

## 2006 CISA Clinic Schedule

### Saturday, April 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

### Sunday, April 9th:

### Boatspeed

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

### Monday, April 10th:

### Tactics

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 - 9:25	Group photo on lawn
9:25-9:45	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

### Tuesday, April 11th:

### 2005 CISA Championship Regatta

8:00	Arrive
8:45	Competitors meeting
9:30	Harbor Start
10:00	Start of the first race
Multiple races with lunch on the water	
3:30	Video review of racing, snacks served
4:00	Awards