



AYC Spring Training Clinic

American Yacht Club

Sunday, April 18, 2021

Get your boat and team ready for the AYC Spring Regatta! AYC will be hosting a Spring Training Clinic on the afternoon of Sunday, April 18. Our AYC sailing staff will be providing on-the-water coaching for this clinic that will include speed testing, sail trim, practice starts, and also a few short races to focus on boathandling. The AYC Race Committee will be setting a starting line and a short course for practice.

All levels are welcome and we encourage any crews to come out and join us. Having a practice day before a regatta is a great way to make sure the crew, gear, and boat are ready for a successful weekend of racing.

Schedule:

1330 – Boats meet near Red Bell 42 and begin with basic setup, boathandling, and speed testing

1400 – Series of practice starts, followed by short windward/leeward races

1700 – Practice racing ends

This clinic is open to all boats from any class that have registered for the Spring Regatta. The Race Committee and coaches will be monitoring VHF Channel 71.

Please complete [this form](#) to register. There is no cost to attend.