



# North U.

## **J109 Starting Clinic**

**Sunday, June 18, 2017 @ Block Island**

**Pre-Brief: 10:00 – 11:00**

**Sailing: 12:30 – 3:30pm**

**Debrief: 4:30pm – 6:00pm**

In preparation for Block Island Race Week, North U Regatta Services is offering J109 Class Starting Clinic. The clinic will be conducted by North U Director Bill Gladstone, North U Regatta Services Coach Chuck Allen, and North Sails J109 Class Rep. Jack Orr.

### **10:00 – 11:00      Pre-Brief at BI Maritime Center**

A Pre-Brief will be held at Block Island Maritime Center. Clinic Plan & Info to be distributed via email in the weeks prior.

### **12:30 – 3:30      On the Water**

- 3 Rolling 5 minute starts.
  - Start 1: Hold lane, race to ladder rung (~1 min)
  - Start 2: Hold lane, race to ladder rung (~1 min)
  - Start 3: ~ 10 minute Windward Leeward Race
- Finish with leeward gate rounding
  
- **REPEAT this “3 Rolling Starts” 4 times for a total of 12 starts.**
- On-the-Water Coaches will provide live feedback over VHF between races
- We will also be shooting video for later review

### **4:30 – 6:00      (Optional) Debrief and Video Review at BI Maritime Center**

- Review Video
- Observations
- Q & A

**Fee:** \$175/ Boat Before June 11; \$225 thereafter.

### **Registration:**

Sign Up at [www.NorthU.com](http://www.NorthU.com) or by calling Fran or Bill at North U: 203 245-0727