. The staff includes: Canadian Olympians Lisa Ross and David Wright, US Olympian Andrew Campbell, Mike Kalin, Robbie Dean, Cameron Biehl, Zack Brown, Sydney Bolger, Tom Burnham, Ryan Minth, Joey Mello, Steph Roble, Jay Kehoe, Jimmer Montgomery, Zack Maxam and Harry Legum of Annapolis Sailing Fitness to lead the daily workouts designed for sailors.

CISA, founded in 1971, supports amateur sailors by providing travel grants for regional, national and international competition and also funds local sailing programs and racing clinics. The CISA Advanced Racing Clinic is sponsored by Gill NA Sailing Gear, Ayres Hotels and Kaenon Polarized sunglasses as well as the use of the Alamitos Bay Yacht Club facilities.

Unlike other nations, the U.S. has no federally supported assistance programs for its amateur sportsman or for the development of young talent. CISA, a 501 (c)3 organization, relies on contributions of corporations and individuals to provide support of amateur sailors. Because it is non-profit and tax-exempt, all contributions are tax deductible.

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