



# NORTH U.



# NATIONAL ONE DESIGN SAILING ACADEMY™

# Tune Up to Win

OFFERED FOR ONLY THE 2ND TIME IN CANADA  
NORTH U. ON-WATER PERFORMANCE CLINIC



## TUNE UP TO WIN

THREE DAYS ON-WATER – 2017 North U. Performance Clinic  
North U. and National One Design Sailing Academy – Combined for Excellence

May 26, 27 and 28, 2017. Enjoy 3 full days on the water on Western Lake Ontario aboard National 1D's fleet of Flying Tiger 7.5s and quickly raise your performance race skills in time for the 2017 regatta season. There's no need to travel south to take advantage of one of Bill Gladstone's highly sought after and renowned North U. on-water racing clinics. You can get it all right here at home on Lake Ontario. Come alone or tune up your whole team! Performance race clinic's are very popular and sell out quickly – reserve your spot today.



### SPACE IS LIMITED.

There are 10 boats on the line and 50 participants. You'll have on-board coaching 50% of the time and be racing with coach boats providing coaching from off the boat at other times. This intensive course includes sailboat racing every day on the exciting...

### ONE DESIGN FLYING TIGER 7.5

As Director of Education for North U., Bill Gladstone's courses, clinics, DVDs and books are on every competitive sailor's wish list. For the first time ever, Bill is bringing this on-water performance clinic to Canada. Gladstone's advanced curriculum for this clinic has been especially designed with 1D Sailing to get experienced racers tuned up to win in 2017.

1DSAILING.COM

# DETAILED CURRICULUM

Provide training to racing sailors\* to improve their sailing and racing skills through a combination of on-the-water drills, coached training, shoreside seminar instruction with video review, and in-competition coaching. Bill's coaching team will be on hand and rotated across the fleet throughout the clinic!

Pre-Clinic: Collect relevant experience and personal info from the sailors to help in planning and refining curriculum plans.

Distribute course curriculum and plans to participants.

## Thursday, May 25

7:00 pm – 8:30 pm Registration, Briefing Wine & Cheese.

## Friday, May 26

8:00–11:00 Morning Session:

Hour 1: Dockside Demo on the Flying Tiger 7.5 as well as review of operating and safety plans and procedures. Demo to include rigging, sail trim, controls, boat handling and crew position procedures.

Hour 2–3: On-the-Water free sail around a short W–L course to become familiar with boats and practice trim and boat handling.

11:30–13:00 Midday:

1–1/2 hr Lunch and classroom review of morning session. Classroom seminar on starting tactics and spinnaker handling.

13:30–16:30 Afternoon Session:

Starting Drills: (2 hrs)

3x rolling starts (on 10 min roll) with a 1 min race to a “ladder rung” on starts 1 & 2, and short race on start 3.

Spinnaker Practice: (1hr)

W–L Course for solo practice of spinnaker work downwind (and speed testing upwind.)

17:00–18:00 Review

Video Review of sailing plus look ahead to day 2.

## Saturday, May 27

8:00–11:00 Morning Session:

Upwind and Downwind Drills

Solo and Pairs Drills around W–L and Triangle course.

Focus on Boat Speed and Boat Handling.



11:30–13:00 Midday:  
1-1/2 hr Lunch and classroom review of morning session. Classroom seminar on Trim and Boat Speed. Afternoon session planning.

13:30–16:30 Afternoon Session:  
W-L and Triangle Races with practice starts.

17:00–18:00 Review  
Video Review of day's sailing plus look ahead to day 3.

## SATURDAY NIGHT

18:00 – 20:00 Saturday Night Social  
Relax – Share Stories Laugh

## Sunday, May 28

8:00 – 11:00 Morning Session:  
W-L and Triangle Races & practice starts.

11:30–13:00 Midday:  
1-1/2 hr Lunch and classroom review of morning session. Classroom seminar on Tactics & Afternoon regatta preparation.

13:30–16:30 Afternoon Session:  
Regatta: W-L and Triangle Races with practice starts (rolling 5 min).

17:00–18:00 Review and Wrap Up Video. Review of sailing plus look ahead to summer racing season!

## Prerequisite Skills

\*Racing Sailors -- Students are required to have: sound fundamental sailing skills OR sailboat racing or crewing skills OR be part of an existing crew and carry a particular set of crew skills even if not qualified to skipper independently.

## North U. Degree

Successful Course Completion would be demonstrated through safe and skilled participation in the end of course regatta. All participants will receive a certificate of completion detailing the duration, curriculum and other details of the program.



**\$595.00 + HST**  
Before March 1, 2017

**\$649.00 + HST** after March 1st

**Teams of 5 registering  
together - SAVE 10%**

# SYNOPSIS

- On-water every day – time on the water practicing is a great start to any program
- Daily lunches and snacks are provided as well as the Saturday night social & cookout
- Planned schedule to be sure to get the most of the 3 days; including
  - Dockside demos, safety briefing and procedures, rigging, sail trim controls, boat handling and crew position review
  - On-water familiarization time with windward leeward courses to practice on
  - Classroom clinics on starting techniques and asymmetrical kites
  - Classroom clinics and video on sail trim, boat speed and tactics
  - On-board instruction, off boat coaching – practice and drills with continual review
  - W-L and Triangle solo and pairs drills
  - Speed testing
- Direct on-board coaching from the best racing experts with decades of sailing experience
- World renown North U. curriculum ensures your learning curve is very steep
- Daily reviews of you and your teammates in action with video to accelerate your learning
- The 25' Flying Tiger sport-boat is an ideal training platform with its 16' cockpit. The boat is fast and nimble responding to every minor control change but incredibly stable

## A MESSAGE FROM BILL GLADSTONE

Our North U. on-water performance race clinics have been so well received wherever we go and I am excited to work with National One Design Sailing Academy to bring the program to Canada for the very first time. It's always rewarding for me to watch the students progress.



The ability to take the knowledge you gain in our classroom sessions and immediately put it into practice along side our coaches is a marvelous way to learn. We'll focus on the interaction of sail trim and boat speed; we'll spend time on starting tactics and overall race tactics as well.

Whether you are wanting to improve your starting technique, your driving, spinnaker gybes or general crew work, this combined on-water and classroom performance clinic is a great way to jump to the next level.

**REGISTER NOW AT**

1DSAILING.COM  
1-800-825-8719  
info@1dsailing.com



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