



FAST IS FUN!



OPTICLINIC TENERIFE 2008

FASTISFUN! Open Championship.

Training aspects:

- Starts
- Team Racing
- Maneuvers
- Boat handling
- Boat speed
- Tactics and Strategy
- Fleet Control
- Psychology before, during and after a Regatta

Schedule:

06/21

- Arrival

06/22 – 06/26

- Training
- **FASTISFUN!** Open Championship 2008

Coaches:



Pepe Bettini



Lucas Calabrese

Lucas Calabrese:

Age: 22

Optimist.....

1999

8th place World Championship Martinic, France.

1st place Orange Bowl, Miami, USA

2000

1st Place Southamerican team racing championship, Rio du Janeiro, Brasil.

2nd Place World Championship La Coruña, Spain.

1st Place World Team Racing Championship, La Coruña, Spain.

1st Place argentinian Nationals

1st Place Orange Bowl, Miami , USA.

2001

1^{er} Place South American Team Racing Championship Paracas, Peru.

1st Place World Championship Qingdao, China.

1st Place World team racing Championship, Qingdao, China.

Coaching Experience:

Optimist Clinics:

2004

National team clinic 2 months, Korea del Sur.

Intensive clinic, Fort Lauderdale, USA.

2005

Coach Miami Yacht Club during nationals championships, Norfolk-Virginia, USA.

2006

USA-Miami, Intensive clinic.

Intensive clinic, New England, USA

Intensive Clinic USA-New York, Norwalk Yacht Club

Intensive clinic with two American sailors Argentina-Buenos Aires.

2007

Coaching Team Most, USA.

Opticlinic I

Intensive Clinic, South Korea.

2008

Opticlinic II

At the moment races 470 Olympic class. He recently achieved the North American Championship 2005 in San Francisco, USA and silver Medal in the South American Games.

Pepe Bettini,

Age: 27

Coaching Team Venezuela, Optmist Worlds 2005, Salinas, Ecuador.

Coaching Team Ecuador, South American Championship 2005, Buenos Aires, Argentina.

Coaching Team Argentina, South American Championship 2006, Cartagena, Colombia.

Head coaching:

Optimist Clinics:

2004

Colombia-Guatavita, Intensive clinic.

Ecuador-Salinas, Intensive clinic.

Argentina-Buenos Aires, Intensive Clinic.

2005

Ecuador-Salinas, High performance clinic.

Japan-Nagoya, High performance clinic.

Suitzerland-Bern, High performance clinic.

Italy Garda, High performance clinic.

2006

Spain-Tenerife, Intensive clinic.

Switzerland-Bern- High performance clinic.

Switzerland-Silvaplana, High performance clinic.

Italy-Garda, Intensive clinic.

2007

Coaching Team Most, USA.

Opticlinic I

Coach of the National Team, Netherlands

2008

Opticlinic II

At the moment he races 29er class. He achieved the 2nd place in the 2003 and 2007 World Championship, South American Champion and 6 times national champion on a row.

Sign in for the clinic:

Spots will be limited to 28 sailors, and minimum entries are 20.

Interested sailors should send an e-mail with their best results last season asking for a place in the Clinic (depornatur@arquired.es), that could be accepted by the organizers, in which case a first payment -100 €- should be done to keep the place, this payment shall be made before 10 May 2008.

The fee will be 620€. Second pay (520 €) shall be made before 25 May 2008.

Late fees will be charged with an extra fee of 100 Euros.

Spots will be closed once the first 28 sailors are signed in.

-It will include:

-Accommodation (hotel).

-Breakfast, lunch and dinner.

-Coaching during the clinic and the Regatta.

-Sign in fee for the **FASTISFUN!** Open Championship 2008.

-Transportation Hotel – Yacht Club- Hotel.

NOTE: If we don't get the minimum entries the amounts received will be returned.

Boat rent:

The rent price of the hull and blades LANGE Riotechna 07300 €

Spars can also be supplied at extra cost 95 € new ones or 65 € used ones.