



Sandy Douglass Clinic
855 Shoreline Drive
Thousand Acres
Swanton, Maryland 21561
Phone: 301-387-7890

Wednesday, July 25

1:00 PM - 4:00 PM: Rigging Demonstration and Boat Rigging

5:00 PM - 7:00 PM: Wednesday night races with on the water coaching and video.

7:00 PM - 9:00 PM: Dinner at club & racing analysis.

Thursday, July 26

8:30 AM - 10:00 AM: Continental Breakfast and Discussion

10:00 AM - 11:30 AM: racing rules review by Lee Coraor, and explanation of Ty's top secret starting method.

11:30 AM - 12:00 PM: Lunch & explanations of sailing drills

12:00 PM - 1:00 PM: Rig and launch

1:00 PM - 5:00 PM: On the water drills and coaching

5:00 PM- 5:30 PM: End of day review

5:30 PM - 6:30 PM Cocktail Hour

Friday, July 27

8:30 AM - 10:00 AM Continental Breakfast and Discussion

10:00 AM - 11:30 AM: Thoughts on Boat Speed

11:30 AM - 12:00 PM: Lunch

12:00 PM - 12:30 PM Rig and Launch

12:30 PM - 4:00 PM College Style Races

4:00 PM - 5:00 PM End of day review and regatta prep.