

## **1st Annual Women's Clinic**

With Jen Glass and other Northwest Women Sailors

Sail Sand Point, Seattle

Sunday, March 14, 2010

The 1<sup>st</sup> Annual Women's clinic is designed to build stronger female sailors both in high school and college. Woman sailors will get one on one coaching from some of the NW's best former college sailors and will cater to all talent levels. College and high school sailors will share the water and the classroom for this women's only event partially sponsored by the Northwest Intercollegiate Sailing Association.

### **SCHEDULE**

Report Time 0900

Launching 0930

Lunch break 1130

Final De-brief 1600

### **COACHES**

Jen Morgan Glass (Head Coach): Jen is from Seattle, a Dartmouth alum and member of Seattle Yacht Club, where in 2008 was named Sailor of the year. At Dartmouth she was awarded All-American honors as well as a win at the Women's Collegiate Championships. She is an accomplished match racer and has sailed a wide variety of sailboats, primarily the 29erXX.

Molly Jackson (Assistant Coach): Molly is from Bainbridge Island, and an alum of the high school sailing team there. She is a recent graduate and sailing alum of Western Washington University. She has been named an All-Northwest Skipper three times in her four seasons of college sailing, and has competed three times in the Women's Collegiate Singlehanded Nationals. Molly is currently living in the Northwest sailing J-24s.

### **INFORMATION**

Please RSVP by 3/9 and indicate how many sailors you are expecting to bring to the Women's Clinic. For information and RSVP, contact Hannah Darrin, [hdarrin@gmail.com](mailto:hdarrin@gmail.com), or (518) 527-7961