

# BOOT Camp (Basic Olympic Optimist Training)

**BOOT Camp and Power Smart Manitoba Games Westman Qualifier** at Pelican Yacht Club

## What is BOOT Camp?

The Basic Olympic Optimist Training is a two day development training camp followed by two days of Provincial Optimist Championships. The age groups for the Provincials are 10 and under, 13 and under and 15 and under. It also includes a green fleet for sailors who never have raced before.

BOOT Camp is hosted every year by a different Club in Manitoba. BOOT Camp aims for Optimist sailors age 7-14 who would like to improve their sailing skills, learn new racing skills, GO FAST and HAVE LOTS OF FUN!!!

## Where and when will it be held?

BOOT Camp will be held at PYC on Thursday and Friday July 17<sup>th</sup> and 18<sup>th</sup> starting at 9:00am and ending at 5:00pm.

This year's BOOT Camp also includes the Westman Qualifier for the Power Smart Manitoba Games on Saturday, July 20<sup>th</sup>. To be eligible for the Games, sailors must be between the ages of 10 and 15. The Games will be held on August 14-17 at Lake Stephensfield in Carmen.

## Who should come to BOOT Camp?

YOU, U and YEW! Anyone, any size, any shape who enjoys single handed sailing and wants to improve their skills!

## What do you need to bring to BOOT Camp?

- Dry clothes, footwear, suitable sailing gear
- Sunscreen, sunglasses, sunhat, water bottle
- DOT or Coast Guard approved lifejacket
- Personnel logbook and new Racing Rule book (can be purchased at the MSA office)
- Your own boat
- To PYC members – our 7 Optimist boats will be available on a first come first serve basis
- A limited amount of Optimists can be rented from the MSA. Please call the office.



## Need a place to stay?

For accommodation information, please contact Michael Cox at 727-6126 or by email at [mjcox.architect@gmail.com](mailto:mjcox.architect@gmail.com)

## Fees:

BOOT Camp & Provincial Championships  
\$170 per sailor / late fees after July 6<sup>th</sup> - \$190 (GST included)

## What is included with BOOT Camp registration fee?

- Race training by certified and qualified coaches
- Entrance fee for the Provincial Championships
- Light breakfast & healthy lunch each day of camp & regatta (Thursday to Sunday)
- Dinner each evening Thursday to Saturday at PYC

## Registration Information:

Registration forms are posted on the MSA website [www.sailmanitoba.com](http://www.sailmanitoba.com)

To register for BOOT Camp send the registration form and a cheque payable to Manitoba Sailing Association to the MSA office @ 406-200 Main Street, Winnipeg, MB, R3C 4M2, Phone (204) 925-5650 Email [sailing@sport.mb.ca](mailto:sailing@sport.mb.ca)

To register for the Westman Qualifier for the Power Smart Manitoba Games, visit the [www.manitobagames.ca](http://www.manitobagames.ca) or contact the PYC head instructor, Erin Cox at [Its.pyc@gmail.com](mailto:Its.pyc@gmail.com)