

Rochester Match Racing Clinic

Friday evening, May 23 – Sunday, May 25

with Liz Baylis

Intro to Match Racing

As part of a world wide promotion of match racing, North U is organizing a series of match racing clinics. This domestic series will run parallel to WIMRA's (WIMRA.org) world wide schedule of clinics. In 2007 clinics were held in Argentina, Brazil, New Zealand, Slovenia, St. Maarten and Tortola, as well as New York.

Rochester Yacht Club, May 23 – 25

The Rochester Intro to Match Racing clinic will start with a classroom session on Friday evening, May 23 and run all day Saturday and Sunday, May 24 and 25.

A complete schedule is posted at NorthU.com

Why Match Racing?

You'll learn all about dial-ups, spiralling, lead/push, the hook, shift left, and a slew of other match racing tactics and techniques. When you try it you will find Match Racing to be a captivating form of sailboat racing – fully engaging, relentlessly exciting, and great fun. Not only that, but it will improve your fleet racing skills. But really, the reason to match race is the fun.

Curriculum

The Match Racing Clinic curriculum was created by Dave Perry and Liz Baylis with assistance from North U. The course combines shoreside sessions with on the water drills and races.

The clinic is targeted to racing sailors. Prior match racing experience is not required. This clinic will use pairs of J22s, and Sonars. The clinic will be non-spinnaker. Enrollment is limited.

Liz Baylis

The clinic leader will be clinic creator and master instructor Liz Baylis – Executive Director of WIMRA, and reigning US Women's Match Racing National Champion.

Registration & Information

The Registration Fee is \$250. The fee includes the full clinic, course materials, use of the boats, snacks and lunches each day.

In addition, a \$250/ person damage deposit will be required (by check or credit card) at check in on Friday evening.

Space is limited. Registration is first come/ first served.

For local information contact Cory Sertl:

<corysertl@gmail.com> or 585-482-3977.

To get more information and to sign up visit:

www.northu.com, call 203 245 0727 or email Fran Wainer at North U. <Fran@NorthU.NorthSails.com>



2007 Brazil Clinic Participants



Racing at the New York Clinic



Snapshot from Curriculum Video

North U.

WIMRA