

**The ADVANCED RACING CLINIC**  
*And the Fourth Annual*  
**NATHAN COWAN MEMORIAL LASER CLINIC**  
**Sponsored by the Oyster Bay Sailing Foundation and the JSA of LIS**

**Riverside Yacht Club**  
**Friday June 24, 2005**  
**9:00 AM (rigged and ready)—5:00PM**

For over 15 years, the Oyster Bay Sailing Foundation has sponsored the Advanced Racing Clinic, one of the most prestigious sailing clinics in the country. Again this year, the Oyster Bay Sailing Foundation in conjunction with the JSA of LIS and Riverside Yacht Club offer this one day clinic to advanced racing sailors. The program consists of conditioning, interactive discussions designed to maximize your boat speed and improve your knowledge of tactics and rules, and on-the-water drills to analyze and critique technique. Top professionals will lead this clinic offered to advanced Laser, Laser Radial and Club 420 sailors.

**For the Advanced Laser and Radial Sailors** Oskar Johansson and Bernard Luttmmer will once again honor the memory of their dear friend and Canadian Sailing Teammate Nathan Cowan, who was killed in a car accident in 2002 on his way to the Laser Mid-winters, by leading the Laser and Radial clinic. Proceeds from this annual clinic go to a fund to support developmental Laser sailors from the JSA of LIS. Both Oskar and Bernard sailed in the 2004 Olympics and will be here to fulfill personal commitments to keeping Nathan's memory alive. We warmly welcome both back for this, the fourth annual Nathan Cowan Memorial Clinic.

**For the Advanced Club 420 sailors** A strong group of world class sailors will be on hand to impart their expertise to aspiring 420 sailors as well. Olympian Katie McDowell, one of the countries leading 420 coaches, along with the top US Yngling crew Carrie Howe and Debbie Capozzi will be here to lead the 420 segment of this clinic.

It promises to be an extraordinary day of learning for all.

**Cost: \$55 (suggested minimum—A portion may be tax deductible)**

**Application deadline: June 17th**

The clinic size is limited, participation is open on a first come first serve basis to those who have qualified for the 2005 LAW trophy or by resume only. Applicants must be at least 14 years or older to participate. You will be notified of acceptance by June 21.

**Note: Be sure to bring lunch, water bottle, sunglasses, sunscreen, hat, PFD, notebook and pencil.**

**2005 Advanced Racing/Nathan Cowan Clinic Registration Form**  
*Both Helmsperson and crew need to complete an Application*

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

Address: \_\_\_\_\_

Club: \_\_\_\_\_ Daytime Phone Number: \_\_\_\_\_ E-mail \_\_\_\_\_

I plan to sail a \_\_\_\_\_ 420 Laser \_\_\_\_\_ Radial \_\_\_\_\_ Sail # \_\_\_\_\_

If 420, I am a \_\_\_\_\_ skipper \_\_\_\_\_ crew for \_\_\_\_\_

Please charge my Visa/MasterCard # \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Name on Card: \_\_\_\_\_

*Mail check made payable to JSA of LIS along with clinic registration form and completed 2005 JSA waiver to JSA of LIS,  
1 Woodbine Avenue, Larchmont, NY 10538-3797 or fax clinic registration form with credit card number and waiver to  
914-834-4237. Questions? Call JSA office at 914-834-4202 or email to [info@jsalis.org](mailto:info@jsalis.org).*