



James Island Yacht Club

Pop-Up ILCA/C420 Clinic

Coach:

Bryson Eaton

Phone:

Bryson: (803) 212-5729

Email:

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Requirements for Winter Sailing

All participants in winter sailing lessons and clinics must come prepared for the weather, specifically with cold-weather sailing gear, including but not limited to smocks, bibs, boots, and gloves. If you have any gear questions, please reach out to the coach **BEFORE** your lesson.

Refund Policy

- Cancellations made on the day of the clinic are non-refundable or transferable
 - If the clinic does not meet the minimum number of participants, families may:
 - Receive a full refund
 - Keep credits to apply to future registration.
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Details:

- All clinics run from 11am to 3pm.
- Sailors may arrive 30 minutes early to begin rigging their boats
- If using a club boat, all hulls and equipment must be cleaned & put away before being dismissed from the clinic



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1 Day Example Curriculum

\$100 per sailor | Minimum 5 sailors

This four-hour clinic is designed for advanced and race-level Opti Sailors looking to refine boat handling and build confidence in racing situations.

Curriculum Focus:

- **First Hour:** Boat mechanics, and advanced boat-specific tuning and technique
 - **Remaining Time:** Race strategy and tactics, including starts, mark rounding, fleet awareness, and course management
 - Content may be adjusted based on sailor experience and conditions
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