



HYSA ADVANCED LASER CLINIC

April 15 - 17

Location: Kaneohe Yacht Club

HYSA is excited to announce a new Advanced Laser Clinic with Charlie Buckingham. Charlie has been the top US Laser sailor for the past 10+ years representing the USA in Rio 2016 and Tokyo 2020. He has been a consistent top placed competitor internationally and was Named College Sailor of The Year in 2009. Charlie is excited to work with the top sailors in Hawai'i this April.

The clinic will have 12 available spots. Selection will be made by the HYSA Committee. If there are more applicants than available spots HYSA will contact the applicants to potentially schedule a second clinic to accommodate all sailors.

Clinic Price: \$220

Link To Apply: <https://theclubspot.com/register/camp/IJSDFB3c8t/class>

Register before March 15th.

Clinic fee will include the following:

- Lunch on all 3 days.
- Pizza for debriefs on all 3 days.
- Each day will be videoed for after sailing review.
- Videos will be made available to each participant with a special video edit for each individual participant after the clinic.
- HYSA Racing Clinic Sun Shirt

Clinic Schedule:

- Friday April 15:
 - 8 - 9: Registration and Rigging
 - 9 - 10: Land Session: Boat Preparation
 - 10 - 12: Water Session: Boat Handling
 - 12 - 1: Lunch
 - 1 - 4: Upwind and Downwind Boat Speed
 - 4 - 5: Unrig/ Video Debrief
 - 5 - 6: Pizza and Olympic Path Talk
- Saturday April 16:
 - 8 - 9: Check In and Rigging
 - 9 - 10: Land Session: Sailing Fitness
 - 10 - 12: Boat Handling
 - 12 - 1: Lunch
 - 1 - 4: Upwind and Downwind Boat Speed
 - 4 - 5: Video Debrief
- Sunday April 16
 - 8 - 9: Check In and Rigging
 - 9 - 12: Water Session
 - 12 - 4: Clinic Race Day