



April 14th, 2008

To all optimist parents

Thanks to many of the RCYC parents we have been able to come up with a spring optimist training session starting on Saturday May 3rd. The program goes from 11:00 am (rigged and ready to go) until 3 pm each Saturday and includes coaching for the Hamilton Lilac regatta.

Cost is \$350.00 dollars for the session. If we have more than 10 registrations we will lower the cost to \$300.00 dollars per family and give everyone a rebate. We are also limiting this program to a maximum of 16 sailors.

We are pleased to announce that Evert McLaughlin will be the coach for this program. Evert is one of the best youth sailors in Canada and has an impressive optimist background.

We are also happy to announce that most weeks we will have a Olympic sailor attend as a guest expert to give the sailors some tips and advice on how to succeed. You will find below the athlete's and dates when they will be showing up.

Saturday May 3 rd	Jen Provan (2004 470 Olympic rep) tentative
Saturday May 10 th	Oskar Johannsen (2008 Tornado Olympic representative)
Saturday May 17 th	TBA
Saturday May 24	Chris Cook (2008 Olympic Finn representative) LILAC
Sunday May 25 th	TBA (LILAC Regatta)
Saturday May 31 st	Martha Henderson (2008 Olympic Yngling campaign)
Saturday June 7	Sarah Bury (2008 Olympic Yngling campaign)
Saturday June 14	TBA (RCYC OPEN)
Sunday June 15 th	TBA (RCYC OPEN)

Regards

Michael J. Milner
Director of Sailing & Sports