



**EL TORO CLINIC**  
**JANUARY 9<sup>TH</sup> & 10<sup>TH</sup>, 2010**  
*Kaneohe Yacht Club*



**REGISTRATION**  
Kaneohe Yacht Club  
Saturday 8:30 to 9:00 am

**COURSE HOURS**  
Saturday – 8:30 am to 5:00 pm  
Sunday – 8:30 am to 4:00 pm

**COST:**

\$75 for both days  
\$45 for one day, either Sat or Sun  
(*HYSYA membership is also required, see info below regarding HSYA dues & membership*)

**WHO SHOULD COME:**

Junior sailors looking to improve their basic boat handling skills. Intermediate & Advanced sailors looking to improve their starts, racing tactics and course awareness.

**WHAT TO BRING:**

Sailing gear (PDF, gloves, rash guard, UV rated sunglasses, sun screen, etc.), **LUNCH FOR SATURDAY & WATER BOTTLE.**



**OTHER INFORMATION:**

This is the first event of 2010 for Hawaii Youth Sailing Association. HYSYA membership for 2010 (\$10) is required. Membership forms and application form for the El Toro Clinic are available at [www.hyra.us](http://www.hyra.us) and at [www.kaneoheyachtclub.com](http://www.kaneoheyachtclub.com).

Contact your sailing director for information on reserving a boat for the Clinic and for Registration information or call Kaneohe Yacht Club at (808) 247-2141.

**Tentative Schedule**

**Saturday, January 9<sup>th</sup>**

8:30 am Rigging, Registration  
9:00 am Rigging Demonstration  
9:30-11:30 H2O Session 1 Theme: boat handling  
11:45-12:30 Come in for Lunch (BYO lunch),  
Boat handling review  
12:30-1:00 Second Meeting  
1:30-3:30 H2O Session 2 Boat Speed  
3:30 Sail in and De-rig  
4:00-4:30 De-Brief sailing talk  
4:30 Pizza  
5:00 pm Pick up

**Sunday, January 10<sup>th</sup>**

8:30 am Rig  
9:00 am General Meeting & Regatta Prep talk  
(Race committee procedures & rules)  
9:30 am Starting Talk  
10:00-11:30 H2O Session 3 Theme: Starts  
11:30 Snacks on the water  
12:00-1:30 Races  
2:00 Sail in and De-rig  
2:30-3:00 Load Boats  
3:00 BBQ and wrap up  
4:00 pm Go Home!

**2010 EL TORO CLINIC**  
**KANEOHE YACHT CLUB**  
**January 9 – 10, 2010**

Date: \_\_\_\_\_  
Payment Amount: \_\_\_\_\_  
Check # or Cash: \_\_\_\_\_  
El Toro Clinic: \_\_\_\_\_

**H Y S A**  
**Hawaii Youth Sailing Association**

**Participant Information:**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

**Emergency Contact for the duration of the event:**

Name: \_\_\_\_\_ phone: \_\_\_\_\_

**Fees:**

\$75.00 \_\_\_\_\_ El Toro Clinic – 2 days

\$45.00 \_\_\_\_\_ El Toro Clinic – Saturday only

\$45.00 \_\_\_\_\_ El Toro Clinic – Sunday only

Total amount: \$ \_\_\_\_\_ *Please make check payable to H Y S A*

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For registration use only

Waiver Form for 2010:  on hand  new

Emergency Medical Form for 2010:  on hand  new

Payment Method:

Check # \_\_\_\_\_  Cash  Other

Financial assistance for clinics may be requested from:  
The Hawaii Sailing Foundation, c/o Steve Thomas  
P. O. Box 1116, Honolulu, Hawaii 96807

