

Invitation

Nordic Optimist Training Clinic

17 – 19 October 2008 in Marstrand, Sweden



We invite the 15 top sailors from each Nordic country and Estonia to participate in the Nordic Optimist Training Clinic. This even has become the traditional opportunity for the best optimist sailors from the Nordic countries to train together and coach each other for better boat speed and tactical skill. To ensure an uniform quality of the sailors and a high quality of the clinic, the top 15 only are invited.

We have appointed Kim Skovgaard, Danish National Optimist Coach and one of the best junior coaches in the world to be the head coach at the event.

This year the Finnish Optimist Association is responsible for the practical arrangements and has appointed Martin Still as the Head of Clinic.

PROGRAM

Friday - 17 October

09:00 Coach meeting

10:00 Opening of Clinic

10:05 Briefing for training – boats rigged sprit down, dry suits half on

10:30 Training

13:00 Lunch

14:00 Training

17:30 Physical training (30 minutes)

18:30 Dinner

20:00 Swimmingpool

22:00 Silence in the rooms

Saturday - 18 October

08:00 Physical training (10 minutes)

08:20 Breakfast

09:00 Briefing for training – boats rigged sprit down, dry suits half on

09:30 Training

13:00 Lunch

14:00 Training

17:30 Physical training (30 minutes)

18:30 Dinner

20:00 Evening Program

22:00 Silence in the rooms

Sunday - 19 October

08:00 Physical training (10 minutes)

08:20 Breakfast

09:00 Briefing for training – boats rigged sprit down, dry suits half on

09:30 Training

13:00 Lunch

14:00 Debriefing and closing the event

Accommodation and meals are at hostel Båtellet in Marstrand.

Each sailor shall bring:

- **Boat and sailing gear**
- **Physical training gear including running shoes**
- **Swimming cloth and towel**
- **Bed clothes or sleeping bag**
- **A Big and Permanent Smile**

Questions:

Head Coach:

Kim Skovgaard kim@ocd.dk +45 4086 0882

Head of Clinic:

Martin Still martin.still@elopak.fi +358-40 509 4142

Practical

The administration is kept to simplest minimum:

- Each country's Optimist Association shall select their participants, and inform their names respective national ranking to the Head Coach. The participants will be divided in groups according to level.
- Each country is responsible to hire two coaches – (alternatively one coach per maximum 8 sailors) with RIBs equipped with five flag buoys each (> 30 m anchor lines – it's deep) and to cover the costs of these coaches and their RIBs
- A list of participating sailors and coaches shall be sent to Kim Skovgaard no later than Sept 20
- The sailors and coaches are accommodated at Båtellet, a simple hostel in Marstrand with suitable facilities for our joint Nordic team. The purpose of residing everybody at the same place is to encourage cross country contacts for the sailors. Efforts to promote this are mostly welcome. The coaches will look after the sailors at Båtellet. Parents are not welcome.
- Each country shall appoint a contact person responsible of booking and payment of the accommodation and food for its team to Båtellet. A preliminary reservation is in place: "Nordiskt optimistjolleläger". Minimum necessary overnights are two and meals are at least 2 breakfasts, 3 lunches, 2 dinners. Different teams will have a little different travel schedules so please be clear and accurate in your booking. The Finnish team will arrive already on Monday. Make your booking to Båtellet +46-303-60010 or marstrandsvarmbadhus@telia.com latest by September 20.
- To cover the shared expense of the head coach we ask each country to pay € 450 to the Finnish Optimist Association. Please pay by bank transfer to Aktia bank IBAN: FI7640553720032606, BIC: HELSFIHH
- Accompanying parents are mostly wellcome to Marstrand as spectators but shall organize their own housing



Båtellet – directly by the dinghy ramp



Physical training done - Morning briefing