



The Essex Yacht Club Regatta Committee



Speed & Smarts Seminars

Presented by Dave Dellenbaugh

Saturday March 30, 9.00 am to 4.00 pm

In our sold-out 2018 seminar Dave covered Starting and the Windward Leg. This year Dave returns by popular request to complete our trip around the course with seminars on the Downwind Leg and Mark Roundings. With the 2019 sailing season starting soon Dave's tips and experience will help you gain valuable places on the race course by planning and executing the moves that will help you control your own destiny!



Downwind

The morning seminar covers the strategy and tactics of racing Downwind. Topics include making a strategic plan, windshift strategies for runs, finding better pressure, laylines, strategic rules of thumb, light versus heavy air, tactical positioning, wind shadows, fleet management, reaching strategies and more!



Mark Roundings

The afternoon seminar covers the techniques, tactics and racing rules that apply when rounding marks. Topics include turning mechanics, boat-on-boat tactics, strategic vs. tactical roundings, exit strategies, rounding a gate mark, how to finish ahead of nearby boats and everything you need to know about mark-room and more!

Dave Dellenbaugh is the publisher and editor of Speed & Smarts, the racing newsletter. During the past 20 years, Dave has taught hundreds of seminars on racing strategy, tactics, rules and boatspeed. His racing CV is stellar – four Americas Cup campaigns as tactician, a Lightning world champion, two-time Congressional Cup winner, seven-time Thistle national champion, three-time Prince of Wales U.S. match racing champion and winner of the Hinman Trophy, the U.S. Team Racing Championship. He is currently a member and past-Chair of the US Sailing Racing Rules Committee and was a coach for Team USA in the 2012 & 2016 Olympic Games

SEATING IS LIMITED - REGISTER TODAY! DETAILS OVERLEAF

Speed & Smarts Seminar Details & Registration

Seminar fee of \$40.00 (\$20.00 for Juniors under 18) includes lunch, break refreshments and seminar materials

All seminar participants receive a workbook, an issue of Speed & Smarts magazine, a Speed & Smarts pen and special discounts on all educational materials from Speed & Smarts (including subscriptions).

Schedule

0830 Doors open
0900 Morning Seminar: Downwind
1200 Buffet Lunch
1300 Afternoon Seminar: Mark Roundings
1600 Seminar ends

Sustenance

Breaks: Coffee, tea, juices and water
Buffet Lunch: Cream of Tomato Soup, Breads, Pasta
Salad, Grilled Sliced Chicken Breast, Field Greens
Salad, Freshly-baked Cookies

Seating is limited and registrations will be accepted on a first come – first served basis. If the seminar is full you will be placed on the wait list and if we are unable to seat you your registration fee will be refunded.

Seminar fees are payable with registration to reserve your place. Registration cancellations received prior to Friday March 22 will be refunded in full. Registration cancellations received on or after Friday March 22 will only be refunded if we can fill your spot from the wait list.

Registration Form

Name _____
Street _____ Town _____ State _____ Zip _____
email _____ Phone _____

Please list all attendees you are registering below

<u>Name</u>	<u>Email</u>	<u>Adult (\$40)</u>	<u>Junior (\$20)</u>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>

Payment Information (check one)

- ☐ Please bill my EYC account # _____ for \$_____ (EYC Members only)
☐ Check enclosed for \$_____ (payable to Essex Yacht Club)
☐ Credit Card. Please call the EYC office at (860) 767-8121 to pay by credit card

Please send your registration to:

My mail or hand delivery: Essex Yacht Club, 13 Novelty Lane, Essex, CT 06426
By email: email@essexyc.com
By fax: (860) 767-2674