

RCYC High Performance Optimist Clinic and Regatta May 15th – 18th 2015

Location: RCYC Cherry St. Launch and Island Club (Annex)

Head Coach: Bryan Paine

Friday May 15th

12pm-2pm: Registration

3pm- Dusk: On-water training and Sail to Island Club (Annex)

Saturday May 16th – Sunday May 17th

8:45am: Ferry leaves for Island

9am: Fitness at the Annex

1030am: On-water training

4pm: Debrief (Guest Talk on the Saturday Afternoon 430pm)

Monday May 18th

8:45am- Ferry leaves for Island

9am- Skippers meeting

10am- First Start Fleet racing

12pm- Lunch

1pm- First Start Team Racing

3pm- Awards and BBQ

Cost: \$100 Includes T-Shirt and BBQ on last day.

Limited Charter boats available: \$100 for the whole clinic

For more information email chris.watters@rcyc.ca or call 416-967-7245 ext.594