



Encinal Yacht Club Jr. Sailing Winter Opti Program 2017

Dates: Saturdays (Race Team - Advanced): Jan. 28, Feb. 4, Feb. 25, Mar. 11, Mar. 25, Apr. 1
Sundays (Intro to Race - Intermediate): Jan. 29, Feb. 5, Feb. 26, Mar. 12, Mar. 26, Apr. 2

Time: 10:30 am – 4:30 pm

Cost: \$280 full family members/ \$410 non-members

Total fee due upon registration. No refunds unless cancellation is made 10 days prior to first class. Includes six practice dates listed above as well as boat charter and coaching at certain events.

Info: Winter Opti Race Team (Advanced):

Ages 8-13. Sailed in Optimist Dinghies. Open to sailors who have experience competing in regattas and want to expand their racing skills and knowledge into more advanced areas. Students should have a general understanding of the racing rules, be comfortable sailing with the tiller extension, using the hiking straps, and sailing all points of sail in varying wind conditions. This class offers instruction in rigging/boat maintenance, advanced boat handling skills, safety, race strategy, tactics, and rules in preparation for Bay Area Opti regattas. Attendance in this class must be approved by the director. This is not a beginner class.

Winter Opti Intro to Race (Beginner/Intermediate):

Ages 8-13. Sailed in Optimist Dinghies. Open to sailors who have very limited or no experience competing in regattas and want to learn more about regattas, racing, and the rules. Students should have a general understanding of the points of sail, capsizing recovery, and basic boat handling. This class offers instruction in rigging/boat maintenance, sailing in varying wind conditions, starting tactics, race tactics, and regatta experience. This is an intermediate level class, though some beginning sailors may attend with director approval.

Events included in the Race Clinic series: Opti Winter B.A.Y.S. Series

Class held rain or shine! Please come appropriately dressed to sail in any weather conditions. (Rash guards, thermal layers, spray gear, wetsuits, sailing boots, beanies, gloves, are strongly recommended.) Bring your own towel, water bottle, snack, sunglasses, sunscreen, etc. and a complete change of clothes. Bring shoes that can get wet! You must have a US Coast Guard Approved PFD (life jacket). EYC Jr Program has life jackets and sailing clothing for sale.

Forms: Each sailor **must** have a 2017 Medical Release Form on file. [Medical Form](#)

Boats: This class includes all boat charters for classes and local regattas during this time period. Remember, if you do not sign up for this class and need a boat for a regatta, you may not be guaranteed a boat and will have to pay charter fee. (See charter agreement)

[REGISTER HERE](#)

Please check out our **Junior Sailing Handbook** on the Jr Sailing website for detailed information on the EYC Jr Program (www.encinal.org then click on "Junior Program").

*For more info or questions contact: EYC Junior Sailing Office
ph: 510.769.022 | email: juniors@encinal.org www.encinal.org*