



Learn to Sail Objectives

At the end of 4 weeks a learn to sail Opti sailor will be able to:

<p>Safety</p>	<ul style="list-style-type: none"> ● Understand and follow program rules ● Avoid Collisions ● Pass swim/safety test ● Capsize and recover boat
<p>Seamanship</p>	<ul style="list-style-type: none"> ● Be comfortable on the water ● Tie an 8-knot, square knot, bowline, and half hitch ● Rig and de-rig opti ● Name the parts of an opti ● Identify wind direction ● Go into irons and recover ● Tow safely behind a powerboat ● Inspect and maintain boat <ul style="list-style-type: none"> ○ Proper stowing ○ Washing
<p>Boathandling</p>	<ul style="list-style-type: none"> ● Leave the dock ● Return to the dock ● Hold the tiller and the mainsheet correctly ● Reach ● Tack ● Gybe ● Sail a figure 8 Course ● Sail upwind ● Sail downwind ● Sail a triangle
<p>Sportsmanship</p>	<ul style="list-style-type: none"> ● Respect teammates ● View sailing as a team sport ● Work together while launching, rigging, and putting the boats away



After 8 weeks, a learn to sail student should *also* be able to:

Seamanship	<ul style="list-style-type: none"> ● Tie sail ties ● Attach a sail onto spars ● Recognize puffs and lulls
Boathandling	<ul style="list-style-type: none"> ● Use telltales for upwind sailing ● Position oneself in boat according wind and water conditions ● Stop and start ● Understand sail controls <ul style="list-style-type: none"> ○ Sprit pole tension ○ Outhaul ○ Vang ○ Boom preventer
Racing	<ul style="list-style-type: none"> ● Start ● Round a mark ● Understand how to find clear air ● Understand right of way

Green Fleet Objectives

At the end of 4 weeks, a green fleet sailor should know how to:

Safety	<ul style="list-style-type: none"> ● Understand and follow program rules
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	<ul style="list-style-type: none"> ● Pass swim test ● Avoid collisions ● Capsize and recover boat
Seamanship	<ul style="list-style-type: none"> ● Tie 8-knot, square knot, bowline, and half hitch ● Coil and toss a line ● Identify points of sail ● Identify wind direction ● Rig and de-rig properly ● Name all of the parts of an Opti ● Take care of a boat <ul style="list-style-type: none"> ○ Proper stowing ○ Checking sail ties ○ Cleaning boat ● Check mast preventer ● Recognize puffs and lulls ● Tow behind a powerboat ● Understand current
Boathandling	<ul style="list-style-type: none"> ● Leave and return to dock safely ● Stay out of irons ● Maintain proper body position in boat ● Hold tiller and mainsheet correctly ● Gybe <ul style="list-style-type: none"> ○ S- gybe ● Tack ● Sail downwind <ul style="list-style-type: none"> ○ Reach ○ Run ○ Trim sail properly ○ Body placement ● Sail Upwind <ul style="list-style-type: none"> ○ Steer using tell tales ○ Sail close hauled ● Adjust daggerboard while sailing ● Sail a windward/leeward course ● Understand control lines and how they affect sail shape. Set up sail shape for conditions. <ul style="list-style-type: none"> ○ Vang ○ Preventer ○ Outhaul ○ Sprit tension ● Execute a 360
Sportsmanship	<ul style="list-style-type: none"> ● Respect others ● Respect equipment ● View sailing as a team sport ● Follow the rules while racing and execute penalty turns when a foul occurs ● Sail fairly in practice and while racing



	<ul style="list-style-type: none"> • Work as a team while rigging, launching, and de-rigging
Racing	<ul style="list-style-type: none"> • Sail a starting sequence • Round marks <ul style="list-style-type: none"> ◦ Understand applications of rule 18 • Adjust sail controls, daggerboard on different legs • Understand right of way • Finish

At the end of 8 weeks, a green fleet sailor should *also* know how to:

Seamanship	<ul style="list-style-type: none"> • Assess weather • Apply skills to larger boats
Boathandling	<ul style="list-style-type: none"> • Understand pinching and footing upwind • Assess wind on a race course • Develop a “game plan” for each race • Understand “seamanlike” boat rounding • Ease, hike, trim to keep the boat flat
Racing	<ul style="list-style-type: none"> • Assess wind on a race course • Develop a “game plan” for each race • Act on puffs and lulls • Use racing rules properly • Find clear air • Start a race <ul style="list-style-type: none"> ◦ Identify favored end

Red, White, and Blue Fleet Objectives

By the end of 8 weeks, red, white, and blue sailors should be able to:

Safety	<ul style="list-style-type: none"> • Understand and follow program rules • Pass safety/swim test • Avoid collisions • Capsize and recover boat
Seamanship	<ul style="list-style-type: none"> • Tie 8-knot, square knot, bowline, and half hitch • Coil and toss a line • Identify points of sail



	<ul style="list-style-type: none"> ● Identify wind direction ● Rig and de-rig properly ● Name all of the parts of an Opti ● Take care of a boat <ul style="list-style-type: none"> ○ Proper stowing ○ Checking sail ties ○ Cleaning boat ○ Minor repairs ○ Fix things on the water ● Check mast preventer ● Recognize puffs and lulls ● Tow behind a powerboat ● Understand current ● Assess weather <ul style="list-style-type: none"> ○ Interpret a weather report ○ Watch for changes in weather ○ Understand weather as tied to geography ● Apply skills to larger boats ● Understand right of way <ul style="list-style-type: none"> ○ windward/leeward ○ Starboard/port ○ Clear ahead/clear astern ● Prepare a boat for trailering
<p>Boathandling</p>	<ul style="list-style-type: none"> ● Leave and return to the dock safely ● Hold the tiller and mainsheet correctly ● Sail backwards ● Gybe <ul style="list-style-type: none"> ○ S gybe ○ Roll gybe ○ Exit angles ● Tacking <ul style="list-style-type: none"> ○ Roll tacks ○ Exit angles ● Sail downwind <ul style="list-style-type: none"> ○ Adjusting sail controls ○ Adjusting trim ○ Adjusting body placement ○ Planing/pumping ● Sail upwind <ul style="list-style-type: none"> ○ Proper sail shape and trim ○ Sail close hauled ○ Finding and holding “the groove” ○ Uses telltales ○ Sailing through waves ● Ease, hike trim boat flat ● Start and stop boat ● Adjust the daggerboard while racing ● Adjust sail shape for different points of sail



	<ul style="list-style-type: none"> ● Adjust sail shape for changing conditions ● Adjust body weight for different points of sail ● Adjust body weight for changing conditions ● Execute 360 ● Start using bodyweight and sails to turn boat
<p>Racing</p>	<ul style="list-style-type: none"> ● Understand the “corinthian spirit” ● Assess wind on the course ● Understand and react to wind shifts ● See and react to puffs and lulls ● Adjust sail controls on different legs of the course ● Find clear air ● Apply racing tactics ● Start a race <ul style="list-style-type: none"> ○ Identify favored end ○ Find a line sight ○ Understand timing ○ Create a strategy ● Round Marks <ul style="list-style-type: none"> ○ Seamanlike rounding ○ Understand rules 18 and 18.2a ○ Understand tactics at marks ● Finish a race <ul style="list-style-type: none"> ○ Tactics at the finish ● Use racing rules properly ● Deal with protests and arbitration

Adventure Sailing Objectives

At the end of 4 weeks an adventure sailing student will be able to:

<p>Safety</p>	<ul style="list-style-type: none"> ● Understand and follow program rules ● Avoid Collisions ● Pass swim/safety test ● Capsize and recover boat
<p>Seamanship</p>	<ul style="list-style-type: none"> ● Be comfortable on the water ● Tie an 8-knot, square knot, bowline, and half hitch ● Coil and toss a line ● Rig and de-rig a 420 ● Name the parts of a 420 ● Identify wind direction ● Identify points of sail ● Go into irons and recover



	<ul style="list-style-type: none"> ● Tow safely behind a powerboat ● Inspect and maintain boat <ul style="list-style-type: none"> ○ Proper stowing ○ Washing ○ Minor repairs ● Sail as a passenger or crew on a bigger boat
Boathandling	<ul style="list-style-type: none"> ● Leave the dock ● Return to the dock ● Skipper <ul style="list-style-type: none"> ○ Hold the tiller and the mainsheet correctly ● Crew ● Reach ● Tack ● Gybe ● Sail a figure 8 Course ● Sail upwind ● Sail downwind ● Sail a triangle ● Adjust trim for different points of sail ● Proper body weight position in boat
Sportsmanship	<ul style="list-style-type: none"> ● Respect teammates ● View sailing as a team sport ● Work together while launching, rigging, and putting the boats away

After 8 weeks, an adventure sailing student should *also* be able to:

Seamanship	<ul style="list-style-type: none"> ● Apply 420 sailing skills to other boats ● Sail as a passenger or crew on a bigger boat ● Rig and de-rig a laser, Open Bic, J22 ● Recognize puffs and lulls ● Assess weather <ul style="list-style-type: none"> ○ Interpret weather reports ○ Understand simple weather systems ○ Clouds and what they mean ● Basic navigation <ul style="list-style-type: none"> ○ How to read a chart ○ Using a compass ○ Navigation buoys
Boathandling	<ul style="list-style-type: none"> ● Use telltales for upwind sailing ● Position oneself in boat according wind and water conditions ● Stop and start ● Roll tack, gybe ● Adjust sail shape using control lines for different



	<p>points of sail and conditions</p> <ul style="list-style-type: none"> ● Understand sail controls <ul style="list-style-type: none"> ○ Cunningham ○ Outhaul ○ Vang ○ Traveler
Racing	<ul style="list-style-type: none"> ● Start ● Round a mark <ul style="list-style-type: none"> ○ Rule 18, 18.2 ● Understand how to find clear air ● Understand right of way ● Finish

420 JAM Racing Objectives

At the end of 8 weeks, a 420 JAM sailor should be able to:

Safety	<ul style="list-style-type: none"> ● Understand and follow program rules ● Pass safety/swim test ● Capsize and recover boat
Seamanship	<ul style="list-style-type: none"> ● Tie 8-knot, square knot, bowline, and half hitch ● Coil and toss a line ● Identify points of sail ● Identify wind direction ● Rig and de-rig properly ● Name all of the parts of a 420 ● Take care of a boat <ul style="list-style-type: none"> ○ Proper stowing ○ Cleaning boat ○ Minor repairs ○ Fix things on the water ● Recognize puffs and lulls ● Tow behind a powerboat



	<ul style="list-style-type: none"> ● Understand current ● Assess weather <ul style="list-style-type: none"> ○ Interpret a weather report ○ Watch for changes in weather ○ Understand weather as tied to geography ● Apply skills to larger boats ● Understand right of way <ul style="list-style-type: none"> ○ windward/leeward ○ Starboard/port ○ Clear ahead/clear astern ● Prepare a boat for trailering ● Learn basics of sailing with a spinnaker <ul style="list-style-type: none"> ○ Trim ○ Pole position ○ Crew and skipper responsibilities
<p>Boathandling</p>	<ul style="list-style-type: none"> ● Leave and return to the dock safely ● Hold the tiller and mainsheet correctly ● Sail backwards ● Understand the duties of both skipper and crew ● Gybe <ul style="list-style-type: none"> ○ Roll gybe ○ Exit angles ● Tacking <ul style="list-style-type: none"> ○ Roll tacks ○ Exit angles ○ Timing between skipper and crew ● Sail downwind <ul style="list-style-type: none"> ○ Adjusting sail controls ○ Adjusting trim ○ Adjusting body placement ○ Planing/pumping ● Sail upwind <ul style="list-style-type: none"> ○ Proper sail shape and trim ○ Sail close hauled ○ Finding and holding “the groove” ○ Uses telltales ○ Sailing through waves ● Ease, hike trim boat flat ● Start and stop boat ● Adjust the centerboard while racing ● Adjust sail shape for different points of sail ● Adjust sail shape for changing conditions ● Adjust body weight for different points of sail ● Adjust body weight for changing conditions ● Execute 360, 720 ● Start using bodyweight and sails to turn boat ● Learn basic trapeze skills



<p>Racing</p>	<ul style="list-style-type: none"> ● Understand the “corinthian spirit” ● Assess wind on the course ● Understand and react to wind shifts ● See and react to puffs and lulls ● Adjust sail controls on different legs of the course ● Find clear air ● Apply racing tactics ● Start a race <ul style="list-style-type: none"> ○ Identify favored end ○ Find a line sight ○ Understand timing ○ Create a strategy ● Round Marks <ul style="list-style-type: none"> ○ Seamanlike rounding ○ Understand rules 18 and 18.2a ○ Understand tactics at marks ● Finish a race <ul style="list-style-type: none"> ○ Tactics at the finish ● Use racing rules properly ● Deal with protests and arbitration
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420 Racing Objectives

At the end of 8 weeks, a 420 sailor should be able to:

<p>Safety</p>	<ul style="list-style-type: none"> ● Understand and follow program rules ● Pass safety/swim test ● Capsize and recover boat
<p>Seamanship</p>	<ul style="list-style-type: none"> ● Tie 8-knot, square knot, bowline, and half hitch ● Coil and toss a line ● Identify points of sail ● Identify wind direction ● Rig and de-rig properly ● Name all of the parts of a 420 ● Take care of a boat <ul style="list-style-type: none"> ○ Cleaning and proper stowing ○ Minor repairs ○ Fix things on the water ● Recognize puffs and lulls ● Tow behind a powerboat ● Understand current ● Assess weather <ul style="list-style-type: none"> ○ Interpret a weather report ○ Watch for changes in weather ○ Understand weather as tied to geography ● Apply skills to larger boats ● Understand right of way <ul style="list-style-type: none"> ○ windward/leeward ○ Starboard/port ○ Clear ahead/clear astern



	<ul style="list-style-type: none"> ● Prepare a boat for trailering <ul style="list-style-type: none"> ○ De-mast ● Rig and de-rig a spinnaker on the dock and on the water
<p>Boathandling</p>	<ul style="list-style-type: none"> ● Leave and return to the dock safely ● Hold the tiller and mainsheet correctly ● Sail backwards ● Understand the duties of both skipper and crew ● Gybe <ul style="list-style-type: none"> ○ Roll gybe ○ Exit angles ○ Gybe the pole ○ Keep spinnaker full ● Tacking <ul style="list-style-type: none"> ○ Roll tacks ○ Exit angles ○ Timing between skipper and crew ○ Wire to wire tacking ● Sail downwind <ul style="list-style-type: none"> ○ Adjusting sail controls ○ Adjusting trim ○ Adjusting body placement ○ Planing/pumping ○ Use trapeze on a reaching leg ○ Adjust spinnaker while on trapeze ● Sail upwind <ul style="list-style-type: none"> ○ Proper sail shape and trim ○ Sail close hauled ○ Finding and holding “the groove” ○ Uses telltales ○ Sailing through waves ● Ease, hike trim boat flat ● Start and stop boat ● Use body weight to steer boat <ul style="list-style-type: none"> ○ Rudderless sailing ● Use sail trim to steer boat ● Adjust the centerboard while racing ● Adjust sail shape for different points of sail ● Adjust sail shape for changing conditions ● Adjust body weight for different points of sail ● Adjust body weight for changing conditions ● Execute 360, 720 ● Start using bodyweight and sails to turn boat ● Proper trapeze technique <ul style="list-style-type: none"> ○ Keep crew out on wire ○ Wire to wire tacking ○ Keep boat flat without adjusting wire
<p>Racing</p>	<ul style="list-style-type: none"> ● Understand the “corinthian spirit” ● Assess wind on the course ● Assess weather and make predictions ● Understand, anticipate, and react to wind shifts <ul style="list-style-type: none"> ○ Persistent vs oscillating



	<ul style="list-style-type: none"> ● See and react to puffs and lulls ● Adjust sail controls on different legs of the course ● Find clear air ● Apply racing tactics ● Start a race <ul style="list-style-type: none"> ○ Identify favored end ○ Find a line sight ○ Understand timing ○ Create a strategy ● Round Marks <ul style="list-style-type: none"> ○ Seamanlike rounding ○ Understand rules 18 and 18.2a ○ Understand tactics at marks ● Finish a race <ul style="list-style-type: none"> ○ Tactics at the finish ● Use racing rules properly ● Deal with protests and arbitration
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Laser Racing Objectives

At the end of 8 weeks, a laser sailor should be able to:

Safety	<ul style="list-style-type: none"> ● Understand and follow program rules ● Pass safety/swim test ● Capsize and recover boat
Seamanship	<ul style="list-style-type: none"> ● Tie 8-knot, square knot, bowline, and half hitch ● Coil and toss a line ● Identify points of sail ● Identify wind direction ● Rig and de-rig properly ● Name all of the parts of a laser ● Take care of a boat <ul style="list-style-type: none"> ○ Proper stowing ○ Cleaning boat ○ Minor repairs ○ Fix things on the water ● Recognize puffs and lulls ● Tow behind a powerboat ● Understand current ● Assess weather <ul style="list-style-type: none"> ○ Interpret a weather report ○ Watch for changes in weather ○ Understand weather as tied to geography ● Apply skills to larger boats ● Understand right of way <ul style="list-style-type: none"> ○ windward/leeward ○ Starboard/port ○ Clear ahead/clear astern ● Prepare a boat for trailering



<p>Boathandling</p>	<ul style="list-style-type: none"> ● Leave and return to the dock safely ● Hold the tiller and mainsheet correctly ● Sail backwards ● Understand the duties of both skipper and crew ● Gybe <ul style="list-style-type: none"> ○ Roll gybe ○ Exit angles ● Tacking <ul style="list-style-type: none"> ○ Roll tacks ○ Exit angles ● Sail downwind <ul style="list-style-type: none"> ○ Adjusting sail controls ○ Adjusting trim ○ Adjusting body placement ○ Planing/pumping ○ Adjust daggerboard ● Sail upwind <ul style="list-style-type: none"> ○ Proper sail shape and trim ○ Sail close hauled ○ Finding and holding “the groove” ○ Uses telltales ○ Sailing through waves ● Ease, hike trim boat flat ● Start and stop boat ● Use body weight to steer boat ● Use sail trim to steer boat ● Adjust the daggerboard while racing ● Adjust sail shape for different points of sail ● Adjust sail shape for changing conditions ● Adjust body weight for different points of sail ● Adjust body weight for changing conditions ● Execute 360, 720 ● Start using bodyweight and sail to turn boat
<p>Racing</p>	<ul style="list-style-type: none"> ● Understand the “corinthian spirit” ● Assess wind on the course ● Assess weather and make predictions ● Understand, anticipate, and react to wind shifts <ul style="list-style-type: none"> ○ Persistent vs oscillating ● See and react to puffs and lulls ● Adjust sail controls on different legs of the course ● Find clear air ● Apply racing tactics ● Start a race <ul style="list-style-type: none"> ○ Identify favored end ○ Find a line sight ○ Understand timing ○ Create a strategy ● Round Marks



	<ul style="list-style-type: none">○ Seamanlike rounding○ Understand rules 18 and 18.2a○ Understand tactics at marks● Finish a race<ul style="list-style-type: none">○ Tactics at the finish● Use racing rules properly● Deal with protests and arbitration
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Weekly Coaching Plan

Class:	Week:
Goals:	

On the water:

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In the classroom:

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On land:

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Weekly Coaching Plan

Class:	Week:
Goals:	

On the water:

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In the classroom:

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On land:

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