



2017 Speed and Boathandling Camp Hosted by SSA

The club 420 class is pleased to announce our first training camp! The class will provide coaches to run a full on training camp focused on Boat- speed and Boat- handling, the coaches will be helping the sailors with boat setup, sail controls and shape as well as perfecting the Boathandling they will need to compete at the top of the c420 class. This three-day camp will be filled with individual coaching, video debriefs and lots of drills to take home to help improve your speed and handling of the c420.

Coaches:

John Vandemoer, Head Coach Stanford University and c420 class Executive Director

Other Coaches to be announced soon!

Location: Severn Sailing Association, SSA Annapolis, MD

Schedule:

July 9, 2017

0900	Check in and rigging
0930	Camp Starts with c420 Coaches
1700	Camp pick up

July 10, 2017

0900	Check in and rigging
0930	Camp Starts with c420 Coaches
1700	Camp pick up

July 11, 2017

0900	Check in and rigging
0930	Camp Starts with c420 Coaches
1700	Camp pick up

Cost: \$350.00 per boat- No food will be provided. The entry fee is there to pay for coaching, coach boat use and classroom space.

Food: No food will be provided.

This camp is a great way to jump start your c420 sailing. Get great coaching and individual attention to help your boat go faster.

Any Questions contact John Vandemoer: Vandemoer@stanford.edu