



ABYC 2015 OPTIMIST RACING TEAM

SAILOR & PARENT GUIDE

Ashbridge's Bay Yacht Club
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WELCOME

Welcome to the 2015 ABYC Optimist Race Team. We are looking forward to a great summer of sailing and fun.

Again this year we have put together a short information package before the season starts. The aim of this guide is to outline the roles and responsibilities of team members and their parents, and provide essential facts about Optimist racing at ABYC.

We hope you find the following pages useful and look forward to seeing you all this summer!

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GETTING STARTED

The ABYC Optimist Race Team spends most of the summer training from our home base at Ashbridge's Bay Yacht Club. Although no two training days are ever the same, we do have a similar format that we tend to follow. All sailors are expected to have their boat rigged and ready to go by 9:00 AM. On some days the team does some fitness activities and on others we do a land lesson. The team then heads out on the water for our morning training session, we come back in for a quick and nutritious lunch and are back out on the water for the afternoon. The best way to improve your sailing is to keep sailing. When the weather works with us, we tend to maximize our sailing time and make the most of our training days.

For these reasons we ask that the athletes bring packed lunches on normal training days. We do have days in the summer schedule when we take time off and go for lunch or partake in other fun activities. To maximize our time, we ask that the athletes only buy lunch on those designated days.

Contact Information

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IMPORTANT DATES 2015

Spring Program: May 10 – June 21

Lilac Regatta, May 23-24
(Intermediate/Championship)
Royal Hamilton Yacht Club, ON

RCYC Open, June 20-21
Royal Canadian Yacht Club, ON

Summer Program: June 29 – August 28

YODE Clinic and Regatta, June 29 – 30 & July 2-3
Royal Canadian Yacht Club, ON

Fogh-Boorman Regatta, July 11 – 12
Royal Hamilton Yacht Club, ON

Steerers Regatta, July 23 – 24
Port Credit Yacht Club, ON

Four Sisters Regatta, July 25 – 26
Port Credit Yacht Club, ON

CORK International, August 6 – 9
Kingston Yacht Club, ON

Canadian Championship, August 29 – September 4
Squamish Yacht Club, BC

FALL Program September 6 – October 25 (or later)

Cornish Hen Regatta, September 12 – 13
Royal Hamilton Yacht Club, ON

Fall CORK, September 18 – 20
(Intermediate/Championship)
Kingston Yacht Club, ON

Other Training/Racing Opportunities

High Performance Opti Clinic/Regatta, May 2 – 3
RCYC, ON

Parent Responsibilities

- > Ensure that your child comes prepared for training and regattas
- > Help to unload and load trailers at regattas
- > Attend regatta planning meetings
- > Help all team members get their boats into and out of the water
- > Transport your sailor's dolly, mast, boom, sail, rudder, dagger board, mainsheet etc. to each regatta. It is a good idea to check that you have everything before you leave for the regatta.
- > Be supportive. Below are some words of wisdom from one of our now seasoned opti parents.

Watching your child struggle to keep boat control in a heavy wind, repeatedly get caught in irons, luff his/her sail during part of the race or be passed by the rest of the fleet, can be nail-bitingly hard on a parent,

BUT:

- > Don't shout advice. The kids can't hear what you're shouting, all they know is that someone is shouting at them – and that's demoralizing and distracting
- > Leave the coaching to the coach.
- > Cheer for each member of the team on the water as they pass near you.
- > Give plenty of encouragement to all the team when they return to land. A “good job” and a pat on the back is a far better encouragement than a detailed critique of what you think went wrong during the race.
- > If you absolutely must critique your child's racing technique after a regatta, wait at least half a day until your adrenalin and your children's adrenalin has settled back to normal. Then pick one and only one point for discussion and do it constructively.

Towing to regattas

In order for sailors to attend regattas, we need to have enough parents willing and able to tow trailers, to and from, each regatta. Each team has a trailer that carries one coach boat and four optis. We have an additional trailer that carries six optis. Once our regatta schedule is confirmed, a towing schedule will be made. Parents who tow trailers, are reimbursed by the other parents, for gas and mileage, based on a pre-determined fee schedule. The fee schedule is based on distance towed. For example, in 2014, families that towed to Hamilton were compensated \$25, Kingston \$63, Montreal \$150 and Port Credit, \$13. The gas costs are divided by the number of sailors.

If you are planning on getting a hitch for your vehicle, you will need a hitch and ball plus an electrical connection for the trailer lights. *Hitch City* or *Hitch and Trailer Supply Co. Ltd.* can install all of this while you wait. You can call to make an appointment. You will need a 2” ball. Your owner's manual will tell you what the towing capacity is for your vehicle.

Sailor Responsibilities

- > Rig promptly when you arrive in the morning and de-rig as soon as possible when you get off the water. The quicker we can rig and de-rig as a team, the more time we can spend sailing and doing fun things.
- > Help load and unload the trailer when we go to regattas
- > Take care of your equipment like it's your own!
- > Try your best each day. When we practice you only get out as much as you put in.
- > Listen to your coach both on the water and on land. This is extremely important for safety and it will let you get the most out of each day.

A NOTE ON HEAVY WIND

For some who are new to racing, strong winds can be very intimidating. As a race team, we always try to get on the water even when the wind is strong. For most of us, sailing in big breeze the first few times can be pretty scary and as your coach, I will never force you to sail if you don't feel comfortable.

It is important to keep in mind, however, that the only way to get good at sailing in strong wind is to go out and try! With a little practice you will quickly find that big winds and waves are fun and the worst thing that happens is getting wet.

Coach Responsibilities

- > Ensure the sailors' safety, including safety from sun, heat, cold and sudden weather changes
- > Ensure the sailors' learn to sail and race in safe, fun, and supportive conditions
- > Hand over the sailors to their parents at the end of the lessons/regattas
- > Provide feedback to the parents and sailors as appropriate.

Gear and packing

EVERYDAY It is important to dress in layers

Cool/windy weather (Below 20°C)

- > Shorty wetsuit and/or two piece/long wetsuit
- > Spray top
- > Rain pants
- > Toque

NOTE: It is usually 5 degrees cooler on the water than on land

Warm weather (Above 20°C)

- > A top layer to protect from the sun (full sleeve rash guards work well)
- > Bathing suit

All conditions

- > Lifejacket
- > Rash Guard
- > Sunscreen
- > Hat and/or sunglasses
- > Sailing gloves
- > Sailing booties or water shoes
- > Waterproof watch with counting function
- > Hiking pants are recommended but are not essential
- > Running shoes and shorts or track pants
- > Full change of clothes
- > Water bottle (It is preferable to drink lots of water before and during sailing, and save fruit drinks for the end of the day)
- > Lunch
- > Lots of snacks for the water (peanut free please)

REGATTAS

- > Duct tape/electrical tape/tool kit
- > Spare sail ties
- > Something to do when postponed on shore (cards, frisbee, soccer ball, etc.)
- > All of the gear that you normally bring to training
- > Plenty of water and snacks

OPTIMIST REGATTA CHECKLIST

Boat

- > Sail
- > Mast
- > Wind Indicator (Windy)
- > Boom
- > Rudder
- > Dagger board
- > Mainsheet
- > Air bags
- > Praddle
- > Bailers (2)
- > Mast Clamp
- > Sail Ties
- > Sponge

Clothing

- > Bathing Suit
- > Sun Top (UV Top)
- > Wet/Dry Suit
- > Shorts
- > Hiking Pants
- > Splash Top/Bottom
- > Booties
- > Gloves
- > Hat (wool hat if cold)
- > Life Jacket
- > Sun Glasses
- > Flip Flops

Dry Clothes

- > Under garments
- > Shirt
- > Tank Top
- > Pants/Shorts
- > Sweater/Fleece
- > Raincoat/Windbreaker
- > Shoes
- > Socks

Other

- > Watch
- > Sunscreen
- > Hair Elastics
- > Food/Snacks
- > Water Bottle
- > Towel
- > Health Card (Proof of age)
- > Notice of Race (NOR)
- > Sailing Instructions (SI)

Registering for Regattas

It is the responsibility of parents to sign their sailor up for each regatta that they plan to compete in. This can be done online, directly with the host yacht club. If you sign up by the early registration date, there is a discount. You can also print out the Notice of Race. Please note that your sailor must be a member of the Canadian Optimist Dinghy Association (CODA) to compete at CORK or the Canadians. You must also make sure that your sail number is registered with CODA. Some regatta organizers will ask for proof of age, when signing in.

Regatta fleet levels

Green Fleet: All novice sailors, of any age

White Fleet: Age 10 and under, based on birth year

Blue Fleet: Age 11–12, based on birth year

Red Fleet: Age 13–15, based on birth year

Loading/Towing to Regattas

Sailors and coaches will load boats before a regatta. We have three trailers that we use to transport the boats. If you are the parent towing, please check that everything is tied securely and that the rear trailer bar has been reattached. Make sure the lights are operating correctly, that you have a copy of the insurance paperwork and that you have hooked up the trailer correctly. There is also a key to lock the trailer, during transportation and while being stored at the regatta location. If you are new to towing, we have many parents who can help you.





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team

Learn more:
[facebook.com/ABYCJuniorRaceTeam](https://www.facebook.com/ABYCJuniorRaceTeam)



Canadian, U.S. and International Opti Regattas

Open Canadian Regattas

CORK International
August 6-9, 2015, Kingston, ON

Canadian Optimist Dinghy Championships
August 29-September 4, 2015, Squamish, BC

Open U.S. Regattas

Newport Youth Challenge
May 9, 2015, Newport, RI

USODA Great Lakes Championships
July 10-12, 2015, Sandusky, OH

Texas Youth Race Week
July 11-17, 2015, Kemah, TX

USODA Nationals
July 19-26, 2015, Pensacola, FL

USODA New England Championships
August 3-6, 2015, Salem, MA
August 9-11, 2016, Newport, RI

USODA Atlantic Coast Championships
October 24-25, 2015, Annapolis, MD

Orange Bowl International Youth Regatta
December 26-30, 2015, Miami, FL

Valentine's Day Regatta
February, 2016, St. Petersburg, FL

IODA/International events that require qualification/invitation

IODA North American Championships
July 5-12, 2015, English Harbour, Antigua

IODA European Championships
July 17-24, 2015, Pwllhei, UK
July 15-22, 2016, Crotona, Italy

IODA World Championships
August 25- September 5, 2015, Dziwnow, Poland
June 27-July 7, 2016, Vilamoura, Portugal

IODA Asian & Oceanian Championships
October 23-31, 2015, Doha, Qatar
April 2-6, 2016, Sri Lanka

IODA South American Championships
March 16-27, 2016, Salinas, Ecuador

NOTE: To qualify for an IODA/international event, Canadian sailors must compete at the Canadian Optimist Dinghy Championships. CODA then makes a list of the top ranked 40 Canadian sailors, based on results, taking into account sailors that have "aged out". Those on the list are invited to apply to compete in an international event/s. CODA then works through the list and sailors are invited to join a team, based on rank and spots available. Females are also ranked separately as each team reserves an allotment of spots for females, usually one/team.

Helpful links

Optimist Dinghy Associations

optican.org
usoda.org
optiworld.org

Ontario Sailing

ontariosailing.ca

Boats/equipment/clothing

westmarine.com
binnacle.com
foghmarine.com
boardsports.ca
riggingshoppe.com
intensitysails.com
mec.ca
optistuff.com
ps2000.ca