



## Fall Opti Clinic with Flor Siccardi

Nov. 3-4, 2018 @ CYC Seattle



**Who:** Opti Champ Fleet Sailors

**Registration:** Please complete the application at the link below by Friday, Oct. 19. Roster will be set and sailors will be notified shortly after this deadline. Payment link will follow with acceptance email.

**Cost:** \$150

**Bring Your Own:** Boat/Rigging/Sail, Warm sailing gear, Lunch, 2 Water bottles, and Notebook/Pencil

**Time:** CYC Doors open at 9:00am. Sailors should be mostly rigged and changed (ready to go sailing) by 10:00am each day. Clinic will conclude around 3:30pm. Times may vary slightly depending on weather etc. We will do our best to notify parents of any schedule changes. Thanks for being flexible!

**Coaching:** Clinic features special guest coach Flor Siccardi. Flor is a Canadian National Coach and Head Optimist Coach at Royal Nova Scotia Yacht Squadron. She is also the CODA "Class Development Officer" and specializes in mental performance. Flor has coached top Opti sailors at a number of continental and world championships over the years.

Flor will be assisted by Andrew Nelson of The Sailing Foundation. Other coaches are more than welcome to attend the clinic with their sailors. This is a great opportunity to shadow a top coach and learn more about coaching Optis!

[CLICK HERE TO APPLY ONLINE](#)

Send questions to [ysd@thesailingfoundation.org](mailto:ysd@thesailingfoundation.org)