

**OPTIMIST SPECIALISTIC CLINIC
CAMPIONE DEL GARDA 15-18 August 2019
UNIVELA**



TECNICAL Staff

COACH: MARCELLO MERINGOLO (ITALIAN TEAM OPTIMIST COACH FOR WORLD CHAMPIONSHIPS 2013-14-15-16-17-18).

WORLD MEDAL: GOLD OVERALL INDIVIDUAL 2017-2018, SILVER TEAM RACE 2013-2018, SILVER GIRL 2015, BRONZE MIAMI HERALD TROPHY 2013-2018, BRONZE TEAM RACE 2016.

EUROPEAN MEDAL: GOLD TEAM RACE CHAMPIONSHIP 2016

COACH: Reka Karè

PROGRAM:

15/8: First DAY

First sailing training h. 14.00

Debriefing h. 18.30

Dinner h. 19.30

Silence in the room h. 22.00

16/8: Second DAY
MUSCULAR ACTIVATION h. 7.30
BREAKFAST h. 8.00
Briefing h. 8.45
First sailing training h.9.30
Lunch time 12.30
Second sailing training h. 14.00
Debriefing h. 18.30
Dinner h. 20.00
Silence in the room h. 22.00

17/8: Third DAY
MUSCULAR ACTIVATION h. 7.30
BREAKFAST h. 8.00
Briefing h. 8.45
First sailing training h.9.30
Lunch time 12.30
Second sailing training h. 14.00
Debriefing h. 18.30
Dinner h. 20.00
Silence in the room h. 22.00

18/8: Four DAY
BREAKFAST h. 7.45
Briefing h. 8.30
Sailing training h.9.00
Lunch time 13.30
Debriefing h. 14.30
Closing Clinic h. 15.00

Costs and services:

Complete package (Room, food, charter boat and coaching) 580,00 euro
Package without boat (Room, food, and coaching) 390,00 euro
Package coaching and food (only lunch and dinner) 270,00
Package only coaching 220,00

INFO Registration to the Clinic:

- Send the registration FORM (mail: info@campioneunvela.com)
- Send 50% of entry fee for confirm
- **Maximum number of Members 24**

Important: The parents, are not stay in boat and creane area for any reason. That limit are mandatory for all. In that area, can stay only the coach, and support people of the Univela Club. Sorry but, this is very important to respect.