

# Sopraventus International Opti Clinic

November 9<sup>th</sup> – 11<sup>th</sup>, 2024  
Clearwater, Florida



## 1. Meet our coaches

**Simone Ricci:** Sopraventus High Performance & Atlantis Academy Coach Director - 5 Times World Champion both fleet and team racing coach from Rome Italy. He is the coach of the Optimist legend Marco Gradoni, 3 times Optimist World Champion (2017, 2018, 2019) and unique young sailor in the history to win the Rolex World Sailor of the Year in 2019.



**Francesco Puliatti:** Sopraventus USA Head Coach. Peruvian professional sailing coach, specialized in Optimist training since 2011. Multiple IODA medals both in team and individual racing. Coached different national teams in South America and private teams worldwide.



## 2. Clinic objectives and focus

Sopraventus clinics are fully focused on improving racing skills in all aspects, addressing, and coaching our great sailors at the highest competition level. As you surely know, sailing performances depend on many factors that need to be well understood, analyzed, and put in practice with discipline, here is a brief list of what Simone and Francesco, will get our sailors to work on:

- > Maximize upwind speed with advanced techniques
- > Maximize downwind speed and positioning in the fleet
- > Key points for winning starts and/or conservative starts
- > Strategy and tactics planning
- > Mental tips for competition
- > Performing under pressure
- > Physical workouts routines

## 3. Clinic schedule

### Day 01: Saturday, November 9th

- 09.00 am: *Arrival, check-in, charter boats handover and rigging*  
10.00 -11.00 am: *Welcome and clinic objectives overview briefing*  
11.15 -16.30 pm: *on-the-water drills (lunch OTW)*  
17.00 -18.30 pm: *de-rig, debrief, and refuel*  
18.30 pm: *Pick up*

### Day 02: Sunday, November 10th

- 09.00 am: *Arrival, check-in, charter boats handover and rigging*  
10.00 -11.00 am: *Welcome and clinic objectives overview briefing*  
11.15 -16.30 pm: *on-the-water drills (lunch OTW)*  
17.00 -18.30 pm: *de-rig, debrief, and refuel*

18.30pm: *Pick up*

Day 03: Monday, November 11th

09.00 am: *Arrival, check-in, charter boats handover and rigging*

10.00 -11.00 am: *Welcome and clinic objectives overview briefing*

11.15 -16.00 pm: *on-the-water drills (lunch OTW)*

16.00 -17.30 pm: *de-rig, debrief, and refuel*

17.30pm: *Pick up*

**Please note:** Apart from Saturday's check-in, all times can be variable. All detailed schedules are subject to changes at the coaches discretion and variable on the daily conditions.

> All meals are BYO.

#### 4. Notes and recommendations

**Parents**, please let the kid's rig and de-rig alone; let them make new friends.

No parents on the water and during briefings. **Parents are only allowed on the premises during drop off and pick up.**

**Sailors**, you are expected to bring appropriate gear, a notebook, and running shoes.