



## HIGH PERFORMANCE OPTIMIST CLINIC BQYC AUG 4 & 5 2016

## OPTIMIST & LASER REGATTA BQYC AUG 6 & 7 2016

**Featuring Optimist Head Coach Fede Donzino** an accomplished competitive sailor with ten (10) years of international sailing experience, and over three (3) years of international level amateur sail coaching experience.

Until coming to BQYC this summer, Fede coached the CYC International Regatta in Curaçao leading them to a first place finish, and the team also participated at the South American Championships in Ecuador. Fede continues to provide his coaching services as Optimist Head Coach at the AHO Optimist Federation in Curacao while providing BQYC competitors and coaches valuable training.

### Join Fede and an Optimist fleet of sailors in this PRE-CORK event!

All levels of competition and calibre welcomed. In class & On water & Video debrief.

Registrations and online information <http://bqyc.ca/clinic-regatta.php>

**ULTIMATE OPTI RACE PREP** REGISTER HERE PRE-CORK  
*Clinic & Regatta*  
AUGUST 4 - 7, 2016

**Early Bird Special to July 24, 2016**  
**Two-day OPTI RACE PREP CLINIC \$60**  
**Two-day Regatta: Competitor - \$80 Coach - \$40**  
**Combined Entry \$120**

*After July 24 fees: Clinic - \$70 Regatta Competitor - \$90 Combined Entry: \$150 Coach - \$50*

**Bay of Quinte Yacht Club – Victoria Park – Belleville ON [www.bqyc.ca](http://www.bqyc.ca)**  
**1.5 hr drive from Toronto / 45 mins from Kingston / 2.5 hrs from Ottawa**

**SPONSORED BY:**

