



14 October 2009

## **Junior Sailing Newsletter #5 Optimist, P Class and Starling**

Hello Junior sailors,

### **This Weekend:**

This weekend there will be no racing at Worser Bay due to the Wellington Yachting Association (WYA) centreboard regatta being held at Heretaunga Boating Club on Saturday. Optisquad will run as per usual but we would like as many WBBC junior sailors as possible to attend the regatta.

### **Format:**

Registration is from 8.30am on. Briefing is at 10.00am with the first race at 11 a.m. and two races after lunch. The entry fee is \$15 for juniors and there will be a prizegiving after racing.

The Notice of Race is at [http://www.sailhbc.org.nz/downloads/dinghy2009\\_nor.doc](http://www.sailhbc.org.nz/downloads/dinghy2009_nor.doc)

### **Transport:**

To get there you will probably need a trailer - either your own or one you can beg borrow or steal. There are some club members that may be able to help you if you cannot find one so ask around if you are really stuck. Best to get loaded up the night before if you can otherwise it means getting organised very early on Saturday morning to be there on time.

### **Weather:**

Sunday is a reserve day and if the regatta is postponed until the Sunday it will be on the [www.sailhbc.org.nz](http://www.sailhbc.org.nz) website or Newstalk ZB.

### **Events:**

- **17th October, WYA Centreboard Regatta, Heretaunga**

Three races starting at 11.00am (briefing at 10.00am)

Reserve day scheduled for the 18<sup>th</sup> October.

The entry fee is \$15 for juniors. There will be a prizegiving after racing.

Notice of Race at [http://www.sailhbc.org.nz/downloads/dinghy2009\\_nor.doc](http://www.sailhbc.org.nz/downloads/dinghy2009_nor.doc)

- **24th to 26th October, North Island P & Starling Champs, Tauranga YBC**

This regatta is part of the new Starling series that the Association have introduced this coming season (refer note below).

- **31st October, Worser Bay Boating Club Regatta**

There will also be an Optimist clinic run in conjunction with the regatta. We will bring you more detail on this nearer the time.

- **7th November, Worser Bay Series Racing**

- **14th November, Worser Bay Series Racing**

- **13th to 15th November, Optimist North Island Champs, Napier**

Please note that this regatta is now run over three days (not two as in previous years). It is also one of the selection regattas for the New Zealand travelling teams.

- **21st November, Worser Bay Series Racing**

- **28th & 29th November, Wellington Starling Match Racing Trials, Paremata**

- **5th to 6th December, Sir Peter Blake regatta, Torbay SC**

This regatta is part of the new Starling series that the Association have introduced this coming season (refer note below).

- **12th to 13th December, The Wellington Champs, Muritai YC**

A local event that we hope everyone will support.

- **11th to 17th January 2010, P Class & Starling National Championships, Lyttleton**

We will continue to update the Calendar and Upcoming Events with regattas and clinics as we get more information.

### **Optisquad:**

Optisquad is on this weekend.

Optisquad is aimed at sailors who have completed a 'Learn to Sail' course and are still coming to grips with sailing before moving into the Green Fleet. Optisquad starts at 9.00am at the Worsler Bay Boating Club.

### **Starling Training Clinic: 10<sup>th</sup> October, Paremata**

Unfortunately this event had to be cancelled due to weather. The Wellington Yachting Association is now looking to reschedule this clinic in the near future. We will keep you posted with the proposed new dates.

### **Worsler Bay Boating Club Regatta: 31<sup>st</sup> October**

This is our own club regatta where the format will be similar to the WYA event except that a reserve day on Sunday has not been scheduled. Prizes will include trophies for Optimists, P Class and Starlings. There will also be an Optimist Green Fleet division.

This is a major club event so we would like to see as many of our skippers as possible on the water.

For our non-sailing supporters there are quite a few tasks in running the regatta that we need a little bit of assistance with and if you are able to offer your help that would be much appreciated. We will find the kind of job that best suits you.

### **P Class:**

With increasing numbers in the P Class fleet we are looking to provide some extra assistance for the P Class sailors. Barry Swanson has offered to come down to the club and help sailors with the set up of their boats and also provide some useful tips on how to best control the boat in various conditions and situations.

We had hoped to run a session this Wednesday however the weather has seen this moved to **Wednesday 21<sup>st</sup> October** at 5.00pm. Again, this will be weather dependant. Barry has suggested that everyone rig their boats so he can go over the rigging and set up of each boat individually. We will update all P Class sailors on this nearer the time. If next Wednesday does not work due to weather then we will look to run the session the following Wednesday.

### **Local Coaching:**

Throughout the season there will be a local weekly coaching programme and a number of clinics run for the benefit of all Wellington Opti, P & Starling sailors. This will include a regular Tuesday and Thursday after school programme.

The first Optimist coaching session ran last night and a good number of sailors braved the average conditions to brush up on their skills (and rumour has it they need to...!).

The P Class and Starling coaching will be on Thursdays after school. The Starlings will be coached by Matt Steven and the P Class by Tom Taylor. This will start this coming Thursday. It is expected that P Class and Starling sailors will also sail on Tuesday afternoons as well. While there will not be formal coaching, sailors are encouraged to get 'time on the water' practicing the skills that they learnt in the Thursday coaching sessions.

**Coaching sessions start at 4.30pm.** Please be rigged and ready to go as soon as possible.

Matt Steven will also be providing coaching at Muritai on Monday night and Paremata on Tuesday night. All coaching sessions will begin at 4.00pm or as soon as possible. Although this coaching is

for the Talent development squad, all Starlings are welcome to come along on those nights as there will be other coaches assisting at each club.

### **Coaching Tips**

From time to time we will bring you useful information that we hope will help your sailing. While WBBC offer a lot of opportunities to sailors with coaching and support it is very important that individuals get used to thinking for themselves and not relying on a coach or support person to direct their every move. You have to be able to make your own decisions and sail your own race. This is the quickest way you will learn.

Last week we covered sailing upwind. This week we look **Finishing**

### **Finishing**

- Remember the race isn't over till the finish!
- Don't jam the boat (pinching, over sheeting) keep calm.
- Sail the shifts (don't get out of synch).
- Is the committee boat putting out a wind shadow? (take care if it's a large launch or yacht).
- The finishing line can be biased just as much as a start line.
- Decide on the favoured end while sailing downwind.
- Try to push your opposition to the unfavoured end of the finish line.
- If in front: cover, stay between the competition and the mark. Cover hard if necessary.
- If behind, make those in front work for their place. Don't just follow them and hope something happens take a risk it may come off but even if it doesn't what have you lost.

### **New Starling Series:**

The Wellington region is now planning a specific regatta series to cater for Starling and P Class sailors in the lower half of the North Island. The plan is to seek sponsorship for the series and include prizes and recognition for the series place getters. We are working through the finer details and will keep you updated with information as it develops. At this stage we are looking to include the following regattas;

1. Winter Champs - Murrays Bay - October (school holidays)
2. North Island Champs - Tauranga - Labour weekend
3. Worsler Bay Regatta - November
4. East Coast Champs - Napier - November
5. Sir Peter Blake Regatta - Torbay - December
6. Wellington Champs - Muritai - December
7. Muritai Junior Regatta - March
8. Regatta post Nationals - to be decided

The final score for each sailor will be the total of his or her best 5 regatta scores.

You will note the suggested series includes a number of regattas outside of the Wellington district. The reason for this is to try and encourage sailors to travel to different locations and experience different sailing conditions, which will ultimately help build their skill level.

We will keep you up to date with progress on this.

### **Boat Storage:**

The new shed has now been completed enough to allow us to start using it for boat storage...! We recently sent out a note to everyone with the revised storage positions. Basically all of the Optimists are now in the North shed and the P Class and Starlings will be in the new PD shed.

If you have not received the latest storage layouts or if you have not been allocated boat storage and would like some please contact Richard Middleton on [richard@novakmiddleton.co.nz](mailto:richard@novakmiddleton.co.nz) with the details of your boat, including the sail number, as well as your contact details.

## **Boats For Sale:**

- **Optimist 4229**

Top racing boat

Ziegelmayr hull, N1 foils, carbon tiller extension, Black Gold spars including a spare boom and sprit, and two North radial sails

Top and bottom covers, covers for foils and spars, Swanson beach trolley, lots of extras

All in excellent condition and very well set up, \$4,000

Available early December (or before by negotiation)

Contact Richard 021 491470

- **Optimist 4276**

Far East hull. Well maintained. Two sails, one North and one Win Design. Top cover.

The boat is at Napier and is available after Labour Weekend. \$3,000

Ph Adrian 06 8734984 or 0274478332

If you would like to advertise a boat for sale or wanted to buy please contact Richard Middleton at [richard@novakmiddleton.co.nz](mailto:richard@novakmiddleton.co.nz)

That's all for now...happy sailing