

announcing
THE NORTH U.S.O.D.A. MATCH RACING CLINIC
March 31 – April 2, 2023
hosted by the Long Beach Yacht Club

It is important to point out that sailors who have participated in these S.O.D.A. youth match racing clinics over the years have gone on to win the US Sailing Youth Match Racing Championship for the Rose Cup, the Intercollegiate Match Racing National Championship, the Governor's Cup and the Youth Match Racing World Championship...and they knew nothing about match racing when they first started coming to these clinics!



NOTICE OF CLINIC

The Clinic will be coached by five-time National Match Racing Champion Dave Perry, author of the *North U Match Racing Playbook*, and frequent coach at past S.O.D.A. clinics.

The clinic will cover the tactics and strategies needed to be competitive and successful in Match Racing, and will focus on the boat handling and boat speed aspects of match racing a Soling well.

TARGET SAILORS: The clinic is for Southern California sailors ages 14 and up who are interested in learning more about match racing in small keelboats, and in raising their sailing skill level. No match racing or keelboat sailing experience is needed or expected.

BOATS: The boats used will be Solings. The Damage Policy must be signed by each participant, and if under 18, their parent, guardian, or other financially responsible party.

ENTRY FEE: The clinic fee is \$150 per sailor, payable on registration. This includes the coaching, use of the boats, and dinner on Friday and Saturday evenings.

TO REGISTER: go to: [2023 LBYC SODA Clinic Homepage](#)

Registration will be on a first come-first served basis until the clinic is filled. Registration is not complete until payment is received. **Sailors are encouraged to register as soon as possible.**

All sailors must register individually. They will be put in teams during the clinic. It is expected that sailors will try different roles on the boat, including skipper if they wish.

MEALS/WATER: Dinners on Friday and Saturday evening are included in the entry fee. Participants are responsible for bringing their own lunches and water.

ACCOMMODATION: If requested well in advance, accommodation may be arranged by the host club in private homes.

SCHEDULE:

Friday, March 31:	3:00pm.....	Practice sailing with coaching
	6:30pm.....	Dinner at LBYC
	7:00pm – 9:00pm.....	Opening presentation
Saturday, April 1:	9:00am – 9:00pm.....	Clinic and Debrief
Sunday, April 2:	9:00am – 5:00pm.....	Clinic & Racing

FOR MORE INFORMATION:

Cameron MacLaren
Yachting Director



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