

2022 WIND Opti Clinic Schedule & Coaching Staff



With exception of Tuesday's Check-In, all times will be variable.
Schedule subject to change at coach's discretion and the fate of the winds . . .

Please note: all meals are BYO

Monday, July 11

0900-1100: arrival, check in, pre-rigging
1100-1130: introductions, venue info, chalk-talk/demos
1130-1300: on-the-water drills
1300-1400: lunch on shore, morning debrief
1400-1600: on-the-water drills
1600-1700: de-rig, debrief, and refuel

Tuesday - Thursday, July 12 - 14

0900-1000: rigging (on sailor's own time)
1000-1030: morning chalk-talk/ land demos
1030-1200: on-the-water drills
1200-1300: lunch on shore, morning debrief
1300-1500: on-the-water drills
1500-1600: de-rig, debrief, and refuel

Opti Coaching Staff



Andrew Nelson (The Sailing Foundation, Seattle)

Andrew works at the Northwest Youth Sailing Director for The Sailing Foundation. He grew up sailing in the Northwest and spent as many days as he could sailing his Laser in the Gorge. Andrew has spent most of the past two decades coaching Optis, Lasers, FJs, and C420s up and down the West Coast. He is a Level 3 coach/instructor trainer for US Sailing and member of US Sailing's National Faculty. Andrew is a member of the CGRA board of directors and has been a regular coach at WIND Clinic since 2015.

Flor Cerutti (Chicago Yacht Club)

Flor is the singlehanded coach for the Chicago Yacht Club, where she primarily coaches Lasers and Optis. Flor is an accomplished sailor in the Laser Radial. She represented her native Paraguay in the 2008 Beijing Olympics. Since then she has been involved with coaching at the international level, including stints with World Sailing, the Catalonian Sailing Federation, and the Swiss Sailing Federation. Flor is also a certified personal trainer and big proponent of athlete fitness.





Nico Winograd (San Francisco)

Nicolas “Nico” Winograd has been coaching US National teams at international events for the past 15 years and is currently head Opti coach at the San Francisco Yacht Club in Tiburon, CA. A native of Buenos Aires, Argentina, Nico started sailing Optis at age seven and quickly moved into national and international competition. He qualified for and raced in six world championships in various junior and senior classes.

Emma Edwards (Royal Vancouver Yacht Club)

Emma has been coaching for over 15 years and is a specialist in coaching the Optimist class and sailors ages 6-14. Emma is from Wales and began coaching at her local club as a teenager. She moved to Canada in 2012 and continued her passion for coaching at West Van in the capacity of Sailing Director and Opti Race Team Coach. Emma joined RVYC in 2016 as the Junior Opti Team development coach and Head Opti instructor. Emma is also a learning facilitator and Evaluator for BC Sailing, which makes her an excellent role model for instructors. Emma continues to sail her Europe dinghy out of Jericho Sailing Centre.



Owen Timms (Olympia/George Washington Univ.)

Owen Timms is a WIND Clinic alumni and one of the Northwest's most accomplished youth sailors of the past decade. His name appears multiple times on the NWYRC Jan Visser and Steve Williams Memorial Trophies for the Laser and Opti. As a member of the SYC Race Team, he traveled to USODA and ILCA events around the country. In 2019 he graduated from Olympia High School, a team which he led to the Mallory and Baker finals several times. He now attends George Washington University, where he is an active member of the GWU sailing team.



The Sailing Foundation

For the advancement of sailing in the Pacific Northwest



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