



ANNAPOLIS YACHT CLUB

38°58'25.831N
076°29'8.325W

Instructor Clinic 2010 – Wednesday, June 16th

Expert Speakers on Awesome Topics:

- Designing Drills that Work**– Adam Werblow, *Head Coach, St. Mary’s College of Maryland*
- Appropriate Physical Training for Junior Sailors**– Harry Legum, *Personal Trainer to Anna Tunnicliffe, Terry Hutchinson, Annapolis Sailing Fintness*
- Secrets for Teaching Team Racing** – Liz Hall, *Two-time Team Race World Champ*
- Avoiding Tears– Tips for Teaching Young Kids** – Holly O’Hare, *Eastport YC Jr. Prgm Dir.*
- Tricks to Teaching Trap/Chute** – Adrienne Patterson, *Women’s College sailor of the Year*
- Opti Beginner to Expert Boathandler** – Jay Kehoe, *USODA World & Nat’l Team Coach*

Other presentations include:

- Motorboat Maintenance & Troubleshooting – Rainy Day Activities – – Tweaky Opti Rigging for All Kids –
- Productive On-the-Water Practices – What is Curriculum & How Do You Cure It? – Avoiding the Top 10 Mistakes of First-Year Instructors – Network with Instructors from other Clubs – Food & much, much more...

DETAILS, DETAILS...

Location: AYC Junior Clubhouse, 310 ½ 6th Street, Eastport, Annapolis, MD (410) 263-9267

Schedule:

8:30 am	Coffee, Bagels, Registration
9:00 am	Welcome & Opening Session
12:00 pm	Lunch Provided at AYC
4:00 pm	Closing Session
5:00 pm	Clinic Ends

Fee: \$50 per Instructor, Add Late Fee of \$5 after June 10. Payment due June 16th.
Cash or Checks made out to “Annapolis Yacht Club.”

Register: Pre-Registration recommended, dryan@annapolisyc.org. Please send Name, Email, Phone and Club info.

From First Year to Veteran – there is something for everyone at this one-day event. Every Club on The Bay should send their staff!
