



# USODA Development Team Annapolis Yacht Club Practice Schedule

## September 2<sup>nd</sup> thru 4<sup>th</sup> 2023

### **DAY 1** September 2<sup>nd</sup>

8:30 AM **Sailors Dropped At Club**

Sailors should have breakfast before the start of Workout of the Day

8:45 AM **Workout of the Day**

Stretching + Warm up run (15min) + Group sprint runs + Core work + Stretching

9:30 AM **Coaches only meeting**

Sailors should rig boats while coaches are meeting

10:15 AM **Meeting for all sailors ( BE ON TIME WITH NOTE BOOKS)**

11:00 AM **End of briefing & final checks before launching**

11:30 AM **Launching time**

12:00-2:00 PM **Drills of the day ( focused on Boat Speed and Starts)**

2:15-4:00 PM **Practice Races**

4:00 PM **Back To Shore**

**Showers / Put away boats**

5:15 PM **Videos of the day/drill discussions**

6:30 PM **Pick Up**

## **DAY 2** September 3<sup>rd</sup>

8:30 AM **Sailors Dropped At Club**

Sailors should have breakfast before the start of Workout of the Day

8:45 AM **Workout of the Day**

Stretching + Warm up run (15min) + Group sprint runs + Core work + Stretching

9:30 AM **Coaches only meeting**

10:00 AM **Meeting for all sailors ( BE ON TIME WITH NOTE BOOKS)** Focus on Local Conditions for Midwinters and Boat Speed

10:45 AM **End of briefing & final checks before launching**

11:00 AM **Launching time**

11:15-1:00 PM **Drills of the day ( Focused On Tactics and Strategy)**

2:00 PM-4:00 PM **Practice Races**

After Practice **Back To Shore**

5:00 PM **Meeting**

6:00 PM **Pick Up**

## **DAY 3** September 4<sup>th</sup>

8:30 AM **Sailors Dropped At Club**

Sailors should have breakfast before the start of Workout of the Day

8:45 AM **Workout of the Day**

Stretching + Warm up run (15min) + Group sprint runs + Core work + Stretching

9:30 AM **Coaches only meeting**

10:00 AM **Meeting for all sailors ( BE ON TIME WITH NOTE BOOKS)** Focus on Local Conditions for Midwinters and Boat Speed

10:45 AM **End of briefing & final checks before launching**

11:00 AM **Launching time**

11:15-1:00 PM **Drills of the day ( Focused On Boat Handling )**

1:00 PM-3:00 PM **Practice Races**

After Practice **Back To Shore**

3:45 PM **Meeting and Wrap Up**

4:45 PM **Pick Up**