

COAST CLINIC 2019

BEGINNER, INTERMEDIATE, ADVANCED SAILORS + COACHES ARE INVITED!

Boats provided with registration

June 21-22-23, 2019

JOIN US AT THE BIGGEST OPTI CLINIC IN ATLANTIC CANADA!

For more information, contact us at optiteam@rnsys.com



INTERNATIONAL GUEST
COACH COMING

PIZZA PARTY
& SAILING RAFFLE
SUNDAY, 5PM



REGISTER ONLINE AT RNSYS.COM



COAST CLINIC 2019

JUNE 21ST - COACHES CLINIC

JUNE 22ND & 23RD - OPTI SAILORS CLINIC

The Coast Clinic is open to all coaches, head instructors, and sailors of all skill levels

Location: Royal Nova Scotia Yacht Squadron | 2372 Purcell's Cove Rd, Halifax, NS

SCHEDULE

FRIDAY JUNE 21ST - OPTIMIST COACHES CLINIC

09:30
Breakfast Meet and Greet
Late Registration

10:00
Coaches Clinic Opening

10:15-04:15
Activities. Snacks Provided

04:15-07:30
High Performance Optis _ On Water Session

SATURDAY JUNE 22ND - OPTIMIST SAILORS CLINIC

09:30
Breakfast Meet and Greet
Late Registration

10:00
Opti Sailors Clinic Opening

10:15-04:00
Activities. Snacks Provided

04:30-5:00
Debrief

SUNDAY JUNE 23RD - OPTIMIST SAILORS CLINIC

09:30
Breakfast

10:00-04:00
Activities. Snacks Provided

04:30-5:00
Debrief

05:00-06:00
Pizza Party & Parent's Social

3 LEVELS OF OPTIMIST SAILING

ADVANCED

Provincial and National Level

INTERMEDIATE

Club Optimist Race Teams competing locally

BEGINNER

Sailors in their first year of Optimist Sailing

REGISTRATION FEES

OPTIMIST COACHES CLINIC - \$50

Free of charge for Coaches bringing 5 or more sailors to the Optimist Sailors Clinic

OPTIMIST SAILORS CLINIC - \$70

T-Shirt, breakfast, snacks and pizza party included

Free **BOAT CHARTER**
AVAILABLE FOR THE FIRST
20 REGISTRATIONS
RECEIVED!

THE PERFECT TUNE-UP
FOR THE BEGINNING OF THE
RACING SEASON!



REGISTER ONLINE
AT RNSYS.COM

