

**Intermediate and Advanced Girls Opti Clinic!!!**  
**Noroton Yacht Club**  
**Friday, July 9, 2004**

**Who:** Any girl Opti sailor born on or after Jan. 1, 1989 with some racing experience who is a member of JSA

**What:** Clinic-style instruction with nationally-recognized coaches in small groups no larger than 10 sailors per coach, stratified according to ability, ranging from USNT level to developing racer.

**Where:** Noroton Yacht Club, Darien, CT, off beautiful Long Neck Point

**When:** Friday, July 9, "rigged and ready" by 9:00 a.m., clinic runs until 5 p.m.

**Why:** All-girl setting ideal for forming new friendships, removing some distractions, and minimizing some sources of intimidation.

**Other details:**

- Bring your own lunch and drink
- Juice, donuts, and coffee (for parents) provided at registration
- Volunteers will assist with unloading and launching boats
- Bring sunscreen, hat, safety equipment (whistle, life jacket, praddle), and clothing appropriate for conditions
- Clinic fee: \$50
- Registration Deadline: Postmarked by Friday, July 2
- Contact information: John Hammel, 5 Brook Street, Darien, CT 06820  
Email: [hammelmd@aol.com](mailto:hammelmd@aol.com) Phone: 203-247-4035 (cell), 203-655-7777 (work)

**Girl's Optimist Clinic**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Club: \_\_\_\_\_ Daytime Phone Number: \_\_\_\_\_

Sail # \_\_\_\_\_ Number of years Sailing \_\_\_\_\_

Enclosed is my Check \_\_\_\_\_

Please charge my Visa/MasterCard # \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Name on Card: \_\_\_\_\_