



## USODA Development Team BAHAMAS OPTIMIST NATIONAL OPEN CHAMPIONSHIP 2023 SCHEDULE



Nassau Bahamas  
Nassau Yacht Club  
September 26<sup>th</sup> thru October 1<sup>st</sup>

### **Arrival Day Sunday September 26<sup>th</sup>**

4:30 PM – 6:30 PM Equipment Check Over at Nassau Yacht Club- Meet the Coaches

### **DAY 1 Practice September 27<sup>th</sup>**

9:15am Sailors dropped at club

Sailors should have breakfast before the start of Day

10:15 AM Kids fully rigged

10 AM Coaches only meeting

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

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

11:15 AM Launching time

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

2:15-4:00 PM Practice Races

4:30 PM Back To Shore

Put away boats

5:00 PM Videos of the day/drill discussions

5:30 PM Pick Up 6:30 Team Dinner

**DAY 2 Practice September 28<sup>th</sup>**

9:00 AM Sailors Dropped At Club

9:30 AM Coaches only meeting

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

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

11:00 AM Launching time

11:15-2:00 PM Drills of the day ( Focused On Starts and Boat Handling)

2:15 PM-4:30 PM Practice Races

After Practice Back To Shore

5:00 PM Practice Wrap up Meeting

6:00 PM Pick Up

**DAY 3 Practice September 29<sup>th</sup>**

9:00 AM Sailors Dropped At Club

9:30 AM Coaches only meeting

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

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

11:00 AM Launching time

11:15-1:00 PM Starts and Tactics/Strategy

1:15 PM-3:15 PM Practice Races

After Practice Back To Shore

4:15 PM **Practice Wrap up Meeting**

5:00 PM **Pick Up**

6:00PM Opening Ceremonies Nassau Yacht Club

**DAY 4** Race Day September 30<sup>th</sup>

7:30 AM **Sailors Dropped At Club**

8:15 Boat Check

8:30 AM **Skippers meeting**

8:45 Team Meeting

10:00 AM **First WARNING Signal**

After Races **Back To Shore**

Team Debrief right after races

5:30 PM **Dinner Party at NYC**

**DAY 5** Race Day October 1<sup>st</sup>

7:30 AM **Sailors Dropped At Club**

8:15AM Boat Check

8:30 AM **Skippers meeting**

8:45AM Team Meeting

10:00 AM **First WARNING Signal**

After Races **Back To Shore**

Team Debrief right after races

5:30pm **Awards at NYC**

**DAY 6** October 2<sup>nd</sup>

Team Departs.