

This document is to help aid coaches in their quest to advance Green Fleet Opti students to the Championship Fleet. This should act as a supplement to the Opti Skills Report document.

There are 4 boat-handling techniques that Green Fleet students must demonstrate before moving to Championship Fleet:

- 1.) Proper posture upwind: (necessary to move from G1 to G2)
 - a.) Knees are together.
 - b.) Back is straight and the shoulders are slightly outside the hips when not hiking.
 - c.) Sailor is sitting forward with front leg at the back of the dagger board trunk.
 - d.) Hands are together, in the lap and the student is holding the end of the tiller extension.

- 2.) Proper posture downwind: (necessary to move from G1 to G2)
 - a.) Knees are together but facing forward, butt back slightly.
 - b.) Back is straight and shoulders are slightly outside the hips when not hiking back to keep the bow out of the water.
 - c.) Sailor holds the tiller extension at the universal so the bottom of the hand is on the top of the tiller.
 - d.) Sailor holds the mainsheet near their knees/lap so they can trim the sail in and out easily.

- 3.) Tacking: (necessary to move from G2 to Championship)
 - a.) As the tack is initiated with the rudder, the knees go forward so the cross is a side step.
 - b.) The sailor rolls as necessary almost immediately after the initiation of the turn (don't wait until the sail backwinds) but doesn't cross the boat until the sail is on the new side.
 - c.) As they cross, the sailor reaches with their tiller hand to the new windward rail so the tiller become straight as it forms a right angle with the tiller extension.
 - d.) The cross is 1 side step/leap and the sailor ends on the new rail.
 - e.) The hand switch occurs **after the sailor is sitting on the new rail!**
 - f.) After the hand switch, assume proper posture.

- 4.) Gybing: (necessary to move from G2 to Championship)
 - a.) The board goes down enough for the boom to clear and a very slight turn of the rudder initiates the carve.
 - b.) When the sail is ready/the leach starts to flick, the sailor grabs the mainsheet purchase and pulls the sail to the new side (mainsheet tail synched in the same hand).
 - c.) The cross is a side step since the knees are already facing forward.
 - d.) As the sailor crosses, the tiller extension reaches to the new rail, like a tack, and the hand switch occurs after they are sitting on the new rail.
 - e.) The board goes up, proper posture is assumed.

There are 3 tactical techniques that Green Fleet students must demonstrate before moving to Championship Fleet:

1.) Starting:

- a.) The sailor must understand the timing and signals of both dinghy and 5,4,1 starting sequences. (necessary to move from G1 to G2)
- b.) The sailor must demonstrate the proper technique of approaching the line, holding position, accelerating and starting on starboard tack. (necessary to move from G2 to Championship)
- c.) The sailor must be able to start in the front row regularly in Green Fleet regattas and practices. (necessary to move from G2 to Championship)

2.) Racecourse:

- a.) The sailor must be able to distinguish different race courses from a course sheet and thus be able to navigate each one. (necessary to move from G1 to G2)
- b.) The sailor be able to distinguish wind shifts and the favored areas of the course (this should also be built into their pre-start routine). (necessary to move from G2 to Championship)
- c.) The sailor should understand the concept of sailing in clear air versus sailing in bad air. (necessary to move from G2 to Championship)

3.) Rules:

- a.) The sailor should understand the basic rules: (necessary to move from G1 to G2)
 - Starboard over Port
 - Leeward over Windward
 - Ahead over Overtaking
 - No rights while tacking
- b.) The sailors should understand the basics of mark room, pre-start luffing rights versus post-start rights, and coming from behind luffing rights. (necessary to move from G2 to Championship)