



The Sailing Foundation

For the advancement of sailing in the Pacific Northwest

Third Annual Youth Sailing Coaches Clinic

For all coaches, instructors and leaders of high school, college or other youth sailing programs

**Saturday, February 13, 2010
10:30 AM to 6 PM**

Presented by The Sailing Foundation

Featured Guest: Gary Bodie, the Dean of US Sailing Coaches

Where: Seattle Yacht Club Elliott Bay Outstation
Elliott Bay Marina
2601 W. Marina Place
Seattle, WA 98119

Cost: Free. Lunch and beverages provided at no cost.

Please RSVP to dickrose123@gmail.com so we can plan for food and drink

Parking Alert: Do not park in spaces marked 'Permit required' – you will be towed. Use a 'visitor' space, where you may park free for the entire day.

Tentative Schedule:

10:30 AM Gary Bodie – Building a successful high school or college team when your team has little or no sailing experience

12:30 PM Lunch Break

1:00 PM Gary Bodie on Drills for Practice Sessions with an emphasis on starting skills

2:00 PM 2008 Olympic Sailing Video – narrated by Gary

2:30 PM Brainstorming Session – Growing Youth Racing in the NW

3:30 PM Refreshments

4:00 PM Gary Bodie on Teaching Team Racing Skills

5:00 PM General discussion of team building led by Gary

Questions: Contact Dick Rose at dickrose123@gmail.com or 206 525 2588

Sailing Bio for Gary Bodie:

Gary Bodie has coached intercollegiate sailing since 1978 at Old Dominion University, the U. S. Naval Academy, and Hampton University. His teams have won an unprecedented fifteen College National Championships, including four Dinghy Championships. Individual sailors coached by Bodie have earned 30 first team All America awards, 26 All America crew, 11 All America women, plus 11 Honorable Mention. The most important individual award, College Sailor of the Year, has been awarded four times to sailors in Bodie's program.

Prior to the 1996 Olympics, Bodie worked as a private coach with Olympic aspirants in Lasers, Europes, 470's, and Finns. In 1998, Gary was named as Head Coach for the US SAILING Team and worked with Laser and Soling sailors leading up to the 2000 Olympics in Sydney. The US SAILING Team won four medals in Sydney; Gold in the Star class, Silver in the men's and women's 470, and Bronze in the 49er class. Bodie continued as High Performance Director for the US SAILING Team into the 2004 Olympics in Athens.

Bodie has also served as U.S. Team Leader/Coach for four ISAF Youth World Championships, and the inaugural ISAF Team Race World Championship. Gary was chairman of the US SAILING Team Racing Committee for four years and has been a member of the Youth and Inshore Committees. For many years he has been member of the Board of Directors for High School Sailing and of the US SAILING ISAF Delegation.

Bodie raced many one design classes, but the 505 was his favorite for almost 20 years. Victories included Bermuda Race Week, CORK, East Coasts, and Midwinter Championships. Bodie also finished top ten in the 505 World Championship. Team Racing is his other sailing passion, and he competes whenever his schedule permits. Fast family cruising on an F-27 trimaran is Bodie's latest sailing adventure. Gary graduated from the California Institute of Technology in 1978 with a bachelor's degree in Environmental Engineering. He is married to the former Mary Pitchford of Norfolk, VA, and they have three daughters, Kelly, Katie, and Caroline.