



# Five Forts Race Clinic May 20, 2022

Presented by: Maryland Yacht Club, Quantum Sails, and CBYRA

Take your racing skills to the next level by signing up for this beginner/intermediate keelboat clinic featuring coaches from Quantum Sails Annapolis. Instruction will be held at MYC, on Rock Creek, and the Patapsco River. Daytime dockage is free. Boats desiring overnight slips will be provided a discount from MYC.

- ◆ 11:30am to 12:00pm: Boats Pre-Rig
- ◆ 12:00pm to 12:50pm: Chalk talk by an experienced coach, drill explanation & handout, and a Q&A
- ◆ 1:00pm to 4:00pm: Hit the water for practice drills with a coach boat, and video recordings
- ◆ 4:30pm to 5:30pm: Return to the clubhouse for a video debrief on “What did you learn today?” and sail trim review
- ◆ Sample drill types include: Boat Control, Acceleration, Starting, Stopping, Boat Handling, Head to Wind, Sail Trim, Mark Rounding, Sets, Douses.
- ◆ Cost to register: \$20.00/person

Register now at: <https://mdyc.org/event-4816844> Reserve a slip: <https://mdyc.org/transients>

MYC, 1500 Fairview Beach Road, Pasadena, MD 21122

39.1546° N, 76.4987° W



**MARYLAND YACHT CLUB**

