

Opti Violet-Red program 2021

Juan Mazzini 10/2020

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Goals for the season 2021

Sailing is an individual sport, and even if all sailors belong to the same group, not all of them have the same sailing level or at the same stage of their optimist career.

That's why the goal setting will be done individually with each athlete, but the general aim is to get sailors to the Nordic Championships team and some on the European Championship team.

As a group goal, we have the Team Race nationals. This year our goal is to have both teams in zone A, and go for medals.

To achieve the goals listed above, we will focus on the sailing skills, tactics & theory development and physical training.



Regatta calendar

- ★ January: Marseille camp + competition (or Camp in different location upon Covid Situation and quarantine requirements)
- ★ February: Palamos camp + competition (or Camp in different location upon Covid Situation and quarantine requirements)
- ★ April: Garda camp + competition (or Camp in different location upon Covid Situation and quarantine requirements)
- ★ Qualifiers I & II
- ★ Ranking I
- ★ Ranking II
- ★ Ranking III (Finnish Championships TBC)
- ★ Ranking IV
- ★ Ranking V
- ★ Team Championship
- ★ Spinnaker Regatta, Tallin
- ★ KSSS Regatta, Stockholm



Monthly plan

January

- Physical training
- Boat maintenance for the season
- Marseille camp + regatta (or Camp in different location upon Covid Situation and quarantine requirements)
- Getting back on sailing rhythm
- Big fleet starts

February

- Physical training
- Palamos camp + regatta (or Camp in different location upon Covid Situation and quarantine requirements)
- Big fleet starts

March

- Physical training
- Garda camp (or Camp in different location upon Covid Situation and quarantine requirements)
- Prepare for international competitions, goal settings

April

- Garda regatta (or Camp in different location upon Covid Situation and quarantine requirements)
- Training starts at home base
- Prepare for qualifiers

May

- Final boat preparation
- Focus on qualifiers

June

- Ranking events starts
- DTSW
- Longer training period

July

- Ranking series on break
- Spinnaker Regatta

☀️ **August**

- The ranking series restarts
- Preparation for nationals
- Training times go back to normal

🍁 **September**

- Focus on Team Racing
- Ranking events

🍁 **October**

- KSSS regatta
- End of competition season
- Shift focus into physical training

🍁 **November**

- Weekly physical training
- TLK training

🧑‍🎓 **December**

- Physical training
- Getting ready for winter tour



Kuva: Sailpix.fi

Physical Training and Nutrition

As any other sport, to be on the top of the leaderboard you need to be on top of all details, that includes nutrition and physical condition. Sailing is a demanding sport in which sometimes the kids will spend 5/6 hours hiking. That's why the kids need to be strong.

Physical training during winter is a must so then during the sailing season we can focus on sailing.

Team spirit

The atmosphere should be encouraging and suitably relaxed, as the main goal is to have fun. We encourage sailors to support each other and help each other. We strive to ensure that team spirit and friendships continue beyond the sport.

During 2020, team dynamic was great and is one of my main goals to keep it going that way. Will be super important the guidance from older and more experienced sailors towards the new comers.



Calendar

Calendar is update in google calendar:

<https://calendar.google.com/calendar/embed?src=1gpoonsi2ume4i621ld459qhg%40group.calendar.google.com&ctz=Europe%2FHelsinki>



HSS Opti Violet-Red - Valmennusohjelma 2021

The training fee includes coaching in the following competitions / winter camp:

- Winter camp 1 (Marseille training + regatta) **(or Camp in different location upon Covid Situation and quarantine requirements)**
- Winter camp 2 (Palamos training + regatta) **(or Camp in different location upon Covid Situation and quarantine requirements)**
- Winter camp 3 (Garda training + regatta) **(or Camp in different location upon Covid Situation and quarantine requirements)**
- 2 x qualifying competitions (1 competition = 2 race days)
- Finnish Championships (3 race days)
- 5 x Ranking competitions (1 competition = 2 race days, except nationals)
- Spinnaker regatta in Tallinn (3 or 4 race days, depending on the race organizers)
- Team Race Championship (2 race days)
- KSSS regatta in Stockholm (2 race days + 1 camp day)
- Normal training and clinic days as updated in Google Calendar

The final calendar will be published when the Finnish Optimist Dinghy Association publishes its own competition calendar.