



# MOB Clinic “Practice on your own boat”

**What:** Learn and Practice MOB recovery in simulated **high risk**, **extreme** conditions

**Where:** Lakewood Yacht Club (LYC)

**When:** **Saturday, September 26<sup>th</sup>** 1:00 PM – 6:00 PM ( 1 hour classroom, dockside recovery & POYB)

**Sunday, September 27<sup>th</sup>** 9:00 A.M. to 1:00 P.M (Practice On Your own Boat (POYB))

Pre-registration by September 1<sup>st</sup>, 2026

**Who:** Offshore racers & cruisers on Monohull and Multihulls

**Includes:** Experienced coaches for Monohulls, Cruising Catamarans and Trimarans

**Options:** 1) Bring your own boat and crew, (\$100 per boat)

2) Crew on your preferred boat type. (\$50 per person)

**Registration Includes:** MOB practice dummy (new bucket / float system)

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