

High Performance Optimist Clinic

August 4 - 5

BQYC 2016

Daily hours for day one and two.

9:00 – 9:30	Boat rigging and prepare for sailing
9:30 – 10:00	Briefing/Planning drills according day's goals
10:00 – 12:00	On the water drills
12:00 – 13:00	Lunch & chalk talk on the water or at the club.
13:00 – 16:30	On the water drills
16:30 – 16:45	De-rigging boats
16:45 – 17:00	Video debrief of the days training.

The clinic is designed to offer two days of intense training to help improve boat preparation, tuning advice, sail settings and advanced boat handling skills including roll-tacking, roll-gybing and mark roundings. The Optimist Clinic will look hard at developing both Upwind and Downwind speed, as well tactics, starts and race strategy, with extensive use of video analysis.

DAY 1

Morning Session

Upwind and Downwind.

Rabbit Starts and training exercises.

- Proper sail trimming.
Identify what to do with my sail using the vang, outhaul, sprit and pin stop.
- Boat control using the main sheet, body and rudder.
Identify when gust coming.
sailing without rudder/backward control .
- Wind Shifts
Identify wind shift with my wind indicator and telltales .
- Boat handling and bailing.
How to bail, when to bail and the importance of bailing.
360, 720, tacks, double tacks and gibes

Afternoon Session

Starts

- The Perfect Start: Why Rabbit Starts.
How to do a rabbit start.
- How to start on a start line.
Identify the best spot.
- Wind shifts and Tactics Basics on the start
The importance of the first 50 meters.
- Start /Timing
Water games(sailing fast to a ball/mark that is at upwind)
- Position on the starts and different types of starts.
- Start sequence.

DAY 2

Morning Session

Tactics & Strategies during racing.

- Starts tactics and possible situations.
- Positioning within the fleet.
- Approaching upwind mark.
- Lay-lines and concept of longer tack.
- Tactics on the downwind and upwind.

Afternoon Session

How to sail a race.

- The wind and the Sail Trimming.
- Sailing with the fleet.
- Planning an objective.
- Knowing the failures and achievements.