



NYC Optimist Program - 2018/19

We are delighted to offer Main Fleet sailors instruction catered to their needs. Areas of focus will include:

- Introduction to main fleet regattas
- Confidence building
- Improving boat handling skills
- Developing tactics
- Perfecting racing skills
- Focusing on physical, technical, tactical and mental training
- Preparing for regattas and qualifiers

Red (Lola's group)

Orange (John Durcan PM group)

Green (John Durcan AM group)

Coaches

John Durcan:

Specializes in Optimist racing and team racing. An excellent Irish coach, popular with young Opi sailors, who has been coaching locally and internationally for the past few years. In 2017-2018, he coached at 5 National Championships (USA 2017, Australian 2018, French 2018, British 2018 and Irish 2018), with outstanding results.

Lola Resano:

Specializes in technical, tactical and mental optimist training. She started her sailing career in Argentina and has 14 years of experience coaching performance teams in Spain. Her most successful experiences have been with the Catalan Federation and various Spanish Yacht clubs, with outstanding results both at the National and International levels. Over the course of the years she has coached around the globe.

Qualifications:

Sailor must have completed Nationals and two regionals in Main Fleet Program levels to be decided by IODAI results and professional coach

For further details please contact juniors@nyc.ie