



### **Calling all Competitive Opti Sailors**

Did you know that 85 per cent of the medal winning sailors in the 2008 Olympics in Qingdao were former Optimist sailors? What better incentive to spark your interest in one of the world's fastest growing junior sailing fleets.

The Canadian Optimist Atlantic Sailing Team (COAST) is in high recruitment mode. With several recent graduates aging or sizing out, the regions' most competitive Opti-race team is on high alert for new recruits. What's required to join you might ask? Start with a healthy dose of passion for the sport, add a strong desire to work hard and develop your skills, and finish strong with a commitment to yourself and your team to have way too much fun and the best summer of your life!

Awards for the 2009 Season were handed out in early January giving the nod to the following individuals:

- |                          |                               |
|--------------------------|-------------------------------|
| 1) Top Sailor:           | Jeremy "Bucket" Fraser, RNSYS |
| 2) Sportsmanship Award:  | Lauren Sullivan, RNSYS        |
| 3) Most Improved Sailor: | Nathan Dunn, RNSYS            |

Congrats to all team members and best wishes to Minette Murphy, Devan Dube, and Nathan Dunn (all of RNSYS) as they move on to new boats.

Coach Jeff Bethune has signed on for yet another year and is keen to get the program rolling once again as soon as the ice thaws and spring hits.

To get a taste of COAST – check out these videos.

<http://www.youtube.com/watch?v=fnT7FhEWJ6Q>

<http://www.youtube.com/watch?v=S7T-sLOVKMU>

<http://www.sailgroove.org/videos/speaker/4503-surrette-allison>

[http://www.sailgroove.org/videos/coverage/view\\_video/235459-optimist-new-england-championship/197359-allison-surrett-after-pink-race-2](http://www.sailgroove.org/videos/coverage/view_video/235459-optimist-new-england-championship/197359-allison-surrett-after-pink-race-2)

Interested sailors and/or parents are invited to email or call Mark Surrette to learn more about the program: [902.424.1100](tel:902.424.1100)/[msurrette@kbrs.ca](mailto:msurrette@kbrs.ca).

