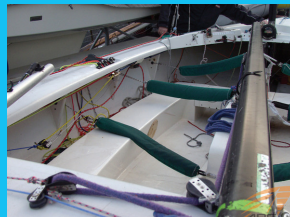




LIGHTNING LAB

June 11 & 12, 2011



Newport Yacht Club
Rochester

Sailing on
Irondequoit Bay

*Sponsored by: International Lightning Class Association
Central New York Lightning District and Newport Yacht Club Lightning Fleet #77*

MAKE 2011 YOUR BEST SAILING SEASON YET!

What is a Lightning Lab?

A Lightning Lab is typically a two day sailing clinic aimed to improve skills for Lightning sailors of all abilities. It is run by a coach with extensive experience in the Lightning. Boat handling drills, starting practice, tuning and sail trim are common themes. Video tape analysis of the day's practice is also used. Lightning Labs are a great opportunity for you and your crew. **Why?**

- Sailors of all ability levels will benefit
- Raise the level of competition in your fleet / district
- They force you to do the practicing you've been meaning to do for years
- To share ideas and techniques outside the competitive pressures of a regatta

Most sailors find that they can learn more in a two day Lab than a whole season of racing. With the help of a coach and video there is a chance to step back and get an unbiased evaluation of your sailing. No matter what your skill level there is always something to learn!



**Featuring Nick Turney
North Sails**

"I have learned a lot from listening to other sailors talk about similar topics and I am a big believer that the more you can expose yourself to information and opinions of other sailors the better you get."

Nick has been with North Sails for nearly three years. As the manager of the Cleveland office, Nick heads an operation that does everything from big boat sales, one-design sales, sail repair services, rigging, consultations, coaching, and clinics.

REGISTRATION FEE MUST BE PAID BY APRIL 15th*

(Limited to the first 15 boats.) After April 15th this Lab will be open to all Districts.

\$50 per boat (includes skipper and 2 crew**)**

Includes 3 dinners on Sat., refreshments both mornings, snack Sun. afternoon

Crew alone: \$20** Includes dinner, refreshments both mornings, snack Sun. afternoon
Extra Dinners for non-sailors are \$15 per person

SCHEDULE:

Friday evening welcome gathering: time and location TBA

SATURDAY

8:30-9:00 Coffee etc.

9:00 On-shore boat tune-up

1:00 On-the-water coaching

6:00 Debrief, Discuss and Dinner

SUNDAY

9:00 On-shore adjustments

10:00 Let's Sail!

Day ends when all of your sailing questions, concerns, needs, desires are met.

Above times are approximate. Bring your own Lunch for Saturday and Sunday. BYOB.

* Checks made payable to CNY Lightning District and received by 4/15/11.
Lori Foster, CNY District Sec/Tres., 348 Barrington St., Rochester, NY 14607

Questions? Contact Lori at: <LF348@yahoo.com> or 585.244.8386

**** Each participant must be a member of the ILCA. (membership starts at \$10.)**

http://racing.ussailing.org/One-Design/One-Design_Symposiums/Nick_Turney_s_Racing_Tips.htm