

NZIODA OPTIMIST COACHING CLINIC

Willow Park Camp – Eastern Beach Auckland

January 12th – 16th. 2015.

The clinic is an annual five-day course run by the NZ International Optimist Dinghy Association Inc. Up to 60 spaces are available (for financial members of NZIODA), with selection based on recent results, performance, and commitment. We expect attendees to be competent fleet racers who have previously contested at least two major regattas (2 or 3-day events) such as North or South Island Optimist Champs or National Optimist Championships, Auckland Champs, Winter Champs, Sir Peter Blake Regatta etc. Please provide some information about the sailors experience and any regattas they may have sailed in the last year.

The main aim of the clinic is to improve the skills of all participants during four days of intensive training and activities. We will have some top New Zealand sailors (several of whom have represented us at recent Optimist World Championships) and coaches, performing the coaching duties under the direction of the appointed Coaching Director.

The venue is the Willow Park Christian Camp, just 50 meters from Eastern Beach near Auckland. Shore based activities, meal times and night supervision is under the direction of an appointed "On-Shore Manager".

The cost is \$370.00 per sailor and this must be paid at time of booking into the clinic. The balance of costs is subsidized by NZIODA.

Close-off date for entries is December 5th 2014. Acceptance (or otherwise) will be advised by December 12th 2014 but probably before. Upon acceptance you will be sent more information and the program for the clinic.

ACCOMMODATION & MEALS

The clinic will operate on a live-in basis, four nights, and five days. Arrival time is after 5.00pm on Monday 12th and sailors are asked to set up their boats and find their rooms and unpack. Dinner will not be provided on this night and we encourage groups to enjoy the local café's, or have a pizza on the lawn. Official opening and briefing is at 7.30pm on the Monday evening.

Accommodation is in the Laidlaw Lodge facility at the camp. Participants will be accommodated in bunkrooms and will need to supply their own adequate sleeping gear (sleeping bag, pillow, blankets, etc).

All meals (except arrival day- Monday 12th Dinner) are provided, catered by Willow Park staff. The Lodge includes a conference hall, dining room and kitchen, bunkrooms, toilets, showers etc. There are tennis courts, mini golf, sports fields plus an indoor sports stadium.

BOATS & GEAR

As well as your own Optimist and beach trolley, we suggest bringing an extensive supply of spare parts; just the same as you would if you were attending a large, 5-day regatta. Full sailing gear, including hats & buoyancy aids, along with ample warm clothing and suitable footwear will also need to be supplied by you. Sunshine in Auckland during January is vicious! As sailors will spend many hours afloat, consideration must be given to protective clothing for arms and legs (as well as faces). We suggest long thermals or rash suits. Sun block will be supplied.

PARENTS/GUARDIANS

If any parents or guardians are prepared to assist the On-Shore Manager for the duration of the clinic, accommodation and meals will be provided. We will also require help to run our regatta on the final day of the camp. Please indicate availability on the enrolment form.

PROGRAMME

Upon approval of your application, and providing the full fee has been paid, a copy of the program will be forwarded to you as confirmation of your acceptance to the clinic. The clinic concludes at 4.00 pm, January 16th. Participants will not be allowed to leave the coaching clinic for any period during the five days, except with prior approval of the On-Shore Manager.

LIABILITY

The NZ International Optimist Dinghy Association members, or volunteers, do not accept any liability for loss or damage (material or personal) suffered during or arising at the clinic. It is the individual's responsibility, if so desired, to ensure they have adequate insurance cover for boats, equipment and personal effects. Security will be provided for boats etc. during the hours of darkness on the nights of January 12th – 15th.

ENROLMENT BOOKING & FEES

Book on line via:

<https://onedrive.live.com/redir?page=survey&resid=2DE78EE58B52E2AB!873&authkey=!AKBaV6ssND-OGVg&ithint=file%2cxlsx>

Please note that Passwords are not required to complete this form.

Enrolment closes on 5th December 2014.

Late enrolments will not be accepted after the closing date. In the event an enrolment is declined, a full refund of the fee will be made. The full fee is payable with your application.

No refunds will be made for withdrawals after 15 December 2014.

Please Note: Because of the time of year, Christmas/New Year and holidays, the organisers need to finalise all details by December 15th, including the contracting of coaches, sourcing and transportation of coach-boats, equipment etc.

Members of the NZIODA committee, on a voluntary basis, organise the clinic. Due to commitments to other sailing events between late December and early January, NZIODA will be unable to accommodate last minute requests or changes so please coordinate all plans well before Christmas!

For any further queries, Please contact Angela Berry ajberry@xtra.co.nz