

Bow to Stern Boating Center Oriental, NC

January 23 & 24, 2016

Great Winds + Waters + Boats = GREAT SAILING



***While we are in between the fall and spring sailing seasons ...
whether you are sailing 420s or FJs ...
come join us for a weekend long race clinic to jump start your spring regattas!***

What is the Program...

Bow to Stern Boating Center would like to invite all high school and college sailors to join us for a two day racing clinic. We are happy to have Max Plarr, Head Varsity Coach @ Christopher Newport University, as our trainer all weekend. We plan to have both morning and afternoon training sessions, utilizing RaceQs for on-boat recorded dynamics and effective de-briefs. We'll focus on key racing techniques with classroom theory, followed by on-water drills and short races. With RaceQs, we can de-brief the sailing very precisely, then take those learnings back onto the water for the next session. With morning and afternoon sessions for two days, we expect significant opportunities for the sailors to learn and incorporate those learnings into their sailing habits.

Who is this Program Designed For...

All college and High School Sailors who want to improve their sailing skills. Come as an individual, captain and crew, or an entire team. Just be prepared to improve your skills, get faster, meet lots of other sailors, and have a great time.

When is this happening...

Saturday January 23rd & Sunday January 24th. Sessions starting at 9am daily, finishing by 5:00pm Saturday and between 3 & 4pm Sunday. Plan to arrive some time Friday night to get a good start on Saturday.

What does it cost ...

Sailor / Coach -	\$195
Parent -	\$ 95

Where is this happening...

Bow to Stern Boating Center, 290 Blackwell Point Loop Rd., Oriental, NC 28571 (252-474-6000)

What does it include...

Friday - Overnight Accommodations.

Saturday - Breakfast, Morning Training, Lunch, Afternoon Training, (Dinner on your own), Evening Rules and College Sailing Seminar, Social for Everyone, and Overnight Accommodations.

Sunday - Breakfast, Morning Training, Lunch, Afternoon Training

Everything you need except transportation and dinner Saturday night.

FAQs...

What is RaceQs?

RaceQs is a 3D, animated race replay and each boat is equipped for it. Once back on shore you will be able to watch the replay to evaluate your performance in 3D. Analyze tack, starts, mark roundings, rule violations, and much more. It gives you a visual replay of the entire day that you can fast forward, back up and/or stop, so you can discuss any and all situations. This is great for analyzing the actual cluster of boats rounding the leeward mark and determining who really had rights and why.

The following are a few links which show RaceQs in action.

https://www.youtube.com/watch?v=vJ2Da_WAbHE

<https://www.youtube.com/watch?v=HSybmzUgrQ>

<https://www.youtube.com/watch?v=m7KZofS679A>

Is there a minimum or maximum number of sailors per team?

We have 18 boats, and can secure more if needed. We will take boat reservations on a first reserved basis. You can bring as many sailors as you like regardless of the number of boats you reserve.

Do I have to come as part of a team?

NO, Individuals, skipper and crew, or whole teams are welcome. Just let us know how many boats you want to reserve.

Can coaches/parents attend and what should they expect?

You can attend as a coach or parent. Both will receive meals, and accommodations. Coaches will also be able to listen in and participate on all instructional sessions, use chase boats to participate/learn/coach on the water, and be able to gain a great deal of valuable knowledge from Coach Plarr. Parents can watch from the shore and enjoy Oriental's small town hospitality.

What are Oriental's waters like?

An "Open Water" venue near the mouth of the Neuse River which is 4 miles wide and regularly sees 15+ knots of wind and choppy water. Just under the bridge, on Smith Creek and Green's Creek, is an "Inland Water" venue with swirly and spotty winds in wide sheltered waters. Experience all of the common trouble areas with the exception of current.

What boats will we be using?

A matched fleet of 18 FJs. All equipped for RaceQs. We hope that our new sails are also here by the clinic (no guarantees)

What will the weather be like?

Winter weather in Oriental runs the whole range of conditions. Highs in the 50s or warmer with great wind is very possible. If it is too cold or snowing (highly unlikely) we will cancel the weekend with a full refund.

What do I wear?

The 120 degree rule will be in place, so proper attire is required. Wetsuits, dry suits, or other cold temp attire must be worn by all sailors.

What if I do not have all of the proper clothes?

We have extra wet suits of all sizes to help keep you sailors warm, just let us know so we can reserve one for you. Bow to Stern is also a Zhik dealer and will be extending big discounts (20% +) for gear purchased by participants. Please call ahead with orders and we will have your items here prior to the weekend.

What if a “winter Storm” is predicted?

If an actual winter storm or extreme conditions are predicted and would prevent a productive session - we would cancel the clinic by Monday prior with a full refund.

When is registration?

You need to register your team by January 10th. We will take late registrations if space allows. At the time of registration you will need to know the number of boats required and an estimate of the number of people needing overnight accommodations.

How do we register or ask other questions?

Call Jim Edwards at Bow to Stern Boating Center, **252-474-6000**. We will take the information needed and answer any other questions. Payment for the weekend is required at the time of registration. A 100% refund will be given if cancelled due to low enrollment or bad weather conditions. A confirmation will sent after your registration has been confirmed.

For online registration follow the link below. *(This will be available on the evening of 12/14/15)*

<http://www.bowtosternboating.com/group-programs> and push the Winter Weekend Training Registration Button.