

P1

Fall Advanced/Developmental Opti Clinic

September 17th, 18th and 19th

Houston Yacht Club/Lakewood Yacht Club

With US National Team Coaches

Scott Norman



Juan Carlos Romero



Scott Lindley



Mattia DeErrico



Developmental Clinic Head Coach

Performance One Sailing Team along with Houston Yacht Club and Lakewood Yacht Club would like to cordially invite your Advanced/Developmental opti sailor to participate in the P1 Fall Advanced/Developmental Opti Clinic. This Clinic is going to focus on Speed, Boat Handling and Starts. This clinic will be geared just like a US Optimist National Team Practice and give the kids who haven't had that experience to feel what it is like to be at one. Kids will need to bring Note Book and Running Shoes.

Price \$185.00



Bluemagic

Schedule

Friday September, 17th

6:00pm Registration BBQ @ Lakewood Yacht Club

7:00pm Meet the Instructors + Sailors Meeting

Advanced Clinic @ Houston Yacht Club

Developmental Clinic @ Lakewood YC

Saturday September, 18th @ Houston Yacht Club

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9:00am Sailors Meeting be Rigged and Ready

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10:00 Launch

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12:00pm Lunch will be served on the H2O

12:00pm Lunch

4:00pm come in from Sailing

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4:30pm -6:00pm Debrief + Video review

4:30pm -5:00pm Debrief + Video review

Sunday September, 19th

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8:00am Sailors Meeting be Rigged and Ready

9:00am Sailors Meeting be Rigged and Ready

8:30am Morning Run

9:30am Morning Run

10:00 Sailors Launch

10:00am Sailors Meeting

12:00pm Lunch Served On the H2O

11:00 Sailors Launch

2:00pm Sailors Come in

12:00pm Lunch

2:15 -4:00pm Sailor Debrief

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2:15 -4:00pm Sailor Debrief

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Advanced/Developmental Opti Race Clinic September 17th, 18th and 19th

Registration Form

Sailor Information

Name of Sailor _____ Age: _____ Yacht Club _____

Parents' Names: _____

Address:

E-mail Address _____ Sailors E-mail Address _____

Telephone: Home: _____ Mobile: _____

Work: _____

Number of years sailing: _____ Fleet: _____ Sail#: _____ Weight _____

Level: Opti Red/White/Blue Fleets: _____ Green Fleet _____ (not learn to sail)

Cost: \$185 (per sailor)

Payment and Registration

Make Check Payable to Scott Lindley and Mail to:

P1/Lakewood Yacht Club

2425 Nasa parkway

Seabrook, TX 77586

Fax(281)474-3502 –Registration Forms

Parent Signature

