## **2006 CISA Clinic Schedule**

Saturday, Api	ril 8th: Boathandling
8:00	Arrive
8:00-9:00	Sailors register, rig, and launch boats
9:00-9:30	All sailors meet upstairs: Morning group lecture
9:30-10:00	Split into fleets for small group coaching: focus on plan for the day
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
1:30 - 5:10	On 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
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Sunday, April	<del></del>
8:00	Arrive
8:00-8:45	Sailors rig and launch boats.
8:45-9:15	All sailors meet upstairs: Morning group lecture
9:15-9:45	Split into fleets for small group coaching: focus on plan for the day
9:45-12:15	On the water
12:15-1:00	Lunch - staggered by class
1:00-1:30	Fleet meeting: prepare for afternoon session
1:30 - 5:10	On 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
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7:30-8:30  Monday, April 8:00 8:00-8:45 8:45-9:15 9:15 - 9:25 9:25-9:45 9:45-12:15 12:15-1:00 1:00-1:30 1:30 - 5:10 5:10 - 5:30 5:30 - 6:30 6:30 7:30-8:30  Tuesday, April 8:00	Evening Program  It 10th:  Arrive  Sailors rig and launch boats.  All sailors meet upstairs. Morning group lecture  Group photo on lawn  Split into fleets for small group coaching: focus on plan for the day  On the water  Lunch - staggered by class  Fleet meeting: prepare for afternoon session  On the water  De-rig, change, snacks served  De-brief with video  Dinner  Evening Program  It 11th:  2005 CISA Championship Regatta  Arrive  Competitors meeting  Harbor Start
7:30-8:30  Monday, April 8:00 8:00-8:45 8:45-9:15 9:15 - 9:25 9:25-9:45 9:45-12:15 12:15-1:00 1:00-1:30 1:30 - 5:10 5:10 - 5:30 5:30 - 6:30 6:30 7:30-8:30  Tuesday, April 8:00 8:45 9:30 10:00	In the sailors rig and launch boats.  All sailors meet upstairs. Morning group lecture Group photo on lawn  Split into fleets for small group coaching: focus on plan for the day On the water  Lunch - staggered by class  Fleet meeting: prepare for afternoon session  On the water  De-rig, change, snacks served  De-brief with video  Dinner  Evening Program  Il 11th: 2005 CISA Championship Regatta  Arrive  Competitors meeting  Harbor Start  Start of the first race
7:30-8:30  Monday, April 8:00 8:00-8:45 8:45-9:15 9:15 - 9:25 9:25-9:45 9:45-12:15 12:15-1:00 1:00-1:30 1:30 - 5:10 5:10 - 5:30 5:30 - 6:30 6:30 7:30-8:30  Tuesday, April 8:00 8:45 9:30 10:00	It 10th: Tactics Arrive Sailors rig and launch boats. All sailors meet upstairs. Morning group lecture Group photo on lawn Split into fleets for small group coaching: focus on plan for the day On the water Lunch - staggered by class Fleet meeting: prepare for afternoon session On the water De-rig, change, snacks served De-brief with video Dinner Evening Program  It 11th: 2005 CISA Championship Regatta Arrive Competitors meeting Harbor Start Start of the first race with lunch on the water
7:30-8:30  Monday, April 8:00 8:00-8:45 8:45-9:15 9:15 - 9:25 9:25-9:45 9:45-12:15 12:15-1:00 1:00-1:30 1:30 - 5:10 5:10 - 5:30 5:30 - 6:30 6:30 7:30-8:30  Tuesday, April 8:00 8:45 9:30 10:00 Multiple races 3:30	In the sailors rig and launch boats.  All sailors meet upstairs. Morning group lecture Group photo on lawn  Split into fleets for small group coaching: focus on plan for the day On the water  Lunch - staggered by class  Fleet meeting: prepare for afternoon session  On the water  De-rig, change, snacks served  De-brief with video  Dinner  Evening Program  Il 11th: 2005 CISA Championship Regatta  Arrive  Competitors meeting  Harbor Start  Start of the first race
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