

Clinic Dates and Classes June 2024

Clinic Options:

Begin/Returning Opti- This clinic is for sailors brand new to Opti sailing or have a couple of years under their belt, but not yet at the racing level.

Non-racing lessons will range from rigging the boat, nautical terms, and boat handling, depending on the skill level.

Dates: June 17, 19, 24, 26 Time: 8:30-11:30

Cost Members \$75/day

Non-members \$100/day

Begin/Returning 420- This clinic is for sailors brand new to 420 sailing or have a couple of years under their belt, but not yet at the racing level.

Non-racing lessons will range from rigging the boat, nautical terms, and boat handling, depending on the skill level.

Dates: June 17, (12:30-3:30) 20, 25, 27 Time: 8:30-11:30

Cost Members \$75/day

Non-members \$100/day

BBST (Buzzards Bay Sailing Team) full day clinic(s) with Mike O'Connor, head coach of Harvard Sailing- This clinic is a full day Opti and 420 clinic with Mike O'Connor leading the sessions, but supported by the coaching staff of BYC. These clinics will be full day (8:30-3:30) with a lunch break. Objectives will be on racing skills, boat handling, boat speed, spinnaker work and trapeze work, depending on the skill level enrolled.

Dates: June 19, 20, 24 and 25 Times: 8:30-3:30

Cost: Members \$175/day/person or \$600 for all 4 days

Nonmembers \$275/day/person or \$700 for all 4 days

Racing Opti-Afternoon clinics for Green and Racing Opti sailors to work with the BYC coach prior to the sailing season. Coaches will identify skill levels and work with the sailors

Dates: June 26 Time: 12:30-3:30

Cost: Cost Members \$75/day

Non-members \$100/day

Racing 420 -Afternoon clinics for green and team 420 sailors to work with the BYC coach prior to the sailing season. Coaches will identify skill levels and work with the sailors

Dates: June 27 Time: 12:30-3:30

Cost: Cost Members \$75/day

Non-members \$100/day

	Monday 6/17	Tuesday 6/18	Wednesday 6/19	Thursday 6/20
Morning 8:30-11:30	Begin/return opti	Staff workshop day	Begin/return opti BBST Opti and 420 racers	Begin/return 420 BBST Opti and 420 racers
Afternoon 12:30-3:30	Begin/return 420	No clinic for sailors	BBST Opti and 420 racers	BBST Opti and 420 racers

	Monday 6/24	Tuesday 6/25	Wednesday 6/26	Thursday 6/27
Morning 8:30-11:30	Begin/return opti BBST Opti and 420 racers	Begin/return 420 BBST Opti and 420 racers	Begin/return opti	Begin/return 420

Afternoon 12:30-3:30	BBST Opti and 420 racers	BBST Opti and 420 racers	Racing Opti	Racing 420
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