



Advanced Laser Fall Frostbite Clinic

Big Blue Sailing Academy

November 11, 2018 (10am - 4pm)

Old Dominion University Sailing Center, Norfolk, VA

Fee: \$75.00

This one day BYOB, on-the-water clinic is targeting the experienced Laser (standard or radial) racer who wants to extend the season and get the most out of their frostbite sailing. Topics will include boat setup, rigging and sail trim, advanced boat handling, upwind and downwind technique. Methodology will include hands-on demonstration, interactive discussion, sailing drills, video, and group debriefing. Age limit is 13 and above.

Sailors should bring their own lunch and water bottle. Snacks and hot drinks will be provided for the debriefing. Limited charters may be available for \$20.00 per day.

All participants are expected to have the skills and ability to safely operate a Laser sailboat (standard or radial rig) in the normally expected weather conditions with minimal assistance. Additionally participants should have the appropriate winter sailing apparel including lifejacket, and wetsuit or dry-suit.

The clinic director and coach will be Mitch Brindley. Mitch is the Head Sailing Coach for Old Dominion University with over 25 years coaching experience at the youth, collegiate, national and international level in a variety of one-design class dinghies with extensive experience in Laser and Laser Radials. Some notable athletes coached include: Anna Tunnicliffe (2008 Olympic Gold Medal Laser Radial), Sally Barkow, Brad Funk, US Sailing Team AlphaGraphics Laser Team 2009, Rob Crane, Erika Reineke, Zach Railey (2009 Skandia Sail for Gold – Bronze in the Finn class), and Stephanie Roble. Additionally Brindley has coached and conducted clinics at various US Sailing Championships.

To register go to <https://bigbluesailing.wufoo.com/forms/2018-fall-frostbite-clinic/>

For more information, contact Mitch Brindley, 757-287-1201 or mitch@bigbluesailingacademy.com

www.BigBlueSailingAcademy.com

Big Blue Sailing Academy is independently run and not a University sponsored program.