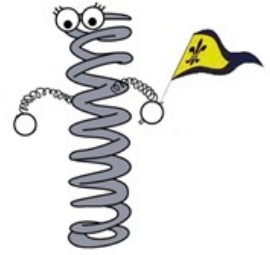




1st Annual Spring Forward! Optimist Sailing Clinic



At Frenchman's Bay Yacht Club (FBYC), Pickering Ontario

NOTICE OF CLINIC June 18th and 19th 2011

ELIGIBILITY AND ENTRY

The clinic is open to all Optimist sailors who wish to further their Optimist Sailing skills. From basic skills to advanced racing strategy and technique – all will be covered in the clinic.

FEES

Just \$70 includes the clinic, a T-Shirt, lunch on Saturday and after-clinic snacks on Sunday.

REGISTRATION

Registration inquiries can be made by contacting head coach Chris Watters at watts2434@yahoo.com. As well information can be obtained from Jean-Luc Daviau at jrsail@fbyc.ca

VENUE

Sailing will take place on Lake Ontario as well as on Frenchman's Bay, depending on conditions. Sailing briefs and de-briefs will take place in the Jr. Sailing School Building, adjacent to the FBYC clubhouse.

BOATS

Boats will not be provided. Sailors who wish to use a FBYC club boat must contact Jean-Luc Daviau at jrsail@fbyc.ca or Karl Zeeb at sailingschool@fbyc.ca

EQUIPMENT

Sailors should come prepared to sail in cold weather. Boots, hats, gloves, lifejackets and any other appropriate cold weather sailing attire should be brought, as well as a change of clothes and a towel. Sailors should also pack drinking water and snacks.

SCHEDULE OF EVENTS

Sat. 18 th – 9am- 10am	Registration
10:00am- 10:30am	Sailors Meeting
10:30am- 12:30pm	On water session 1
12:30pm- 1:30pm	Lunch (provided)
1:30pm- 3:30pm	On water session 2
3:30pm- 4:30pm	End of day debrief with video.
Sun. 19 th – 9:30am- 10:00am	Sailors meeting
10:00am- 12:00pm	On water session 3
12:00pm- 3:30pm	On water end of clinic regatta & team race
4:30pm	Debrief and awards



FRENCHMAN'S BAY YACHT CLUB