

## 2021 Elite Laser Training Program at ODU

**Purpose:** Provide professional instruction, race training, and coaching in Laser Radials (4.7 or Laser Standard also suitable) for dedicated and experienced youth sailors in the Chesapeake Bay region utilizing the facilities and expertise of the Old Dominion University Sailing program. The program will be conducted and managed by Big Blue Sailing Academy, LLC.

**Curriculum:** Weekly training will include boat handling, boat speed, sail trim, one design tactics and strategy, video analysis, and age-appropriate conditioning and fitness. Other topics will include nutrition, event preparation, weather strategy, and mental focus.

**Staff:** The Program Director and Head Coach will be **Mitch Brindley**, head coach at Old Dominion University. Over 27 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. Brindley has coached and conducted clinics at various US Sailing Junior Championships.

Assistant Director and Coach: **Morgan Collins**, Assistant Coach Old Dominion University. Morgan has extensive Laser Radial coaching and sailing experience. While a team member at Old Dominion, she qualified for the LaserPerformance Singlehanded National Championships four years in a row. And as a youth sailor she finished second at the US Sailing Junior Women's Singlehanded Championship. In addition to collegiate coaching Morgan is a frequent coach for US Sailing at national youth clinics and regattas.

Technical Director: **Tyler Colvin**, Assistant Coach Old Dominion University. Tyler has extensive coaching experience, at the youth and collegiate level. His specialty will be technical analysis.

**Program Schedule:** The nominal weekly training schedule will be Monday– Friday (9:00am-4:00pm June 14 – Aug 6. The day after a regatta will be a day-off. We are modifying our schedule to partner with Hampton Yacht Club and alternate training at HYC every two weeks where the team will work with Vir Minon. For the weeks at ODU, register with Big Blue Sailing Academy; session at Hampton, register with HYC. Actual training dates will vary based on regatta travel schedule. Participants are encouraged to participate in travel regattas as part of the Big Blue Sailing Academy Race Team. Maximum 12, minimum 6. Fee: \$634 for each two-week session. Sessions 4 & 5 are one week for \$325. (Boat charter is an additional fee).

Fee includes travel-training days, but not away regatta coaching fees and travel related expenses. If availability exists, participants may register on a weekly basis for \$350 per week. Sailors are encouraged to have their own boats. Limited chartered boats may be available for additional fee.

**Facilities:** Rigging, launching, and all instruction will take place at the Old Dominion University Sailing Center. Boat storage will be available and limited charters will be available from Old Dominion University Sailing.

**Coaching Fee:** Additional daily regatta coaching fees and travel expenses may apply for the travel group attending out of area events coached by Big Blue Sailing Academy coaches.

**Register:** <https://bigbluesailing.wufoo.com/forms/wg8wgt81hc62g9/>

### 2021 Elite Youth Laser Radial Schedule

**Youth Laser Radial Training program:** June 14 – Aug 6, Monday - Friday (9:00am – 4:00pm). Actual dates will vary based on regatta travel schedule. And the day after a regatta will normally be a day-off.

Session	Dates	Time	Location	Fee	Notes
Preseason	June 7-11 M-F	1:30-5:30	ODU Sailing Center	\$ 176	Prep for ILCA Nationals
1	June 14-25 M-F	9:00-4:00	ODU Sailing Center	\$ 634	ILCA Nationals 18-21,
2	June 28-July 9	9:00-4:00	HYC	\$ 634	(Sign up with HYC)
3	July 12-23	9:00-4:00	ODU Sailing Center	\$ 634	
4	July 26-30	9:00-4:00	HYC	\$ 325	(Sign up with HYC)
5	Aug 2-6	9:00-4:00	ODU Sailing Center	\$ 325	

US ILCA National Championship                      June 18-20                      Old Dominion University Sailing Center

#### CBYRA Regattas

Fishing Bay YC Annual JR Regatta	June 26-27	Fishing Bay YC, Deltaville, VA
Annapolis Annual JR (MD States)	July 6	Annapolis YC
Sandy McVicker Regatta (MD States)	July 7	Severn Sailing Association, Annapolis, MD
Hampton YC Junior Olympics	July 10-11	HYC
NYCC Annual Junior Regatta	July 22-23	Norfolk Yacht and Country Club

#### Additional regattas to consider:

Area C Smyth Qualifier	TBA	TBA
Junior Women's Singlehanded Regional	July TBA	Old Dominion University Sailing Center?
Ware River Annual Regatta	TBA	WRYC
Carolina Yacht Club Annual	Aug 7-8	Wrightsville Beach, NC

Fee includes travel-training days, but not away regatta coaching fees and travel related expenses. If availability exists, participants may register on a weekly basis for \$350 per week. Sailors are encouraged to have their own boats. Chartered boats may be available for an additional fee.

**Restrictions:** The University and NCAA regulations prohibit limiting the attendance in any way based on skill level. The only permissible limitations on attendance are number, age, grade level and/or gender. The target age will be 14-18 with an **enrollment of 6-12 athletes.**