

Fishers Island Yacht Club

2nd Annual Fast-Start Opti & 420 Clinic



Thursday, June 25 :
Optional Rigging Clinic

Friday, June 26, 2009 -
Sunday, June 28, 2009

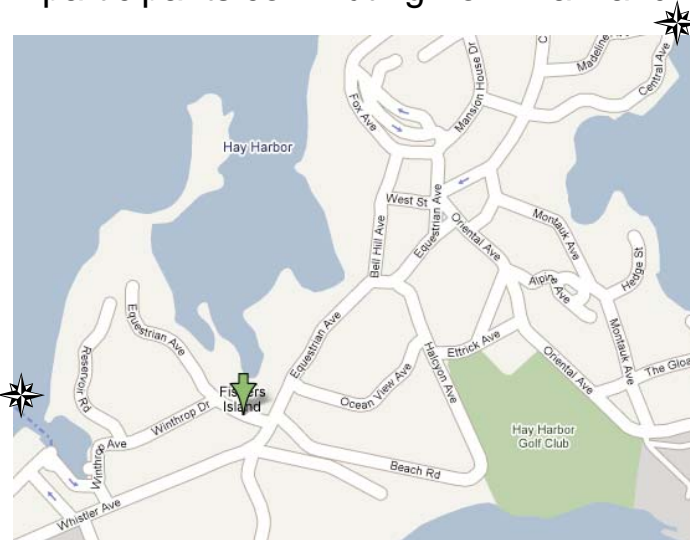
Directions to Fishers Island

Fishers Island is accessible by ferry from New London, CT. For complete schedule, please visit:

www.fiferry.com

Transportation can be arranged from ferry dock to FIYC

Breakfast provided for clinic participants commuting from mainland



Directions from ferry to Fishers Island Yacht Club

- Leave Ferry Dock.
- At T-intersection, go **Left** on Whistler Ave.
- Whistler Ave. turns into Equestrian Ave. Go straight. Get to town green, post-office on left.
- **Left** a T-intersection.
- **Right** at stop sign.
- After baseball field on left, **RIGHT** onto Central Ave.
- FIYC is on right.

Pre-Register!

If you have any interest in the Fast Start clinic, please complete the pre-registration form.

Please mail form to:

Meris Tombari, PO Box 357 • Fishers Island, NY 06390

OR e-mail information to: mtombari@gmail.com

Clinic Goals

Jump Start Summer Sailing Season

- Hone boathandling skills, introduce advanced moves.
- Rules Overview
- Racing Overview
 - Tactics
 - Strategy
 - Regatta Preparation

** Bring your own Opti **

** 420's Provided by FIYC or BYOB**

Clinic Cost: \$225 per sailor

**Opti's: Two years competitive racing.
420's: Minimum of one year 420's.**

Clinic Director: Meris Tombari



Meris Tombari is the sailing director of the Fishers Island Joint Venture Sailing program between Fishers Island Yacht Club and the Hay Harbor Club. Meris has put together a team of 420 coaches to work out the winter rough spots and prepare for a new season of 420 sailing.

Head Opti Coach: Halsey Richartz



From the Wadawanuck Club, Halsey has been coaching Opti's and 420's at FIYC since 2007. He was a three time member of the USODA National team, from '02-'04, and proceeded to dominate in ECSA in Club 420's. He is currently a sophomore at the University of Pennsylvania.

Clinic Schedule

Thursday, June 25th

1:30 p.m. Registration
2:00 p.m. - 5:00 p.m. Optional Rigging Clinic

Friday, June 26th

8:30 a.m. Registration
9:00 a.m. - 4:30 p.m.
Sailing -- Boathandling
6:00 p.m. BBQ and Sailing Slideshow

Saturday, June 27th

9:00 a.m. - 4:30 p.m.
Sailing -- Boatspeed
-- Tactics
-- Rules Review

Sunday, June 28th

9:00 a.m. - 12:30 p.m. Sailing -- Starting
1:30 p.m. - 4:45 p.m.
Sailing -- Instructional Regatta
with on the water coaching
Trophies Awarded

Daily Lunch Break 12:30 - 1:30
Lunches ARE NOT Provided

Questions? Please call Meris at (860) 501-1253 or e-mail at mtombari@gmail.com



Pre-Registration!

If you have any interest in the clinic, please let us know!

Registration deadline
June 1st

Name: _____ Age: _____

Position (circle one): CREW SKIPPER Teammate: _____

Years of sailing experience: _____ 420/Opti experience: _____

Sailor contact info:

Winter: Mailing address: _____
Telephone: _____ Summer Telephone: _____

E-mail addresses: _____

Emergency Contact: _____

Telephone: _____ Relationship to sailor: _____

Sailing Reference / Coach: Name: _____ Contact Info: _____