



Amanda Clark Junior Women's Clinic & Regatta

Shelter Island Yacht Club ~ Junior Sailing
12 Chequit Avenue, Shelter Island Heights, NY 11965
Tuesday • July 29 • 2014

We ♥ Amanda!

Shelter Island Yacht Club is proud to be the home club of Amanda Clark, the two time All-American who represented Team USA in the women's 470 class at the Olympics in Beijing (2008) and London (2012). We are delighted to welcome Amanda back for our second annual "girls only" event. Amanda will be joined by other world-class female guest coaches this year to deliver an enriching experience both on and off the water.

Girl Power!

The goal of this event is to encourage, excite, and educate junior female sailors. The program has been redesigned to encompass both fleet-specific and general sessions. Topics will include how to improve boat-handling and boat-speed, racing strategies and tactics, and a mini-regatta.

Please Note!

This event takes place the day before SIYC's Laser/420 JSA qualifier regatta. We encourage you to take advantage of this additional opportunity for female sailors. Your male sailors are welcome to arrive early as well. We will gladly integrate them into our regularly scheduled classes.

ELIGIBILITY Female Opti sailors ~ *age 11 and up (SIYC Opti III and above)*
Female Laser/C420 sailors ~ *age 13 and up*

CLASSES Optimist, Laser Radial, C420

NOTICES NOR and SI will be posted on <http://www.siyc.com/jr-program/> and on the notice board at the event

SCHEDULE 1000 check-in
1030 on-land sessions
1200 lunch
1245 harbor start for on-water drills and mini-regatta
1700 back on shore for de-rigging and ice cream
1800 finish

SAFETY All participants must wear a US Coast Guard approved PFD

COST \$75/sailor

REGISTER <http://regattatech.com/events/SIYC/GirlsAmandaClark14>
Easy online access to all necessary forms, waivers, and payment

QUESTIONS Karen Panarella at programadministrator@siycjunior.com or 631-749-1829