

OPTI SKILLS REPORT

We would like all sailors to sail at their maximum potential!

All Opti Race Team sailors are required to review the **Opti Skills Report** with Youth Director, Forrest Gay, or Head Coach, Nico Winograd. The report card will let sailors see what skills they need to master before moving to the next group. *At any individual practice or regatta, a coach may move a sailor up or down according to the conditions, the range of skill within the groups, or safety considerations. Parents and sailors need to be supportive of the coaches' decisions.*

GREEN

Coach Initial

- | | |
|--|-----|
| 1. Previous sailing experience in Summer or Light Green Program | ___ |
| 2. Learn to tie bowline perfectly and quickly | ___ |
| 3. Learn to join a tow | ___ |
| 4. Learn to rig the boat independently | ___ |
| 5. Learn the race course | ___ |
| 6. Learn the basic rules of racing | ___ |
| 7. Learn to sail in up to 14 knots of wind | ___ |
| 8. Must have sail tied onto mast and boom correctly every time | ___ |
| 9. Must have gotten top-3 in two Green Fleet regattas
(with more than 12 boats, before moving up) | ___ |
| 10. Nico's approval and test to transition to Championship | ___ |

INTERMEDIATE

- | | |
|--|-----|
| 1. TO MOVE TO HERE: Mastered all Green skills | ___ |
| 2. Rigs boat independently – <i>no parental help!!</i> | ___ |
| 3. Checks, and is responsible for, all equipment | ___ |
| 4. Ties a perfect bowline quickly so he/she can join the towline | ___ |
| 5. Able to sail in 14+ knots of wind without capsizing | ___ |
| 6. Attends at least 80% of scheduled practices (see attendance rules) | ___ |
| 7. Learns to tune boat | ___ |
| 8. Understands the rules of racing | ___ |
| 9. Must seek coaching and follow coaches' instructions | ___ |

ADVANCED

- | | |
|--|-----|
| 1. TO MOVE TO HERE: Team Trials qualified in Summer/Fall | ___ |
| 2. TO REMAIN HERE: Qualify for National Team | ___ |
| 3. Mastered all Intermediate skills | ___ |
| 4. Tunes boat on the water and on shore | ___ |
| 5. Attends most, or all practices and regattas | ___ |

Sailor's Name: _____

Comments: _____

Coaches Signature: _____ Date: _____