

# South Africa Match Racing Clinic

## Friday, 15 October – Sunday, 17 October 2010

### Intro to Match Racing

As part of an ongoing world wide promotion of match racing, WIMRA (WIMRA.org) is organizing a series of match racing clinics. The clinics are open to men and women, with priority enrollment to women. Since 2007 clinics have been held on five continents.

### Friday afternoon – Sunday

A clinic has been scheduled for Royal Cape Yacht Club, Cape Town, South Africa on Friday, October 15th. This is a 3 day clinic running from 8-5 each day through Sunday, October 17, 2010.

### Why Match Racing?

You'll learn all about dial-ups, circling, lead/push, the hook, shift left, and a slew of other match racing tactics and techniques. When you try it you will find Match Racing to be a captivating form of sailboat racing – fully engaging, relentlessly exciting, and great fun. Not only that, but it will improve your fleet racing skills.

### Curriculum

The Match Racing Clinic Curriculum was created by Dave Perry and Liz Baylis with assistance from North U. The course combines shoreside sessions with on the water drills and races. The 2nd edition Match Racing Clinic workbook is included with the class. The clinic is targeted to racing sailors. Prior match racing experience is not required. The clinic will use J22s with a crew of 3-4. We will be sailing NON-spinnaker during the clinic.

### Instructor

The Lead Instructor at the South Africa clinic will be course creator and Women's National and World Champion Liz Baylis.

### Registration & Information

R400-00 per person

Includes clinic, course materials, use of boats, 3 days of lunches and refreshments, and clinic dinner. You can register individually, as a partial crew, or as a full crew.

(Maximum enrollment: 25 participants; Minimum age: 15 years)

NOTE: Please bring your own PFD

### To Register

Please register with Dom Provoyeur at:

**Dominique@devonvale.co.za**

\* There will be an additional Umpire Seminar

Wednesday & Thursday evenings - contact Dom for more details.



*Brazil Clinic Participants*



*Racing at the New York Clinic*



*Snapshot from Curriculum Video*

# North U.