James Island Yacht Club

Pop-Up Opti Clinic

Coaches:	**Phone:**	**Email:**
Molly Loring	Molly: (843) 452-5003	Jiycsailingdirector
Bryson Eaton	Bryson: (803) 212-5729	@gmail.com

Requirements for Winter Sailing

All participants in winter sailing lessons and clinics must come prepared for the weather, specifically with cold-weather sailing gear, including but not limited to smocks, bibs, boots, and gloves. If you have any gear questions, please reach out to the coach **BEFORE** your lesson.

Refund Policy

- Cancellations made on the day of the clinic are non-refundable or transferable
- If the clinic does not meet the minimum number of participants, families may:
    - Receive a full refund
    - Keep credits to apply to future registration.

Details:

- All clinics run from 11am to 3pm.
- Sailors may arrive 30 minutes early to begin rigging their boats
- If using a club boat, all hulls and equipment must be cleaned & put away before being dismissed from the clinic

James Island Yacht Club

Advanced & Racing Group - 1 Day Example Curriculum
$100 per sailor | Minimum 5 sailors

This four-hour clinic is designed for advanced and race-level Opti Sailors looking to refine boat handling and build confidence in racing situations.

Curriculum Focus:
- **First Hour:** Boat mechanics, and advanced Opti-Specific tuning and technique
- **Remaining Time:** Race strategy and tactics, including starts, mark rounding, fleet awareness, and course management
- Content may be adjusted based on sailor experience and conditions

---

Beginner & Intermediate Group - 1 Day Example Curriculum
$100 per sailor | Minimum 5 sailors

This four-hour clinic is designed for beginner and intermediate Opti Sailors focused on building confidence, consistency, & fundamental racing skills in a supportive environment.

Curriculum Focus:
- **First Hour:** Boat mechanics, Opti Basics, and skill reinforcement
- **Remaining Time:** Introduction to racing concepts, including starting sequences, mark rounding fundamentals, and simple course navigation
- Content may be adjusted based on sailor ability and conditions