

2012 Practice Schedule

Monday, Tuesday, Thursday:

Team Assignments & Drills posted; marks on the water; at least 1 coach boat with minimum of 2 people on the water prior to sailors launching

3:00-3:15 Start rigging boats, dress for sailing, take attendance, make substitutions, as required

3:15-3:30 Boat check by coach at ramp and launch

3:30-4:00 First Drill

4:00-4:30 Second Drill *

4:30-5:00 Tactical Drill

5:00-5:15 Start Practice

5:15-5:30 Race

5:30-5:55 Put boats away (team captains report when their team is done)

5:55-6:00 Quick De-brief of practice; highlight positive ELM Traits observed

* Rotate after second drill

Note: If team assigned to Lasers has more than 4 sailors to rotate through Lasers (after filling absentee spots), they will rotate twice at 4:10 and 4:50

Note: Boats 1-6 do Boat Handling drill first (speed drill second) on Mondays & Thursdays, Speed drill first (boat handling drill second) on Tuesdays. Boats 7-9 & Lasers do Boat Handling & speed drills in reverse order.

At coach discretion, Thursday drills may be shortened or eliminated to allow time for more racing.

Friday: Team Meeting at CKJH 3-4 pm. Friday practices will be held 3/30, 4/13, 4/27 & 5/4 at the regatta venue for that weekend. Friday on-the-water practice will also be held at Silverdale 4/20. Additionally, if weather has prevented us from sailing two or more times during a week, and weather is forecast to be better on Friday, then Friday may be an on-the-water practice instead of a team meeting.

Note: There will be no practice Monday, 4/16 & 5/7.

(See next page for launching procedure)

Launching procedure:

- Sailors rig, prepare for sailing, and form one line at top of ramp.
- Coach checks boat and sailors (life jackets, helmets if required). If boat and/or sailors are not completely ready and rigged correctly, they go to the back of the line.
- After coach check, sailors go down the ramp to launch.
- First boat in the water gets the "air horn".
- First team on the water gets the "early bird" award for the day (gummy worms at Friday team meeting/practice).
- If all three boats from one team are the first on the water, they get the "triple crown" award (cookies/candy bars at Friday team meeting/practice)

Coach & Helper (sailors not going out first) Distribution for Launch:

- 1 Coach on the water in safety boat (boat assignment 1?)
- 1 Coach at top of ramp for boat/sailor check (boat assignment 2?)
- 1 Coach in water/on dock helping boats out (boat assignment 3?)
- 1 Coach finishing attendance & helping rig Lasers (boat assignment 4?)
- 1 Helper in safety boat
- 1 Helper assisting with launching
- 1 Helper retrieving dollies as boats are launched
- Remainder of helpers (if any) assisting with Laser rigging/launching