



WELLINGTON OPTI CLINIC

QUEEN CHARLOTTE YACHT CLUB 5 – 9 FEBRUARY 2003

Welcome to the Wellington Opti clinic to be held at Queen Charlotte Yacht Club from Wednesday 5 February to Sunday 9 February. We have organised a full programme of activities which we hope you will enjoy while improving your sailing skills a little.

The purpose of this newsletter is to give you some information about what to expect and to let you know what to bring. It also provides information on contact details, where we will be staying, and where we will be meeting on Wednesday.

Travel arrangements:

We are traveling on the Strait Shipping Ferry. Our departure and arrival times are as follows:

<u>Date</u>	<u>Depart</u>	<u>Arrive</u>
Wed 5 Feb	WGTVN 1.00 PM	PCTN 4.30 PM
Sun 9 Feb	PCTN 5.30 PM	WGTVN 9.00 PM

We need to gather at Strait Shipping freight office (ask for directions at the Centre Port main gate opposite the stadium) on Wednesday 5 February **no later than 11.00 AM**. Make sure you have your boat on its beach trolley with all your sailing equipment, sailing clothes, clothing bags and sleeping bags inside it. Bring some tie downs to secure your boat on the ferry. If you have a boat cover then it would be good to have this fitted as well. We will be walking our boats onto the ferry.

Venue:

Queen Charlotte Yacht Club

Accommodation:

The Blue Anchor Top 10 Holiday Park, 70-78 Waikawa Road, Picton. Phone 03 573 7212
We will be staying in bunk rooms. You will be allocated your bunk room by the clinic convener.

Contact phone numbers:

<u>Clinic convener</u>	Pip Hanns	385 7944 wgtv	021 332609 pict
<u>Head coach</u>	Dean Stanley	972 3326 wgtv	021 332609 pict

Payment of clinic fees:

We have sponsorship from the NZ Community Trust and Strait Shipping which means the cost of the clinic has been set at \$225 per sailor and adult at the clinic. Cheques for \$225 (minus \$100 deposit if already paid) should be made payable to Worsler Bay Boating Club and need to be sent to Opti Clinic, C/- Pip Hanns, 27 Scarborough Terrace, Wellington **before 28 January**.

What to bring:

- Your optimist including all rigging, sails and foils as well as spares such as lashings
- Sailing gear including summer and cold weather gear
- Enough clothes for four days including warm clothes and a raincoat
- Sand shoes or running shoes
- Sun hat and sunscreen
- ISAF rule book
- Notebook, pens and pencils
- Sleeping bag, towels and toiletries
- Plate, cup, bowl, knife, fork, spoon, tea towel
- A little pocket money (not too much as you won't get much of a chance to spend it)

Meals:

All meals will be provided during the camp. This will start with dinner on the Wednesday night and conclude with lunch on the Sunday (save some money for buying dinner on the ferry). Lunch will be provided on the water. Please let Pip know if you have any dietary requirements that we should cater for.

Coaches:

Joe Porebski
Dean Stanley
Greg Wilcox
Tom Taylor

Groups and buddy system:

We are setting up four groups and a buddy system for some of the 'on' and 'off the water' activities during the Clinic. These groups and buddies are as follows (note: these may change at the discretion of the head coach).

	Blue	Green	Red	Yellow
Buddy 1	Elvin & Josh P	Josh J & Rowan	Ben & Chris	Richard & Alice
Buddy 2	Hayley & Ethan	Fengyi & Jono	Neil & Gerald	The Nelson and Picton sailors will be spread amongst the groups
Buddy 3	Matthew S & Stacey Sw	Cushla & Aaron W	Simon & Seth	

On the water activities:

We have put together 10 key on the water activities for the clinic as follows.

1. Picking your side: In pairs, sailors start from the same position and sail on opposite tacks for 2 minutes. They then tack and sail towards each other with sailors meeting to discuss which is the favoured side of the course, how far apart increases in pressure are and the direction the wind swings when the pressure increases.
2. Sailing fast: In pairs, sailing in parallel without affecting each other's wind to check that sail settings and trim are in the best possible position to maximize boat speed for the conditions.



3. Checking the line: In pairs, each sailor sails from opposite ends of the start line to identify which end of the line is favoured. Return to the committee boat and establish a transit.
4. Holding your spot: This activity is a group activity which involves each sailor sitting on the line, a boat length or two apart, for thirty seconds or so. The coach calls dip and each sailor has to quickly dip then round back up to the line and hold their place for a further thirty seconds. The group does approx 10 dips before restarting activity.
5. Gassed to leeward: In pairs sailors sail on the same tack with one boat gassed to leeward. The gassed boat tries to sail out of this position. Sailors swap leeward and windward positions regularly.
6. Gassed to windward: In pairs sailors sail on the same tack with one boat gassed to windward. The gassed boat tries to sail out of this position. Sailors swap leeward and windward positions regularly.
7. The moving race track: This is a group activity where the boats all start together and sail around a top mark then run back towards the start line. The coach boat acts as a movable mark causing the fleet to bunch up. The process repeats for ten or so minutes at which point the group has a further start.
8. Tacking practice: This is a group activity that begins with a gate start. The coach calls tacks at 20-40 second intervals with all sailors tacking simultaneously. The group restarts after 10 or so tacks.
9. Gybing practice: This is a group activity that begins with a parallel start. The coach calls gybes at 20-40 second intervals with all sailors gybing simultaneously. The group restarts after 10 or so gybes.
10. The mini regatta: This involves everybody in a series of short (30-35 min) races using an altered trapezoid course with coaching from the coach team.

The programme:

Thurs 6th, Fri 7th & Sat 8th February

07.30	Fitness
08.00	Breakfast
08.50	Rig up
09.30	Full group briefing
09.45	Small group briefing
10.00	On the water tow/sail to sailing area
10.30	Small group activities
11.30	Double group activities
12.30	Sail to lunch area
13.30	Sail to race area and prepare for start
14.40	Warning signal (up to three short races back to back with coaching)
16.00	Tow/sail to yacht club
16.30	De rig
18.00	Dinner
19.00	Night time activities
21.00	Lights out

Sun 9th February

07.30	Packing and tidy up
08.00	Breakfast
08.50	Rig up
09.30	Full group briefing
09.45	Small group briefing
10.00	On the water tow/sail to sailing area
10.30	Small group activities
11.30	Double group activities
12.30	Tow/sail to yacht club
13.00	Lunch
13.40	Tidy and pack up boats
14.15	Clinic debrief
14.30	Take gear to ferry
17.30	Ferry leaves Picton
21.00	Ferry arrives Wellington

Parents:

Ten adults (including the four coaches) will accompany the 25 sailors for the duration of the camp. Other parents are welcome along, but at this late stage you will need to make your own arrangements for accommodation.