



PYSF Opti Skill Sheet

All PYSF Opti sailors should read and understand this Opti skill sheet. It is a guideline to how coaches assess each sailor's level before moving them between classes. It is important to note that a sailor's place in a class is not simply based on sailing ability but a combination of skills that encompasses who we are at PYSF. Sailors are equally evaluated by their on the water sailing skills as well as their off the water attitude, teamwork, and responsibility.

Skill	Green	Development (Transition from Green to Champ)	Championship
Commitment	Comes to the majority of practices. Does all regattas they are available for.	Expectation: At all practices competes in Bay Series and some Harken Series events.	Expectation: At all practices, does homework and video work as assigned. Competes in Bays, Harken series and at least 1 USODA event.
Coachability	Sailors listen to coaches and their feedback and show effort to do what they are told. During practice and regattas, they should constantly sail to the coaches to receive feedback after races and drills.	Athletes are expected to treat coaches with respect. Athletes are expected to ask questions, even challenge coaches but do it in a respectful way. Athletes are expected to accept being challenged and to give effort to new skills being presented.	Athletes are expected to treat coaches with respect. Athletes are expected to ask questions, even challenge coaches but do it in a respectful way. Athletes are expected to accept being challenged and to give effort to new skills being presented.
Discipline	Sailors don't talk while coaches are speaking or giving directions. They are respectful to all PY coaches, sailors, and parents. Sailors are also respectful to their competitors, race officials, and represent PY properly. Sailors explicitly follow the PYSF Covid-19 guidelines. At practice, sailors try their best to do the drills created by the coaches.	Athletes are expected to fit the highest ideals of sport and of PYSF. Show respect and camaraderie to fellow athletes, coaches and parents. Athletes are expected to have an attitude of "how can I help?" at all times. Athletes are expected to support their teammates, coaches and PY parents by listening and being part of PY.	Athletes are expected to fit the highest ideals of sport and of PYSF. Show respect and camaraderie to fellow athletes, coaches and parents. Athletes are expected to have an attitude of "how can I help?" at all times. Athletes are expected to support their teammates, coaches and PY parents by listening and being part of PY.
Assignments	Sailors check weather forecasts before practice and regattas and bring the	Athletes are expected to have their boats race ready for every practice and	Athletes are expected to have their boats race ready for every practice and

	necessary sailing gear. Sailors do the assignments they are given.	race day. Athletes are expected to look up weather and current everyday and be prepared mentally and with the proper gear to go sailing.	race day. Athletes are expected to look up weather and current everyday and be prepared mentally and with the proper gear to go sailing.
Communication	Communicates with coaches when they have issues, concerns, or questions. If a sailor cannot attend a practice or event, he or she should communicate with the coaches prior to practice or event..	Athletes are expected to communicate with coaches at all times about their schedule in advance. Athletes should feel safe in talking with the coaches with any concerns or questions. Athletes will be met with open minded coaches that want to work with them.	Athletes are expected to communicate with coaches at all times about their schedule in advance. Athletes should feel safe in talking with the coaches with any concerns or questions. Athletes will be met with open minded coaches that want to work with them.
Teamwork	Works well with teammates and helps out with rigging, derigging, and launching as a team.	Athletes are expected to be part of the PY team. All athletes are expected to be teachers of one another. No PY teammate will be left behind, all athletes are expected to find ways to help their teammates be the best they can be.	Athletes are expected to be part of the PY team. All athletes are expected to be teachers of one another. No PY teammate will be left behind, all athletes are expected to find ways to help their teammates be the best they can be.
Knots	Can fluently tie a bowline, square knot, half hitches, barrel knot, cleat hitch, and 8 knot. Sailors should know when to use each knot.	Can fluently tie a bowline, square knot, half hitches, barrel knot, cleat hitch, and 8 knot. Sailors should know when to use each knot. Can do a locking splice.	Can fluently tie a bowline, square knot, half hitches, barrel knot, cleat hitch, and 8 knot. Sailors should know when to use each knot. Can do a locking splice.
Towing	Can sail to herringbone towline, take the correct herringbone line, and can tie/untie the towline to their mast with a bowline. Sailors should be comfortable towing in all wind conditions at a moderate speed.	Can properly be part of a towline in any condition. Know how to sail into the towline, be able to focus when on it and can properly get off the tow.	Can properly be part of a towline in any condition. Know how to sail into the towline, be able to focus when on it and can properly get off the tow.
Rigging	Can rig their boat independently. Can tie all sail ties. Knows how to properly check their boat(what problems to look for) and fixes rigging errors on land independently(Asks coaches for help when needed).	Athletes can rig their boat independently and can rig to the current or expected conditions. Athletes fully right their boat everyday and should touch every sail tie and measure mast rake before sailing everyday. Each sailor has the tools to rig properly: Tape measure, extra corner and sailties, extra wind indicator, notebook, pen and sharpie marker.	Athletes can rig their boat independently and can rig to the current or expected conditions. Athletes fully right their boat everyday and should touch every sail tie and measure mast rake before sailing everyday. Each sailor has the tools to rig properly: Tape measure, extra corner and sailties, extra wind indicator, notebook, pen and sharpie marker. Athletes are able to actively change their rake and sailties on the water in any condition.

Rules	Understands: Port-Starboard, Windward-Leeward, Mark Room, Protesting, Consequences for fouling (360 & 720), OCS	Expectation: Read and understand the Rules of Part 1 and Part 2 of the RRS. Can apply that rules understanding on the water. Actively looks to avoid altercation rather than using the rules as a sword.	Expectation: Read and understand the Rules of Part 1 and Part 2 of the RRS. Can apply that rules understanding on the water. Actively looks to avoid altercation rather than using the rules as a sword.
Wind comfort level	Up to 15 knots. Sailors should be open to pushing their comfort zone and not have a mental breakdown on the water. Sailors are expected to be able to depower using Outhaul, Sprit and Vang.	Athletes' goal is to master all conditions with proper technique and setup. Are able to adjust vang on the water in all conditions.	Athletes have mastered all conditions with proper technique and setup and fully understand why the technique works and why the setup helps.
Upwind	Sailors should be able to sail close hauled in a straight line and adjust angle to tell tales. Sailors should sit in the boat properly for each wind level. In heavier wind sailors should be able to ease-hike-trim. Sailors are able to tack close to the upwind mark layline everytime.	Athletes are expected to develop feel to keep the boat moving fast upwind in all conditions using setup to balance the boat with weight position. Athletes will work on modes and mode changes. Sailors are expected to work on proper leech trim. Athletes are expected to be able to sail backward efficiently.	Athletes are expected to develop feel to keep the boat moving fast upwind in all conditions using setup to balance the boat with weight position. Athletes are expected to understand modes and to change modes as conditions dictate. Athletes are expected to understand their leech profile and be able to apply the right profile to the right condition.
Downwind	Sail is trimmed properly for downwind angle. Daggerboard is up. Maintains constant windward heel when conditions apply. Rounds leeward mark wide and tight the majority of the time.	Athletes are expected understand boat balance downwind and to develop "S" turns to sail in waves and pressure. Athletes will understand their weight placement downwind and will be expected to transition weight with conditions.	Athletes are expected to master the "S" turn downwind and to apply proper downwind modes to the conditions. Athletes are expected to sail aggressively in waves and pressure conditions. Athletes are expected to have fully mastered weight placement and transitions.
Tacking	Tacks facing forward, rail to rail, and switches hands properly. Tackles from close hauled to close hauled. Roll tacks in lightwind.	Actively working on proper technique in all conditions	Mastered technique in all conditions and can do a flat or round tack when needed. Can do a proper leebow.
Gybing	Sailors can gybes confidently in winds up to 15 knots. They pull the mainsheet through block, instead of lines, to help gybe and doesn't change angle more than 30 degrees.	Actively working on proper technique in all conditions	Mastered technique in all conditions and can do a flat or round tack when needed

Starts	Sailors should always start on starboard unless there is an extremely clear reason to start on port. They should have the three minute sequence memorized, know which time each whistle means. They should be within the box at 1 minute and be within a boat length of the line at go. Sailors should know and practice the pre-start routine(Linesight, favored end of line, favored course side, practice accelerations, check current) often. Sailors are able to accelerate the boat in different conditions and know when to do it.	Full understanding of the 5 minute sequence and starting penalty options. Should be able to find:Linesight, favored end of line, favored course side, current on the line and course bias. Proper acceleration technique. Pre-start routine Attacks the line vertically.	Full understanding of the 5 minute sequence and starting penalty options. Should be able to find:Linesight, favored end of line, favored course side, current on the line and course bias. Proper acceleration technique. Pre-start routine Attacks the line vertically Fully mastered the leeward and ahead start as well as the windward with a gap start. Can properly accelerate in all conditions and can make adjustments.
Racing Strategy	Sailors should understand certain racing skills before going to Champ Fleet. They should understand dirty air and bad lanes, and tack out immediately. They should be able to see puffs and lulls. They should be relatively close to laylines and round marks properly(not get pin wheeled, fight for inside).	Athletes are expected to evaluate how many tacks they expect to do on a beat. They also need to know if they are sailing an open course or if there is a place to race to.	Athletes are expected to understand strategies that fit all conditions. Be able to execute their strategy using boat to boat tactics, be able to understand what a strategy might work or not. Athletes are expected to master mark roundings and exit strategies to pass boats around marks.