



*NJ STATE OPTIMIST CHAMPIONSHIP
CLINIC & REGATTA COACHING*

MANTOLOKING YACHT CLUB

AUGUST 19-20 CLINIC

AUGUST 21-22 REGATTA COACHING

*2 DAYS OF **training** FOCUSED ON:*

- FITNESS*
- RIGGING*
- BOAT SPEED*
- BOAT HANDLING*
- LOTS OF VIDEO*
- STARTING AND RACING DEPENDING ON OTHER GROUPS ON
water*

***REGATTA COACHING** FOR SAILORS WITH NO TEAM AT THE
event.*

REGISTER FOR 2 CLINIC DAYS OR ALL 4

***COACH**(es): PETER STRONG (A SECOND COACH WILL BE
ADDED IF NEEDED)*

***RATIO:** max 8 - 1*

*Email Peter.Strong@gmail.com FOR DETAILS /
AVAILABILITY, OPTI CHARTERS AVAILABLE THROUGH COLIE*