

# HIGH PERFORMANCE OPTIMIST RACING CLINIC

with Coach Bernat Gali Bou (Coral Reef Yacht Club)



## 2023 PYC / SSA High Performance Optimist Racing Clinic

You have been selected to participate in the 2023 PYC / SSA High Performance Optimist Racing Clinic with **Coach Bernat Gali Bou**. The Clinic will include four (4) full days (10-5) of intense coaching followed with participation in the GIYS Annual Junior Regatta with Coach Bernat.

Coach Bernat brings an unmatched wealth of coaching experience and knowledge, including coaching several international events through the IODA, and many more USODA events. Coach Bernat has coached more than six IODA World Championships, with 1st places wins in the IODA Team Race World Championships, the National Cup IODA Worlds, 2nd at the '22 IODA Worlds, 18th at the '21 IODA Worlds, and many more coaching successes (his CV is attached). Coach Bernat is the current Coral Reef Yacht Club Opti RWB coach, the former Head Coach for the highly successful Lakewood Yacht Club Opti Racing Team.

CLINIC PRACTICE: **July 10, 11, 12, 13 (rigged & ready 9:30AM)**

CLINIC REGATTA: **Friday, July 14 (Gibson Island YS Jr. Regatta)**

COST: **\$575.00 (Five Hundred Seventy-Five Dollars)**

LOCATION: **SSA, 311 First Street, Annapolis, MD**

SPONSORS: **Proteus Yacht Club**



Coach Bernat at the  
2020 IODA Worlds



**You must provide your own USODA compliant International Optimist**