



# Optimist Training

## May + June

After the excellent turnout of optimists for the Easter training clinic, we are running training sessions on Sunday afternoons in May and June to continue to build on the positive momentum.

## The Plan

The plan is to continue to run training sessions on Sunday afternoons (13:00-17:00). If sailors could arrive changed at 13:00, coaches will help with their rigging and may include some theory around rigging while boats are being prepared.

If there is demand, we can look at adding Saturday sessions or doing two sessions a weekend based. There will be 3 different groups which will be determined by the ability of the sailor and what fleet they race in at IODAI events. The different groups are as follows:

- Regatta Coaching
- Regatta Racing
- Main Fleet

If you have any queries on which group to choose, please contact Matthew on [sailing@hyc.ie](mailto:sailing@hyc.ie) or talk to one of the coaches and they will be able to advise.

Sessions will be available to book online but there will be a strict cut-off point of Thursday at 17:00 each week to allow coaches to plan the weekend sessions. We would encourage you to book as early as possible to help with planning. Planned dates for the sessions are:

### Block 1

- April 26th
- May 3rd
- May 10th
- May 17th\*
- May 24th

### Block 2

- May 31st
- June 7th
- June 14th\*
- June 21st
- June 28th

There will be no training scheduled for the Main fleet sailors on the starred dates as it clashes with IODAI events. If you are in the regatta fleet and have entered the events, that's great - let Matthew know and he will refund you for the sessions that you will miss.

## The Coaches

The primary coaches for the sessions will be Sorcha O'Connor, Charlie Keating, Ciara McMahon and Andrew Kingston. All have spent time racing at the top of the fleet within the Optimist class and bring a wealth of knowledge and experience to the group.

There a panel of reserve coaches in case any of the primary coaches are away or unavailable.

## Meet The Team – Coaches



Ciara McMahon



Sorcha Gannon  
O'Connor



Charlie Keating



Andrew Kingston

## The Objectives

Below are the topics that the coaches will be covering over the different training blocks. The course plans for each groups will be quite fluid to allow for changes due to weather conditions.

### Regatta Coaching

- Sail trim
- Out of irons
- Tacking
- Gybing
- Seating position
- Body positioning + hands
- Filling and spilling
- Depowering
- How to hike (shore based/water based)
- Telltales N.B

### Regatta Racing

- Roll tack introduction
- Upwind boat speed
- Sail setup+riggering
- Downwind boat speed (kiting, why do we kite)
- Startlines - time and distance +holding area
- Intro to racing strategy, what is bias (course and line) e.g starting layline drill
- Mainsheet work (gust response if windy)
- Racing rules of sailing
- Pressing upwind
- Advanced positioning, light winds centre board casing and upper body
- How to do a rabbit start N.B

## Main Fleet

### Upwind boat speed

- Acceleration cycles
- Forward aft
- Pressing
- Response, (velocity) lifts +headers (mainsheet in on knocks, out on lifts)

### Downwind speed

- Forward aft
- Pumping
- Wave technique
- Drop catch

### Manoeuvres

- Advanced roll tacking
- Roll gybing
- Lee to lee gybe
- Trigger pulls

### Strategy

- Upwind phases
- Stages of upwind
- Fleet positioning
- Rule scenarios
- Pre start
- Race planning

### Starting

- High density
- Fleet positioning
- Startline manoeuvres (crabbing, double tack\*\*, reversing, shoot up)
- Rules
- Layline drill

### Others:

Bailing and sailing

Flags of racing

[Join the WhatsApp group for updates on training](#)

[Book Optimist Coaching sessions](#)