



JULY 15-18 (MON-THURS) 2019 OPTI WIND CLINIC

Coaches



Emma Lewis is the Head Opti Coach at Royal Vancouver Yacht Club. She is originally from the UK and has been coaching since she was 16. Emma has sailed Lasers and Optis, and now enjoys racing on Farr 30's and Melges 24s in addition to other larger boats.



Andrew Nelson is the Youth Sailing Director for The Sailing Foundation. He has been a coach and program director on the West Coast for the past decade. Andrew enjoyed sailing Finns and Lasers when younger and spent a lot of that time sailing the Gorge and San Francisco Bay.

Register at www.cgra.org

For Intermediate/
Advanced Opti Racers

Cost: \$395
(\$450 after July 1st)

Financial Aid Available!

4 Days of Training in the
Gorge!

DAILY SCHEDULE*

1000: Rigged & Ready for morning briefing

1030-1200: AM Sailing Session and Drills

1200-1300: Lunch and mid-day Briefing

1330- 1530: PM Sailing Session and Drills

1600: Daily Debrief then Dismissal

*Subject to changes

