



ODP2 Carolina YC Practice Recap

Feb 13-15, 2021

Hi ODP2 Sailors and Families,

Thanks for making it out for a cold weekend of training in Wrightsville Beach, SC. As you recall, we spent a good deal of time discussing speed and technique with waves both upwind and downwind. We also spent a good deal of time discussing the framework for properly strategizing a race. Much of the technical info will come through viewing the video. I have attached a few key slides from the strategy presentation.

Practice photos and videos can be downloaded at:

<https://www.icloud.com/photos/#0WjCLbT4Ec45R3Rj6p3V2I87A>

Garda upwind:

<https://www.youtube.com/watch?v=6ON4sInpMbl&feature=youtu.be>

Garda downwind:

<https://www.youtube.com/watch?v=0U4mikw2ptc&feature=youtu.be>



UNSTABLE WIND – STORMY WINDS, RAIN WIND, NOT FORMED SEA BREEZE,...

Basic rules:

- Focus on new information
- Look for "puffs"
- keep a position that allows you to change side fast
- Don't get nervous

Starting sprint:

- Keep the middle
- Concentrate on the puffs
- work hard to keep clear wind
- Believe in yourself
- Don't go to extreme

Before start:

- Check weather forecasts
- Check for any information
- Focus on groups starting before you to get a real idea if the wind is changing
- Don't get lezy and keep focus high

Bad Start:

- Search for better wind
- Focus on getting out of the pack on the better side
- unstable conditions give you a lot of opportunities



OSCILLATING WIND SHIFT

Basic rules:

- There is no better side
- Big wind direction changes
- Big Wind speed changes
- Hitting the shift is the priority

Starting sprint:

- Sail in the LIFT
- Concentrate on the speed
- work hard to keep clear wind
- Stay in phase
- Condition check needed every 20-40sec

Before start:

- speed test
- Observe the shifts-find a way to find max left, max right and average direction
- Focus on what will be the first shift after the gun
- Start in a position from where you will be able to sail the lift

Bad Start:

- Reposition to clear wind and try to get in phase as fast as you can
- Sailing in a header is also sailing away from your next shift and pressure. Avoid it!



PERSISTENT WIND SHIFT

The strategy in a persistent shift is to sail toward the new wind. If the wind is shifting to the right then go right. If the wind is shifting left go left. Sail headed In a persistent shift one tack is continuously getting headed while the other is getting lifted. Our strategy is to first sail the tack which is getting headed, then sail the tack which is getting lifted. Why? The tack which is getting headed is getting worse all the time. It is headed now, but will be headed more later. Sail it now before it gets worse. The tack which is getting lifted is improving all the time. If we sail it now we will be missing a better lift later.

Are you sure it's a persistent shift?

How hard is it to split with the fleet and sail into a header? Without our pre-race info, weather forecast, and/or observation of other boats on which to build our strategy it would be crazy. Even with good information and a well thought out plan it is hard to stick to your plan as the fleet tacks away. If you know what is coming then go to it. Position yourself to the favored side of the fleet.



