

The JSA of LIS Presents

Optimist Instructor/Coach Workshop

A One Day Workshop for Optimist Instructor/Coaches

Limit maximum 2 instructors per club, maximum 24 instructor/coaches

With Tine Moberg-Parker, Canadian Professional Sailing Coach

Tuesday, June 19, 2007 Beach Point Yacht Club, Mamaroneck, NY

8:00 a.m. until 5:00 p.m.

Teaching sailors proper technique can dramatically improve their enjoyment of the sport, whether they are recreational or racing sailors. Tine sailed Optimists herself at the World-class level and presently makes a living coaching worldwide. She founded what has now become the largest sailing team in western Canada, the Royal Vancouver Yacht Club Race Team. Tine will be here to share with you what she has learned. The seminar will include hands on demonstrations of rigging, tuning and sail trim, coaching strategies, discussions of tactics and more.

"Tine is a coach who always has the best interests of her athletes in mind. With concentration, confidence, determination, and enjoyment, she creates the best environment for her athletes." - Gail Donohue, Director, National Coaching Institute-B.C.

Tine has been coaching since she was a 12-year-old summering on a Norwegian island. She took it upon herself to develop a one-week boating course for the island's youngsters. The program proved to be very popular and Tine discovered her innate talent for coaching.

She eventually won a place on the Norwegian national team and competed for Norway for eight years. In 1991 she won the IYRU Women's World Sailing Championships and was named Norway's Female Sailor of the Year. At the 1992 world championships, she was the second-highest woman and finished 39th overall. In 1994, she won the silver medal at the Europe Class World Championship and became Canada's Female Sailor of the Year.

These clinics are a must for everyone teaching Optimist sailors.

Fee: \$60 for each instructor (includes light breakfast, lunch, snacks, & drinks).

Extended Enrollment Deadline: Monday, June 18, 2 pm

Please register online at this link

<http://www.jsalis.org/Clinics.html> click on "Instructors"