



ZEALOUS

international coaching innovation

In association with



Zealous International Optimist Clinic December 21-23 2016

Basic Information:

Royal Akarana Yacht Club, Auckland

December 21 – 23, 2016

Coaches include...

Sam McKenzie, Andrew McKenzie,
George Gautrey, William McKenzie

€250 or \$350 NZD per sailor

Clinic Details:

Zealous Sailing Limited will hold a three-day training clinic in association with Royal Akarana Yacht Club, with the goal of preparing Optimist sailors for the Australian Optimist Nationals + giving International sailors to learn techniques specific to New Zealand & Australian conditions

Zealous Optimist Clinic offers a unique and innovative approach to coaching, offering sailors specialist tips on international techniques and tactics performed by the very top Optimist sailors around the world. This knowledge has been acquired through Optimist coaching experience in Singapore, Holland, Spain, Finland, Sweden, Australia and New Zealand.

This is a racing clinic and expects to attract passionate Optimist sailors from around the world.

Each day will run from 0930 – 1700 and will include a combination of fitness, on the water training and theory lessons. Each day includes a specific focus, these include...

- *Specific wave sailing techniques*
- *Risk vs Reward*
- *Starting position & wind types*

On Monday 21 December, registration will begin at 0830, followed by a welcome and briefing at 0930 in the Royal Akarana Yacht Club clubrooms. Sailors are expected to have good quality sailing equipment and gear appropriate for the conditions.

Sailors are able to store their boats at Royal Akarana Yacht Club throughout the duration of the clinic.

Registration for the clinic closes September 30 2016, with full payment of \$350NZD or €250 is required. On October 1 a detailed programme will be emailed out to clinic participants.

Sailors are required to be a member of a registered yacht club as well as appropriate third-party boat insurance.

For charter is not included in the entry fee. For charter options please contract Sam directly: sam@zealoussailing.com

Sailors are required to bring the following...

- Racing Optimist + equipment
- Packed lunch each day
- Note book & pen
- Sun cream
- Appropriate sailing gear for the conditions

We look forward to seeing you there!



Coach Bio:

Sam McKenzie

Zealous Head Coach

- NZIODA Optimist Worlds Team Coach 2016
- Finland Optimist Worlds Team Coach 2015
- NZIODA Optimist National Champion Coach 2013
- Yachting New Zealand Laser Radial Youth Coach 2015
- Finland Sailing Federation Youth Coach 2016

Andrew McKenzie

Zealous Performance Coach

- 22th 2008 Optimist Worlds, 4th in age group
- 2nd Laser Radial Youth World Championships 2013
- Top 50 ISAF World Rankings, Laser Men's Olympic Class
- YNZ AON Fast Track Programme, Olympic Laser Men's – 2020

George Gautrey

Zealous International Coach

- 7th NZIODA Optimist Nationals 2011 & 2012
- 2nd Tauranga Cup, P-Class 2012
- 2nd Starling Nationals 2013
- YNZ Youth Team 2015/16
- Silver Medal - ISAF Youth Worlds 2015/16, Laser Radial

William McKenzie

Zealous Coach

- 2nd & 4th NZIODA Optimist Nationals 2012 & 2011
- 34th IODA Optimist Worlds 2012
- 11th 29er World Championships 2015
- YNZ Youth Team 2015/16
- Bronze Medal – ISAF Youth Worlds 2015/16, SL16

Find registration form below...

23/08/16



Registration Form:

Please fill out form and email to sam@zealousailing.com

Sailor Information:

Surname:_____ First name:_____

DOB:_____

Yacht Club:_____ Sail Number:_____

Allergies:_____

Top Results: (include regatta placing, name and date)

1. _____

2. _____

Parental Consent:

I (full name of parent)

of (address) _____

Postcode _____ give my permission for (full name of child)

_____ to participate in

Zealous Sailing Limited's International Optimist Clinic 21-23 December 2016.

Parent contact number: (+) _____

_____ (Signature)

____ / ____ / ____ (Date)

23/08/16



Payment details:

Amount: \$350NZD (due 30 Sep 16)

Account Name. Zealous Sailing Limited
Account No. 12-3631-0004220-00

Swift Code: ASBBNZ2A

Bank: ASB Bank Limited

OR

Amount: €250NZD (due 30 Sep 16)

Account Name. Zealous Sailing Limited
Account No. 26883886-EUR-06

Swift Code: ASBBNZ2A

Bank: ASB Bank Limited

Disclaimer of Liability

Sailors participate in Zealous' International Optimist Clinic entirely at their own risk. Zealous Sailing Limited will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the clinic.

The entry fee of \$350NZD or €250 is not refundable, unless circumstances arise where Zealous Sailing Limited is unable to provide the services outlined within the three-day training clinic. The training clinic requires a minimum of 15 participants to proceed.