



**North Cape Yacht Club**  
**Advanced Optimist Racing Clinic**  
**NOTICE OF CLINIC**

**DATES:** June 24<sup>th</sup> thru 26<sup>th</sup>, 2010.

**LOCATION:** North Cape Yacht Club  
11850 Toledo Beach Road  
LaSalle, Mi 48145

**INSTRUCTORS**

**LEAD INSTRUCTOR:**

**David Tunnicliffe**

Sailed at Old Dominion University where he was team captain during his senior year. David continues as assistant coach at Old Dominion. In the summer months David teaches Opti sailing in Newport.

**Assistant coaches:**

One coach will be designated for each group of approximately 10 students.

This three day seminar is designed to include a broad spectrum of racing subjects. Coaches will address topics such as boat mechanics, sail and rig tune for various conditions as well as racing preparation and tactics.

Sailors will participate in an I-LYA Travelers Series Regatta on Saturday afternoon with full instruction from the Clinic Coaching Staff.

**FEES:**

Opti sailors: \$200

Additional food passes: \$25

**Entry Fee includes:** Fees include meals from lunch Thursday through lunch Saturday. Evening activities are planned. Some off site activities will not be covered by the clinic fees..

**SCHEDULE:** Arrive Thursday morning 6-24-10.

8:00 – 10:30AM Registration and boat preparation.

Race Training – Thursday afternoon thru Friday.

Saturday : Morning: Race preparation instruction.

Afternoon: I-LYA Traveler Series Regatta.

Dismissal: Approximately 4:30PM Saturday.

**CONTACT:**

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