



USODA Open Development Team Practice
June 8th-9th 2024
Seawanhaka Corinthian Yacht Club
Practice Schedule

DAY 1	Saturday, June 8th Focus Boat- Speed/Boat Handling
9:00am	Sailors Dropped at Club * Sailors should have breakfast before the start of the day.
9:15am	Workout of the Day * Warm-up run, group sprints, core work, stretching.
9:45am	Coaches Only Meeting * Sailors should rig boats while coaches are meeting.
10:15am	Meeting for All Sailors * Sailors must be on time with notebooks and a writing utensil.
11:00am	End of Briefing & Final Checks before Launching
11:15am	Launching Time
12:00pm	Drills on the Water
2:15pm	Practice Races
4:00pm	Back to Shore
4:45pm	Videos & Practice Debrief * Sailors must be on time with notebooks and a writing utensil.
6:00pm	Pick Up

DAY 2	Sunday, June 9th Focus-Starting
8:00am	Sailors Dropped at Club * Sailors should have breakfast before the state of the day.
8:15am	Workout of the Day * Warm-up run, group sprints, core work, stretching.
8:30am	Coaches Only Meeting * Sailors should rig boats while coaches are meeting.
9:00am	Meeting for All Sailors * Sailors must be on time with notebooks and a writing utensil.
9:45am	End of Briefing & Final Checks before Launching
10:00am	Launching Time
10:15am	Drills on the Water
12:45pm	Practice Races
3:00pm	Back to Shore
3:45pm	Videos & Practice Debrief * Sailors must be on time with notebooks and a writing utensil.
4:00pm	Pick Up