



21 October 2009

Junior Sailing Newsletter #6 Optimist, P Class and Starling

Hello junior sailors,

This Weekend:

This weekend a number of our junior sailors will be away in Tauranga competing in the P Class & Starling North Island Champs. There will still be racing on at the club though, and believe it or not the long range forecast looks good for some sailing...!

Race Officers: Graeme Campbell and Hugh Beveridge

Keep in mind that next weekend is the Worser Bay regatta. It would be great to see every junior sailor out for this event. There will also be an Optimist training clinic running in conjunction with the regatta. See below for more information.

Events:

- **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.

- **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 will run again this weekend. We are desperately hoping that the weather will allow you guys to get out on the water. Fingers crossed.

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.

WYA Centreboard Regatta

Worsler Bay had a good representation in the junior fleets at last weekend's WYA Centreboard regatta at Heretaunga. The winds were fairly light and shifty making it challenging at times for the sailors. Results of the WBBC sailors were as follows...

Optimist

Nick Thyne 1st
Jonathan Francis 2nd
Thomas Milburn 3rd
Oakley Marsh 5th
Ruben O'Hara 7th
William Novak 8th
Cain Anderson 9th

P Class

William Eastman 1st
Vinny Willcock 2nd

Starling

Adam Middleton 1st
James deLisle 3rd
MacKenzie Taylor 4th
Ted Taylor 5th
Courtney Macris 7th
Sarah Novak 10th

Worsler Bay Boating Club Regatta: 31st 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.

There will also be an Optimist training clinic run in conjunction with the regatta. Coaches will observe the sailors racing during the regatta on the Saturday and then work on the issues they observed during Sunday. We will distribute, via a separate email in the near future, some more information relating to this clinic.

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.

Lunch with Brad Butterworth



Brad Butterworth from Alinghi is coming to Wellington on 12 November to be guest speaker at a lunch organised by Royal Port Nicholson Yacht Club. All proceeds from the lunch will go towards the Wellington Spirit Yacht Racing Team, a new Royal Port Nicholson Yacht Club initiative providing a vehicle for Wellington sailors to take on the world.

Butterworth is skipper of the Alinghi team currently preparing to sail a 90 foot catamaran against the BMW Oracle trimaran in the 33rd edition of the America's Cup.

The lunch is being held in the Chaffers Dock Atrium, 1 Herd Street with catering by Martin Bosley's Yacht Club Restaurant. The cost of the lunch is \$100 per head or \$900 for a table of ten.

The lunch will be followed by an opportunity for young sailors from Wellington to meet Brad Butterworth. All youth and junior sailors from all Wellington Yacht Clubs are invited to come and meet Brad in the RPNYC Wardroom from 3.45pm to 4.45 pm. We advise you to arrive from 3.30pm.

For more information you can contact the Royal Port Nicholson Yacht Club on ph. 04 939 7030

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 have now scheduled this for **Wednesday 28th October** at 5.00pm. 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.

Local Coaching:

Please note: This Thursday there will be no official Starling coaching as Matt will be involved in a coaches course, however Matt has asked that all Starlings use the opportunity to get out on the water and get some much needed practice. There will still be coaching for the P Class this Thursday.

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 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. 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 finishing. This week we look at some 'GOLDEN RULES'...?

Tactics - Golden Rules

- Avoid being blanketed.
- Avoid the hopeless position.
- Avoid being lee - bowed.
- Start near the forward (upwind) end of the start line.
- Ignore the position of the windward mark when deciding where to start (provided the first leg is a beat).
- Keep in the front rank before the start.
- Take a transit so you know when you are on the line.
- Keep between your opponent and the next mark.
- Off wind, keep your wind clear and try to sail straight for the next mark.

Strategy - Golden Rules

When it comes to which part of the race course to sail to there are some golden rules. Follow the below rules of thumb to maximise your chances of racing success.

- On a short beat keep to the right - hand side of the course.
- Find out which way the current or tide is flowing.
- Head for deep water and the outside of bends when the tide is with you (the opposite when the tide is against you).
- If everything is equal, tack up a 60 - degree cone.
- Stay well inside the lay lines.
- Tack on headers.
- Sail towards the centres of wind bends.
- On a one - sided beat, sail the long leg first.
- When sailing cross - tide, point into the tide and use a transit to sail a straight course "over the land".
- Gybe on wind shifts.
- Choose the gybe that takes you most directly to the leeward mark.
- Keep strong tides under your lee bow.
- Go for the downwind end of the finish line.

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:

If you have not been allocated boat storage and would like some please contact Richard Middleton on richard@novakmiddleton.co.nz with the details of your boat, including the sail number, as well as your contact details.

The latest boat storage layout plans can be accessed on the WBBC web site.

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

- **P Class 971**

Fibreglass hull in good condition, ready to sail and race. The boat comes with a 'green' carbon mast, one set of foils, two sails, boat cover, etc. The boat is currently stored at the club. For more details contact Tim Rosenberg on 029 273-2264. If you would like to look at the boat you can also contact Richard Middleton on 021 491-470

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

That's all for now...happy sailing