

GSBYRA Junior Opti & 420 Clinic July 8-9, 2024



Organizing Authority:

Great South Bay Yacht Racing Association

Host:

Bellport Bay Yacht Club



Welcome to the GSBYRA Opti & 420 Clinic! This event will help elevate all sailors and coaches on the bay. This will be a great experience for sailors to mix it up and train with other clubs in a racing practice. Furthermore, this will be a great experience for your GSBYRA club instructors to work alongside coaches from the National Level as well as other instructors on the bay.

GSBYRA has made a great investment to bring in two Head Coaches for the event. We ask all participants to do a few things before late fees apply on July 3 and registration closes on July 6:

- **Early Registration:** \$40 per Opti \$80 per 420
- **July 3 & after:** \$65 per Opti \$130 per 420
- **Coach/Instructor:** Free \$25 on & after July 3

GSBYRA Clubs: Coach/Instructor Registration & participation is mandatory if you send a sailor. Coaches are to be paid by their own club / junior sailing program – not GSBYRA. This is a learning experience and training program for them.

To coordinate this clinic we need to have participant numbers early and need Coach/Instructor Contact info so we know who is coming and how best to apply their skills with the different classes and varying skills of sailors. For the best clinic experience we need approximately 1 coach boat per 6 boats. As an instructor, take the opportunity to learn from the best.

To maintain flexibility, **all sailors are asked to bring their own Lunch and keep it with their coach**, as lunch on the water is possible.

At the conclusion of the first day a **“Parent’s Reception”** will be held where our two head coaches, Walter Henry and Bernat Gali Bou, share some of their experiences with sailing. The goal is to educate our sailors about the greater world of sailing off the Great South Bay and inform you what other types of programs and opportunities there are! Walter and Bernat have a ton of experience sailing around the world. See their bios included below.

Lastly website information, eligibility and schedule of events are listed.

420 Head Coach – Walter Henry

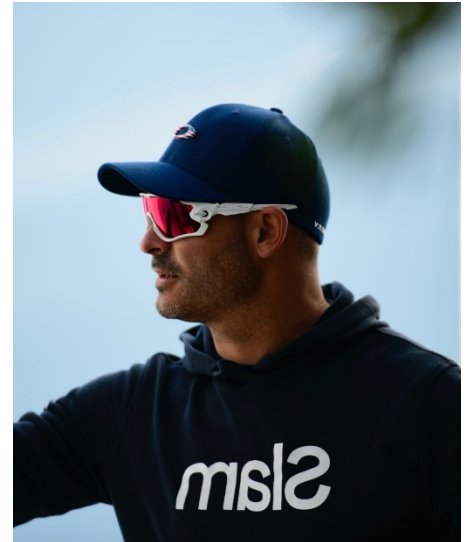
Walter Henry is from Syosset, Long Island where he grew up sailing in nearby Oyster Bay and competing in the local JSALIS. He was a member of the USODA National Team and sailed in national and international regattas in the Optimist. He continued onto the I420, winning the North American Championship and earning numerous podium finishes in national, international and continental championships. Walter's youth sailing career culminated at the 2018 World Sailing Youth Championship where he earned the Gold Medal in the Boys I420 class. Throughout this time, Walter was also a member of the U.S. Sailing Olympic Development Program. Walter is graduate of Connecticut College where he spent four years on the university sailing team, including three years as Varsity Captain. As a collegiate sailor, he was named two time NEISA Sportsperson of the year.



Optimist Head Coach – Bernat Gali Bou

Coach Bernat Gali Bou hails from Barcelona, Spain, where he competed in Optis and ILCA's at the highest level of sailing. An avid competitor since he was 8yrs old, Bernat has an impressive track record in both fleets, although it was in the ILCA class where Bernat excelled the most with two National Championships titles, several top 20 finish at Worlds and Europeans, and an intense but brief pre Olympic career with the Spanish Olympic Development Program.

When he switched to coaching full time, Bernat developed an even stronger passion for the sport. After capping off his coaching career in Spain with many of his sailor's achieving podiums in Optis and ILCA's, both at National and International level, Bernat started his international career coaching the Myanmar ILCA National Team, followed by a year tenure in New Zealand coaching a number of fleets, a short collaboration with the Icelandic National Sailing Team and quick Summer gig in Connecticut before landing in Houston to take over the nationally recognized Lakewood Youth Sailing Program as the Head Opti Coach in 2015.



Since then, fast forward to this day, Bernat is the Performance

Optimist Coach at Coral Reef Yacht Club, a position he's had for the last three years. Over the past 9 years, Bernat has an impressive coaching record that includes podiums at many IODA events, National Championships, many USODA events won and an incredible number of sailors qualified for the USNT. He's coached in several International competitions in Holland, Great Britain, Italy, Germany, Spain, Argentina, USVI, Mexico, Canada and Antigua, to name a few, and has attended 5 IODA events in the past three years, including 3 IODA Worlds.

Registration and Schedule Information

Website	https://www.regattanetwork.com/event/28077		
Location	Bellport Bay Yacht Club, Bellport Lane, Bellport, NY 11713		
Eligibility	Opti or 420 Sailors who are members of a GSBYRA Member Club or Program who have sailed in a Junior Regatta before the event, or have the approval of their Head Instructor.		
Fees	Opti Registration	Before July 3	\$40
		July 3 & after	\$65
	420 Registration	Before July 3	\$80
		July 3 & after	\$130
	Coach/Instructor Registration	Before July 3	FREE
		July 3 & after	\$25

Registration Closes July 6 - Contact Eric Everitt for approval after July 6

Schedule

Monday, 7/7

0830	Day 1
0945	Check in, Bagels OJ & Coffee
1000	Rigged and Ready
1600	Opening Remarks – Split Opti & 420s - Clinic Begins
	Off the Water – Derigging – Debriefing
	Snacks for Kids & Parents Reception / Meet the Coaches
	Talk with Coaches about Sailing Competitively

Tuesday, 7/8

0800	Day 2
0900	Arrival, Bagels OJ & Coffee
0915	Rigged and Ready
1500	Meet for Morning Chalk Talk
1600	Off the Water – Derigging and Debriefing
	Closing Remarks – See you Tomorrow!

For more information Contact

Eric Everitt	eeveritt26@gmail.com	631-793-3086	GSBYRA Junior Sailing Chair
Brian Elliott	briane0414@gmail.com	631-576-5704	
Zach Runci	zrunc001@gmail.com	339-832-3092	