



**Made in Med** present

**SAVE THE DATE**

# OPTIMIST CLINIC

by *FERNANDO HAPPY ALEGRE*

**JOIN US TO IMPROVE YOUR OPTIMIST!**

**26th to 30th December 2018, in Reggio Calabria (ITA)**

The head coach is Fernando Javier Alegre "HAPPY", one of the best and complete Coach in the world!

Coach in 9 Optimist World Championships (from 2006 to 2014)  
HAPPY has won a total of 29 Medals in these 9 World Championships

- 3 Gold, 2 Silver, 2 Bronze - Overall Individual
- 4 Gold, 3 Silver, 1 Bronze - Female Overall Individual
- 4 Gold, 1 Silver - Best Nation / Team Aggregate
- 4 Gold, 4 Silver, 1 Bronze - Team Racing

The clinic covers aspects such as how the boat works, rigging and tuning, tiller and main sheet management, sailing fundamentals of weight, points of sailing and speeding up the turns.

Theory and practice are mixed to give you the best Optimist experience.  
Let's join, and discover all the tricks to win!

**HURRY UP**

**don't miss the opportunity to improve your sailing skills with us!**

**CONTACT US FOR MORE INFORMATION**

**web: [madeinmed.org](http://madeinmed.org) mob: +39 388 459 1759**

**this event will be supported by**

**GESPORT.fvg**

►► Forward

**Optiland**  
by Massimo Giorgianni

One Design

**ARMARE**