



# St. Francis Yacht Club

## Opti Heavy Weather Clinic

### June 17-18, 2014, 10am-4pm



This year's clinic will be coached by Adam Corpuz-Lahne. Adam, StFYC Head Sailing Coach, has coached all types of prams, Optimists, Sabots and El Toros during the past 15 years as a sailing coach. There is no better coach to prepare the sailors for the City Front conditions. Adam spends over 200 days a year coaching in the regatta venue. This will be a great opportunity to gain experience and confidence before the regatta. The clinic will focus on boat handling in the big breeze, as well as a chance to learn about the tidal currents and local knowledge of sailing on San Francisco Bay.

**Eligibility:** Opti Sailors currently competing in the Red, Blue and White Fleets

**Entry:** To register for this clinic, please complete the online registration and the separate medical consent to treat and release of liability forms and return them to the St. Francis Yacht Club, On the Marina, San Francisco, CA 94123, Attention; Opti Heavy Weather.

**Fees:** \$200 per sailor, which includes coaching and lunch on the water. Please bring your own reusable water bottle.