

## August – December 2019

### Our Goals

Strategically develop youth athletes with world class methodology aimed at constant improvement.

### Methodology

Train regularly with variance of tested skills at high levels of intensity. Measure, track skill progression to meet goals.

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### LEARN TO SKIFF >> DISCOVERY

Learn fundamentals of 29er sailing.

Practice Schedule is 10am-4pm at the US Sailing Center Miami.

29er boats & trapeze equipment provided to participants.

No experience necessary.

Dates: **Aug. 24, 25, 31 & Sept. 1**

### CORE SEASON >>> MASTERY

29er Training Dates

Practice Schedule is 9:30am-4pm at the US Sailing Center Miami.

Dates:

**September 28, 29**

**October 5, 6, 12, 13, 19, 20, 26, 27**

**November 2, 3, 9, 10, 16, 17, 23, 24**

**December 7, 8, 14, 15, 21, 22**

\*Included Events

October 12-14 Girls Skiff Clinic Miami\*

Nov. 29-Dec1 ODP Clinic Miami\*

Dec. 7-8 Warm Water Regatta\*

Dec. 26-30 Open Orange Bowl

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### PRE-SEASON >>> INITIATION

29er training for novice & intermediate sailors. Learn fundamental methodology, learn path of improvement.

Practice Schedule is 10am-4pm at the US Sailing Center Miami.

29er boats & trapeze equipment provided to participants.

Dates: **September 7, 8, 14, 15, 21, 22**

### Participation Fees:

\$100/day/sailor

\$1850/ Fall Season

### Participation Fees:

\$100/day/sailor

\$425/5 days

\$500/ 7 days

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### 2020 REGATTA OUTLOOK

Feb. 15-17 MidWinter's East (YWQ1)

Mar. 14-15 Spring Skiff Fest

April 18-19 Gulf Coast Champs PYC

LEARN MORE: *2NINER ATHLETE MANUAL*