



**SINGLE-HANDED ONE-DESIGN
RACE TRAINING CLINIC
THURSDAY & FRIDAY, MAY 28-29, 2009
WILLOW BANK YACHT CLUB**

Taught by: Jason Evans (See next page for Resume)

Cost: \$100 per person (Bring your own boat)
Includes Lunch, refreshments and other amenities both days

Registration: Fill out and return form
Space is limited but will be reserved for WBYC Members until
May 1st, then, if there are still openings, they will be offered to non-members.



Open to: Lasers, Finns & Sunfish

SCHEDULE: Thursday & Friday
Times are approximate and will depend on wind and weather



8:00 - 9:00	Arrive & Rig boats
9:00 - 10:30	Lecture (Jr Sailing Room)
10:30 - 12:30	On the Water
12:30 - 1:30	Working Lunch (Jr Sailing Room)
2:00 - 4:00	On the Water
4:00 - 4:30	Put away boats
4:30 - ?	Wrap Up



COURSE OVERVIEW

This 2-day single-handed race clinic will have a strong focus on boat-handling skills that any sailor can transfer from one single-handed boat to another. We will be splitting the day up into classroom sessions and on the water race drills. A typical day (weather permitting) will start with a quick introduction and get right into a short description of drills that the group will be doing in the morning. This will hopefully be 60-90 minutes so that we can maximize on the water time. We'll come in for a working lunch, reviewing the morning drills and discussing learnings. Discussion will be the most important part of the two days. Jason will lead the discussion from what he observed on the water. The drills will be set up in a way that they put the sailor in situations and race specific scenarios that naturally lead to group discussions.

In the afternoon, we'll begin with an explanation of what drills and objectives will be for the afternoon session and then get right on the water. Each afternoon the on-the-water session will end with racing -- several short races that will force interactions with other sailors and situations that every sailor will encounter on the race course. At the end of each day there will be a review of learnings, what was covered, along discussion/ questions/answers. The more discussion the more everyone will get out of the two days.

Scheduling: plan to be rigged and ready to sail on Thursday by 9 AM and on Friday by 8 AM. We'll be off the water for de-rigging and briefing at 4 PM on both days

For more information, check the website www.willowbankyc.com
or call Mike Mueller (315) 637-3473 or Jason Evans (585) 857-0837

Jason Evans
140 Belcoda Dr.
Rochester, NY 14617
585-857-0837

Education: Elon University, B.A. Human Services

Sailing Employment:

Rochester Yacht Club 1993-2008, full time 2003-08 - Sailing Director/Youth Coach

- Ran and organized all youth sailing activities for the club
- Coordinated high school sailing for the 55 students from 10 Rochester schools.
- Organized and supervised training for all youth race teams and regattas
- Directed and supervised staff of 10 summer instructors.

Naples (FL) Community Sailing Program 1999-2002 Head Coach

- Ran after school youth racing program
- Coached Optis, Lasers, and 420s
- Prepared sailors for very competitive winter racing
- Focused on boat handling, sportsmanship, and safety
- Coached seven sailors onto the Opti National Team

Collier County (Naples, FL) Sailing Program - Learn to Sail Instructor

- Co-founded program
- Taught at risk youth how to sail in after school programs
- Created a nurturing, fun and safe environment for learning

Coaching strengths:

- Ability to take a complex concept and break it down into it simpler parts
- Major focus on sportsmanship, boat handling, and safety
- Helping sailors identify and reach their goals
- Keeping fun in sailing without losing focus on goals
- Spending maximum time on the water

**SINGLEHANDED CLINIC
REGISTRATION**

Name: _____ Type Boat: _____

Address: _____ Sail # : _____

City, St Zip: _____

Home Phone: _____ Email Address: _____

Work/Cell #: _____

Signature: _____ Date: _____

Please fill out and send with check for \$100 made out to WBYC to:
Mike Mueller
7814 Cheviot Court
Fayetteville, NY 13066