



OPTISAILORS

*PRE-SUDAM CLINIC
CLUB NAUTICO SAN ISIDRO
Buenos Aires, Argentina
24-28 de marzo, 2012*

Organized by OPTISAILORS, with collaboration from Rio Tecna, Club Náutico San Isidro and Club de Veleros Barlovento

Coaches: Máximo Saubidet & Gonzalo Pollitzer

1- PROGRAM

23/3 Acomodation available. Charter boats available from 16.00 hs.
24/3 Charter boats available from 9.00 hs

	24/3	25/3	26/3	27/3	28/3
10.00 hs	CLINIC	CLINIC	CLINIC	CLINIC	TEAM RACING
14.00 hs	Pre-Sudopti Races	Pre-Sudopti Races	Pre-Sudopti Races	Pre-Sudopti Races	OFF

2- SCHEDULE

8.00 a 8.30 Breakfast
10.00 Boat Rigged
Briefing/ Daily drills
10.30 Sailing
13.30 Lunch on the water
14.00 Preparatory signal, Pre-Sudam Races
17.00 Back to YC
17.30 Debriefing
20.30 Dinner

Program might be rescheduled by decision of the coaches to optimize training.

3- PLAN

Training will be divided in 2 sessions.

Morning practices will be focused on drills and racing simulation. Working basically on starts, technical and tactical aspects, and boat speed.



In the afternoon there will be 2 individual races with the purpose of testing the racing area. Reversing waves, wind-shifts and current effects.
Video material from the day will be on screen after every session.

4- ACOMODATION & MEALS

Acomodation will be provided by Club de Veleros Barlovento, neighbour yacht club from CNSI.

Breakfast and dinner will be served at CVB. Lunch will be served on the water.

VERY IMPORTANT: the accomodation available at CVB is limited. Spots will be assigned in the order we receive the payments for registration.
Once this accomodation is complete, sailors shall request accomodation to CNSI (if they take part in SUDAM) or in a B&B nearby the club, with the respective cost.

5- REGISTRATION

To enter the clinic please complete the entry form and send by email.

Clinic fee is

US\$ 325 (acomodation & meals until full capacity)

US\$ 250 (once accomodation is complete, includes lunch)

Payment instructions can be found at the bottom of the entry forms.

Includes: Breakfast, Lunch & Dinner. Starting March 23rd at night ending March 28th in the afternoon.

Acomodation for 5 Nights at CVB.

6- CHARTER BOATS

Charter boats will be provided by RIO TECNA.

Cost will be US\$ 150 for those who will attend the 2012 Optimist South American Championship, and US\$ 250 for those who will only attend our CLINIC.

7- INFORMATION

Club Náutico San Isidro

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