

COAST CLINIC

June 19th COACHES CLINIC
June 20st & 21nd 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

SCHEDULE:

Friday June 19th:

Opti Coaches Clinic

- 9:30 Breakfast Meet and Greet
Late Registration
- 10:00 Coaches Clinic Opening
- 10:15-4:15 Activities. Snacks provided
- 4:15-7:30 High performance Opti session.

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 20th:

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 \$70. T-shirt, breakfast, snacks and pizza party included.

Sunday June 21nd:

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!