



Junior Program 2023 Clinic Weeks

We will be offering pre-season clinics again this year! We are offering one day clinics for beginner Opti and 420 sailors and one day clinics for our returning Opti and 420 sailors. These pre-season clinics are not required. Each of the beginner and returner clinics will be offered 4 times and sailors may participate in all 4 offered times if they would like.

Opti Beginner: This clinic is intended for sailors for are new to the Opti and want to get a jump start before session 1. This is one day clinic that will be offered from 8:00am-11:00am on:

- Monday, June 19
- Wednesday, June 21
- Monday June 26
- Wednesday June 28

Opti Returner: This clinic is intended for sailors who have a previous Opti experience and would like to get comfortable in the Opti again before session 1 kicks off! This is a one-day clinic that will be offered from 8:30am-11:30am:

- Tuesday, June 20
- Thursday June 22
- Tuesday, June 27
- Thursday, June 29

420 Beginner: This clinic is intended for sailors for are new to the 420 and want to get a jump start before session 1. This is one day clinic that will be offered from 8:00am-11:00am on:

- Monday, June 19
- Wednesday, June 21
- Monday June 26
- Wednesday June 28

420 Returner: This clinic is intended for sailors who have a previous 420 experience and would like to get comfortable in the 420 again and explore traps and kites before session 1 kicks off! This is a one-day clinic that will be offered from 8:30am-11:30am on:

- Tuesday, June 20
- Thursday June 22
- Tuesday, June 27
- Thursday, June 29



Race Team Clinics

Sailors who are registered for any of our Green Race or Race Team programs will be invited to participate in our pre-season tune up clinics. These clinics will be weeklong and will be held Monday-Thursday.

Opti Green Race: This is a tune up clinic intended for sailors who are enrolled in Opti Green Race. This is a chance to brush up on racing and get tuned up for the season! This is a one-week clinic that will meet Monday- Thursday from 12:00pm-4:00pm and will be offered:

- Monday, June 19- Thursday, June 22
- Monday, June 26- Thursday, June 29

Opti Race: This is a tune up clinic intended for sailors who are enrolled in Opti Race. This is a pre-season opportunity to get ready for the busy regatta season. This is a one-week clinic that will meet Monday- Thursday from 12:00pm-4:00pm and will be offered:

- Monday, June 19- Thursday, June 22
- Monday, June 26- Thursday, June 29

420 Green Race: This is a tune up clinic intended for sailors who are enrolled in 420 Green Race. This a chance to brush up on racing, trapping, and flying the kite to get tuned up for the season! This is a one-week clinic that will meet Monday- Thursday from 12:30pm-4:30pm and will be offered:

- Monday, June 19- Thursday, June 22
- Monday, June 26- Thursday, June 29

420 Race: This is a tune up clinic intended for sailors who are enrolled in 420 Race. This is a pre-season opportunity to get ready for the busy regatta season. This is a one-week clinic that will meet Monday- Thursday from 12:30pm-4:30pm and will be offered:

- Monday, June 19- Thursday, June 22
- Monday, June 26- Thursday, June 29

CLINIC WEEK SCHEDULE

Monday

8:00-
11:00am

Opti
Beginner

8:00-
11:00am

420
Beginner

12:00-
4:00pm

Opti
Green &
Race
Clinics

12:30-
4:30pm

420
Green &
Race
Clinics

Tuesday

8:30-
11:30am

Opti
Returner

8:30-
11:30am

420
Returner

12:00-
4:00pm

Opti
Green &
Race
Clinics

12:30-
4:30pm

420
Green &
Race
Clinics

Wednesday

8:00-
11:00am

Opti
Beginner

8:00-
11:00am

420
Beginner

12:00-
4:00pm

Opti
Green &
Race
Clinics

12:30-
4:30pm

420
Green &
Race
Clinics

Thursday

8:30-
11:30am

Opti
Returner

8:30-
11:30am

420
Returner

12:00-
4:00pm

Opti
Green &
Race
Clinics

12:30-
4:30pm

420
Green &
Race
Clinics