



Laser Frostbite Mini-Clinic

Big Blue Sailing Academy

January 6, 2019 (10am – 2 pm)

Old Dominion University Sailing Center

Fee \$50.00

This BYOB, on-the-water, racing clinic is targeting the experienced Laser (standard or radial) racer who wants to extend the season and get the most out of their sailing. The clinic will continue the topics from the November clinic with an on the water focus and racing. Topics will include boat setup, rigging and sail trim, advanced boat handling, upwind and downwind technique... We will have a short briefing in the classroom, launch for a progressive set of drills, followed by some races, and finish with a debriefing.

Age limit is 13 and above.

Sailors should bring their own lunch and water bottle. Hot Chocolate will be provided for the debriefing.

Limited charters may be available for \$20.00 per day.

All participants are expected to have the skills and ability to safely operate a Laser sailboat (standard or radial rig) in the normally expected weather conditions with minimal assistance. Additionally participants should have the appropriate winter sailing apparel including lifejacket, and wetsuit or dry-suit.

The clinic director and coach will be Mitch Brindley. Mitch is the Head Sailing Coach for Old Dominion University with over 25 years coaching experience at the youth, collegiate, national and international level in a variety of one-design class dinghies with extensive experience in Laser and Laser Radials. Some notable athletes coached include: Anna Tunnicliffe (2008 Olympic Gold Medal Laser Radial), Sally Barkow, Brad Funk, US Sailing Team AlphaGraphics Laser Team 2009, Rob Crane, Erika Reineke, Zach Railey (2009 Skandia Sail for Gold – Bronze in the Finn class), and Stephanie Roble. Additionally Brindley has coached and conducted clinics at various US Sailing Championships.

To register go to <https://bigbluesailing.wufoo.com/forms/2019-frostbite-miniclinic-copy/>

www.BigBlueSailingAcademy.com

Big Blue Sailing Academy is independently run and not a University sponsored program.