

QUEBEC OPTIMIST COACHES & SAILOR CLINIC

at CLUB DE VOILE DEUX-MONTAGNES (CVDM), Vaudreuil-sur-le-Lac QC



JUNE 1-2-3, 2017

Open to all coaches, head instructors and sailors of all skill levels that are members of CODA



CODA, in partnership with CVDM and FVQ, is offering a weekend clinic for coaches of all levels who are keen on learning the ways of the Optimist! Sailors are welcome on the Saturday and Sunday to train and improve.



You will learn about the Optimist and specific drills, tuning and coaching Optis from Green Fleet to the World Championships. Learn from experienced coaches and sailors in a positive and welcoming environment open to all!

GUEST COACH:

- Flor Siccardi (Argentina)
- RNSYS Head Opti Coach



Other amazing Senior Guest Coaches will also be present!

**REGISTER ONLINE AT
WWW.OPTICAN.ORG**

For more information, please contact
president@optican.org (CODA)
carmendenis@hotmail.com (CVDM)

CODA Membership required.

Receive your free CODA tech shirt with your membership, registration on OPTICAN.ORG
Link to Regattanetwork.com: <http://www.regattanetwork.com/event/14474>
Link to Le Club de Voile Deux-Montagnes: www.lecvdm.ca



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FRIDAY JUNE 1 – OPTIMIST COACHES CLINIC

- 9:30** Meet and Greet, Late Registration
- 10:00** Coaches Clinic Opening
- 10:15-4:15** Activities
- 4:15-7:30** High performance Optis – On water session

SATURDAY JUNE 2 – OPTIMIST SAILORS CLINIC

- 9:30** Meet and Greet, Late Registration
- 10:00** Opti Sailors Clinic Opening
- 10:15-4:00** Activities
- 4:30-5:00** Debrief

SUNDAY JUNE 3 – OPTIMIST SAILORS CLINIC

- 9:30** Arrival
- 10:00-4:00** Activities
- 4:30-5:00** Debrief



CANADIAN OPTIMIST DINGHY ASSOCIATION
ASSOCIATION CANADIENNE DE VOILE EN OPTIMIST



➤ Registration Fees for Coaches and Sailors: \$50
(\$50 coach fee will be waived if they bring 5 sailors)



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Coaches are encouraged to bring a coach boat, but there will also be possibility for coaches to double up. Limited Opti charter boats available, \$40/day.

