

# COAST CLINIC

June 20<sup>th</sup> COACHES CLINIC  
June 21<sup>st</sup> & 22<sup>nd</sup> OPTI SAILORS CLINIC

The COAST Clinic is open to all coaches and Sailors of all skill levels  
Location: Royal Nova Scotia Yacht Squadron

## SCHEDULE:

### Friday June 20<sup>th</sup>:

#### Opti Coaches Clinic

- 9:30 Breakfast Meet and Greet  
Late Registration
- 10:00 Coaches Clinic Opening
- 10:15-5:00 Activities. Snacks provided
- 5:00-5:30 Coaches Clinic Closing

### 3 Levels of Optimist Sailing

- ❖ **ADVANCED** (Provincial and National Level)
- ❖ **INTERMEDIATE** (Club Optimist Race Teams competing locally)
- ❖ **BEGINNER** (sailors only in their first year of Optimist sailing)

### Saturday June 21<sup>st</sup>:

#### Opti Sailors Clinic

- 9:30 Breakfast Meet and Greet  
Late Registration
- 10:00 Opti Sailors Clinic Opening
- 10:15-4:00 Activities. Snacks provided
- 4:00-4:30 Debrief

### REGISTRATION FEES:

*Opti Coach Clinic \$50.* Free of charge for Coaches bringing 5 or more sailors to Opti Sailors Clinic.

*Opti Sailors Clinic \$80.* T-shirt, breakfast, snacks and pizza party included.

### Sunday June 22<sup>nd</sup>:

#### Opti Sailors Clinic

- 9:30 Breakfast
- 10:00-4:00 Activities. Snacks provided
- 4:00-4:30 Debrief
- **4:30-6:00 Pizza Party & Parent's Social**

*\*\*FREE Charter Boats available for the first 20 registrations received!\*\**

The Perfect Tune-Up  
for the beginning  
of the season!