

USNT #1 – Manny & Bocha

ANNAPOLIS YC

2 to 4 SEPTEMBER, 2023



© MATIAS CAPIZZANO



USNT #1 – GENERAL INFO

COACHES: Manny, Arthur & Omari

ON SHORE TEAM LEADER TBC

DAILY SCHEDULE

- 9.50 Rigged & Ready
- 10.00 Morning Briefing
- 11.15 Snack/Lunch
- 11.30 Ramp Open
- 12.00 First drill of the day
- 16.00 Back to shore
- 16.30 Debriefing
- 17.00 End of Activity



DAY 1 – TACTICAL POSITIONING IN SHORT COURSES

- BOAT TO BOAT TECHNIQUE
- SHORT STARTING LINES - HOLDING LANE
- MARK ROUNDINGS

DAY 2 – STARTS & STRATEGY

- OPEN COURSE VS ONE SIDE COURSE
- LONG STARTING LINES – TIME & DISTANCE + LINE AWARENESS
- HOLDING LANES

DAY 3 – STARTS & OPEN ANGLES

- UP & DOWN START
- SAIL GP COURSE
- GATES

USNT #1 – STRUCTURE

SHIFT #1 – WARM UP

- RABBIT LINEUPS / COACH BOAT BOUNDARIES & UPWIND MARK / BOAT SETUP

SHIFT #2 – 2 GROUPS

- 2 SIMULTANEOUS DRILLS / 2 X 45 MINS ROTATIONS

SHIFT #3 – 1 GROUP

- 2 EXERCISES / 3 REPS EACH

SHIFT #4 – FINAL RACE

- ALL TOGETHER NT + DT



DAY 1

- 1 WARM UP / SETUP
- 2A ROLLING RABBIT
- 2B LAST MINUTE OVERLAP
- 3A LINE APPROACH - 2 LINES
- 3B SHORT & LONG UPWIND
- 4 IODA COURSE

SOCIAL DINNER @ YC

DAY 2

- 1 WARM UP / SETUP
- 2A START & HOLD LANE – ONE TACK
- 2B TIME & DISTANCE – 10 SECONDS
- 3A CLOSED GATE – CHOOSE SIDE
- 3B ALL LEFT / ALL RIGHT
- 4 IODA COURSE

SPECIAL GUEST

DAY 3

- 1 WARM UP / SETUP
- 2 2 X UP & DOWN START
- 3 2 X SAIL GP – REACHING START
- 4 2 X IODA COURSE

CLOSING & SPECIAL MENTIONS