

ODP2 Practice  
South Carolina Yacht Club  
Hilton Head, SC  
March 27-29, 2021

Hi ODP2 Sailors

We had another successful training camp this past weekend in Hilton Head. Many thanks to the families that participated. All the sailors showed up each day with positive attitudes, good energy and smiling faces. We spent a good deal of time discussing starting, speed technique, current and a bit of team racing. Below are a few of the bullet points applicable to our discussions. I encourage all sailors to add to these notes with some of your own thoughts.

- Goals strategy / tactics
- Current
- Forecasting / strategizing
- Warm up sprints splits
- W/L/W race
- Wind sprints
- Starting line-hold spot on bouy
- Drag race starts
- Split line closed center
- Mid line starts

Practice photos and videos can be viewed at:

<https://youtu.be/t-jOVDjqG3k>

Video on Galvaston Bay sailing (site of 2021 Team Trials):

<https://www.youtube.com/watch?v=g-jit6hPpV4&t=64s>

The next USODA ODP2 practice will be April 9-11 at Hampton Yacht Club. Registration is now open online at: <https://usoda.org/regatta/ct3XDVxn9a> Our goal for this practice will be to incorporate a lot of racing drills into our strategy and tactics discussions. We will also break down the finer points of sailing on Galvaston Bay (site of Team Trials). Start monitoring the forecast now to stay up on the breeze and temps.

Hope to see you all there!

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