## 2024 OPTI RACE TEAMS



Junior Program Director: Travis Carlisle Operations Manager: Madde Vachon

### THE COACHES

- · Opti Green Fleet Race Team
  - · Anna Groszkowski (UVA)

- · OptiRWB Race Team
  - · Guido Pozzi Alcon (Argentina)



## SUMMER 2024 OPTI TEAMS

#### Opti Green Fleet Race Team

- Beginner Racing Program
- Focused on CBYRA events
- Must own boat

#### OptiRWB Race Team

- -Focus on Boathandling/tactics/strategy/boat speed
- -Must own boat
- -Will do CBYRA events and possibly some USODA events







- Green Fleet Travel Fee: ~\$200
  - · (this is an estimate for 8 sailors)
- RWB Travel Fee: ~\$600
  - · (this is an estimate for 8 sailors)
- · Drop-In Rate: ~\$150/day



# 2024 REGATTA SCHEDULE Opti Green Fleet Race Team

OPTI GREEN FLEET	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 10th	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
June 17th	Practice at SSA	Practice at SSA	Practice at SSA	Off	Practice at FBYC	FBYC Junior Regatta	FBYC Junior Regatta
June 24th	Off	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
July 1st	SSA Sandy MacVickar	AYC Junior Regatta	Off	Off	Off	Off	Off
July 8th	Practice at SSA	Practice at SSA	Practice at SSA	West River Junior Regatta	Practice at SSA	Off	Off
July 15th	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
July 22nd	Practice at SSA	Practice at SSA	Practice at SSA	Lewes Junior Regatta	Off	Off	Off
July 29th	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
August 5th	Off	Practice at SSA	Practice at SSA	Miles River YC	Practice at TAYC (half day)	Oxford Junior Regatta	Oxford Junior Regatta

## 2024 REGATTA SCHEDULE Opti RWB Race Team

OPTI RBW Race Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 10th	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
June 17th	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
June 24th	Practice at NYCC?	NYCC Junior Regatta	Practice at HYC?	HYC Junior Regatta	HYC Junior Regatta	Off	Off
July 1st	SSA Sandy MacVickar	AYC Junior Regatta	Off (9am-1pm optional practice?)	Off	Off	Off	Off
July 8th	Practice at NBYC	Practice at NBYC	Practice at NBYC	Practice at NBYC	Practice at NBYC	NBYC Junior Regatta	NBYC Junior Regatta
July 15th	Off	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
July 22nd	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off (or USODA Girl's Nationals)	USODA Fleet Nationals @ Sandusky, OH	USODA Fleet Nationals @ Sandusky, OH
July 29th	USODA Fleet Nationals @ Sandusky, OH	Off	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
August 5th	Off	Practice at SSA	Practice at SSA	Practice at SSA	Practice at TAYC (half day)	Oxford Junior Regatta	Oxford Junior Regatta

## COMMUNICATION

Primary Communication = InstaTeam
InstaTeam Codes

- · RWB: VACGAY
- Green: VACQUM

Travis: sailing Dsevernsailing.org

Madde: maddeDsevernsailing.org

Phone: 410-268-8744



## SAILOR EXPECTATIONS

- Teamwork!
- Respect!
- Prepared
- · Good Attitude



### PARENT EXPECTATIONS

- · Volunteer to tow trailers/Car top
- · Volunteer to help with regatta support
- · Parents need to volunteer during the season
- · Provide solid communication to Travis and Madde
- Ask questions



## COACH EXPECTATIONS

- · Quality coaching
- · Clear communication
- ·Respectful
- · Lead by example and demonstrate Corinthian spirit.

