



Annapolis Yacht Club - Optimist Fleets

Who – What – How - Goals ?

AYC Green Fleet

Who?

This fleet is formed by sailors that HAVE already passed by beginner AND intermediate courses, either at AYC, or in other clubs. Every sailor NEEDS to have had a previous RECENT sailing experience.

What is it expected from the sailor?

The sailor should be able to:

- Sail on his own with his own boat
- Be able to rig and derig, accordingly to the weather condition ON HIS/HER OWN
- Have a keen attitude towards learning
- Be responsible for his/her own boat

How long will my son/daughter is going to be in Green Fleet?

It DEPENDS on him/her. It is NEVER about how much time, but about the skills he/she needs to acquire. Once the sailor feels comfortable with Green fleet, and the coach feels he/she is getting close to being ready to move on, training with the development team is the next step.

How do I know when he/she is ready to move on?

The coach will let you know as this will be reviewed two times during every season (mid-season and at the end).

Goals

- Reinforce basics concepts
- Know how to do basic knots
- Be able to sail proficiently in all points of sail, and conditions
- Start understanding the rule book
- Introduction to racing



AYC Optimist Development Team

It is the required step to move up to RWB from Green Fleet.

Why required?

Because through experience we have learned that it is always better to smooth the transitions to avoid making them too dramatic, and to be able to provide the necessary skills needed to feel comfortable in RWB.

Who?

Any sailor who has a strong desire towards racing and wants to keep on improving to move to RWB.

How long will my son/daughter be in Green Fleet and the development team?

It DEPENDS on him/her. It is NEVER about how much time, but about the skills he/she needs to acquire. Once the sailor feels comfortable with the development team, and the coach feels he/she is getting close to being ready to move on, RWB is the next step.

What is it expected from the sailor?

The sailor should be able to:

- Have a keen attitude towards learning and specially towards racing
- Be responsible for his/her own boat
- Be responsible for his/her lunch / water / Clothing - Gear

How do I know when he/she is ready to move on?

The coach will let you know as this will be reviewed two times during every season (mid season and at the end).

Goals

- Have a general understanding of the rule book
- Introduction to racing
- Development of basic strategy and tactics
- Boat tuning
- Correct Boathandling



AYC - Red White & Blue – RWB – Racing Team

This fleet is formed by sailors that HAVE already completed greenfleet sailing, either at AYC, or in other clubs. Also going through the development team at AYC is a required step to move up to RWB.

Why the Development Team is a compulsory previous step to RWB?

Because through experience we have learned that it is always better to smooth the transitions to avoid making them too dramatic, and to be able to provide the necessary skills needed to feel comfortable in RWB.

Who?

Any sailor who has a strong desire towards racing and wants to keep on improving his/her racing skills, by training to compete in local, national and international regattas.

What is it expected from the sailor?

The sailor should be able to

- Have a keen attitude towards learning and specially towards racing
- Be responsible for his/her own boat
- Be responsible for his/her lunch / water / Clothing – Gear
- Respect, Responsibility, attention and hard work will be expected at all times

Goals

- Understand the rule book and its effects on the race course
- Racing Focus
- Development of diverse sailing strategy and tactics
- Technical and kinetics of sailing
- Boat tuning / Boat handling
- Physical / Mental preparation towards regattas
- Team Racing