



Helsinki Down Town Clinic

June 8 – 11, 2015 for Optimist and 29er

June 9 – 11, 2015 for Laser, Zoom8, and Europe



Dear Sailors and Parents,

HSS welcomes all Laser, Europe, Zoom 8, 29er, and Optimist sailors to attend the HSS Down Town Clinic, held at HSS (Helsingfors Segelsällskap) on Liuskasaari Island, Helsinki, Finland.

The main aim of the clinic is to improve the skills of all participants during four days of intensive training and activities in inspiring company under skilled, and recognised coaches.

How to prepare for the camp

You will need your own boat and beach trolley. We also suggest bringing an extensive supply of spare parts; just the same as you would if you were attending a large, 4-day regatta. You will also need full sailing gear, including hats & buoyancy aids, along with ample warm clothing and suitable footwear. Sunshine in Helsinki during June can be vicious! Please bring sunglasses and sunscreen. Sailors will spend many hours afloat; give consideration to protective clothing for arms, legs, head and face. With long hours afloat hydration is critical. A minimum of three 1 litre drink bottles is encouraged.



Each sailor should check his or her boat carefully before the camp. Sailor's spare kit should include an absolute minimum of additional mast and boom ties, spare mainsheet blocks, mainsheet, windex, insulation tape, wet and dry sand paper, and bungee. Each boat must have liability insurance to attend the camp.

All sailing gear, clothing and equipment should be carefully named. Each sailor is responsible of his or her own property.

Programme

For Optimist and 29er the Down Town Clinic Camp runs this year from Monday to Thursday, June 8 – 11. For Laser, Zoom8, and Europe the clinic dates are Tuesday to Thursday, June 9 – 11. The Clinic will be held at HSS in Liuskasaari. The days start at 10.00 am at HSS in Liuskasaari.

Time must be allowed for the transportation of boats from the mainland to the island where HSS is located. In the initiation of the camp, from 8.00 to 9.00 am, there will be RIBS available to bring the sailors and their gear across the channel. Ms. Pia Grönblom will meet the sailors at the dock of Café Carusel (marked with number 5 on the map) for the transportation.

Clinic participating sailors may travel on the HSS ferry for free. Each sailor is entitled to one ticket with which the sailor's parent is entitled to a free passage on the ferry. These tickets will be handed out at registration.

The ferry schedule is available at the HSS website.

<http://www.hss-segel.fi/en/news/2013/ferry-shuttle-timetable-2015>

Registration begins at HSS in Liuskasaari (Number 2 on the map), in the office (Number 4) 8.30 am on Monday June 8, 2015. Mr. Sam McKenzie will be present to guide you through the registration process.

All sailors are expected to be rigged and set up by 10.00 on the first day. This will be followed by an official welcome and briefing by HSS Optimist Head Coach, Mr. Sam McKenzie.

The coaches at the camp will present the national and international elite of sailing coaches in each class. The following coaches have been assigned as lead coaches at Down Town Clinic:

Optimist:	Sam McKenzie
29er:	Gaël Le Mauguen
Europe:	Petri Leskinen
Laser:	Janne Gahmberg
Zoom8:	Mika Hollo
Coordinating Head Coach:	Thomas Hacklin



Daily schedule

The camp program each day follows the same schedule. Detailed HSS Down Town Clinic daily programme is presented in the appendix of this letter.

Sailors need to be rigged and ready for a 10.00 briefing each morning. Each day the camp activities will be completed at 16.30. After this time sailors will be free to pack up or fix their boats and change from their sailing gear. Sailors should expect to be departing Liuskasaari Island at approximately on 17.00 or 17.30 ferry each evening.

10:00-11:00 Briefing (each day has specific focus)
11:00-15:00 On-water session
15:00–15:30 Eat /rest
15:30-16:30 Debriefing

Each sailor will get a packed snack for the on-water session. There will be a warm meal available after sailing each day. It is important that those with allergies notify the organisers in advance, so that individual needs may be catered for. Sailors may bring their own snacks as long as they follow the rules – unhealthy food, such as candy, soft drinks, chips, etc. are not allowed.

Road trailers may be parked at the trailer parking lot marked with number 6 on the attached map or on Hernesaari stretch (Hernesaarenranta).

Welcome to Down Town Clinic!

Best regards,

Sam McKenzie
HSS Optimist Head Coach

Appendices HSS Down Town Clinic daily programmes for all classes
 Guide maps of mainland and Liuskasaari



HSS Downtown Clinic and Regatta
Helsinki - June 8 – 11 2015

Daily Schedule and Training Program for Optimist and 29er

Monday: Clinic Day 1

10:00 - 11:00	Briefing on technique and boat handling specifics
11:00 - 15:00	1 st on-water session
15:00 - 15:30	Eat /rest
15:30 - 16:30	Debriefing

Tuesday: Clinic Day 2

10:00 - 11:00	Briefing on starting strategy
11:00 - 15:00	2 nd on-water session
15:00 - 15:30	Eat /rest
15:30 - 16:30	Debriefing

Wednesday: Clinic Day 3

10:00 - 11:00	Briefing on gate and second upwind strategy
11:00 - 15:00	3 rd on-water session
15:00 - 15:30	Eat /rest
15:30 - 16:30	Debriefing

Thursday: Clinic Day 4

10:00 - 11:00	Briefing on practice race
11:00 - 13:00	4 th on-water session
13:00 - 13:30	Eat /rest
13:30 - 14:30	Debriefing

If any training session is not possible due to prevailing weather conditions, it will be replaced with an outdoor physical session and theory.

For sessions all sailors must bring

- 1) Exercise gear defined
- 2) Note book and pen
- 3) 4L of water each day, muesli bars and fruit

Good winds,

HSS Optimist Head Coach,
Sam McKenzie



HSS Downtown Clinic and Regatta
Helsinki - June 9 – 11 2015

Daily Schedule and Training Program for Laser, Zoom8, and Europe

Tuesday: Clinic Day 2

10:00 - 11:00	Briefing on starting strategy
11:00 - 15:00	1 st on-water session
15:00 - 15:30	Eat /rest
15:30 - 16:30	Debriefing

Wednesday: Clinic Day 3

10:00 - 11:00	Briefing on gate and second upwind strategy
11:00 - 15:00	2 nd on-water session
15:00 - 15:30	Eat /rest
15:30 - 16:30	Debriefing

Thursday: Clinic Day 4

10:00 - 11:00	Briefing on practice race
11:00 - 13:00	3 rd on-water session
13:00 - 13:30	Eat /rest
13:30 - 14:30	Debriefing

If any training session is not possible due to prevailing weather conditions, it will be replaced with an outdoor physical session and theory.

For sessions all sailors must bring

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Good winds,

HSS Optimist Head Coach,
Sam McKenzie

HSS Down Town Race & Clinic

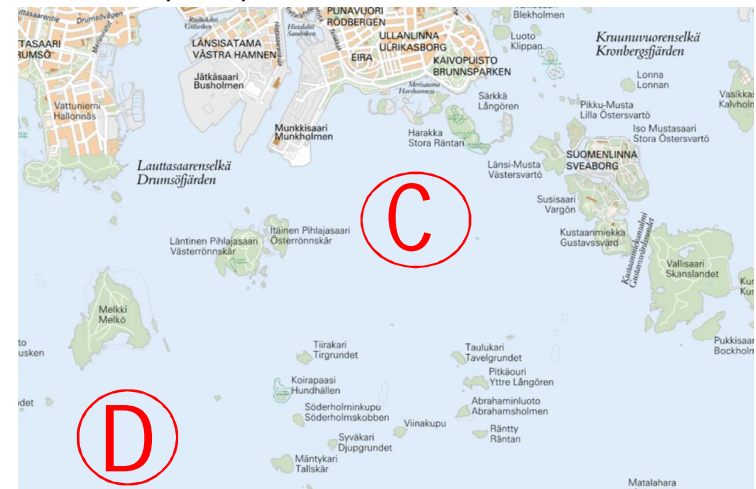
Satama ja rata-alueet – Venue: Race harbour and Race area



1. Lautta HSS:lle, Merisatamanranta 6 / Ferry to HSS, address Merisatamanranta
2. HSS Liuskasaari
3. SPS Sirpalesaari
4. Kilpailukanslia / Race Office
5. Veneiden lasku vesille / Rib and Dinghy Launching
6. Trailerien säilytys / Trailer park



Down Town Race / Rata-alue C / Race area C
Laser Europa Cup / Rata-alue D / Rade Area D



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