

SSA Junior Program Opti Program 2023



Junior Program Director: Travis Carlisle
Operations Manager: Madde Vachon

Summer Coaches RWB-G

- Guido Pozzi Alcon-RWB Coach
- Anna Groszkowski-Green Fleet Coach



Summer 2023 Opti Teams

Opti Green Team

- Beginner Racing Program
- Focused on CBYRA events
- Must own boat

Opti RWB Team

- Focus on Boathandling/tactics/strategy/boat speed
- Must own boat
- Will do CBYRA events and possibly some USODA events



2023 Regatta Bay Schedule

6/24-25: Fishing Bay YC

6/27: Hampton YC

6/29-30: Norfolk YC

7/5: Annapolis YC Junior Regatta

7/6: Sandy MacVickar Junior Regatta (SSA)

7/8: Tred Avon Junior Regatta

7/13: West River Junior Regatta

7/14: Gibson Island Junior Regatta

7/27: BCSC Junior Regatta

8/9: Rock Hall Junior Regatta

8/10: Miles River Junior Regatta

8/12-13: Oxford Junior Regatta (TAYC)



OPTI RBW	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 12th	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	OFF	OFF
June 19th	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	OFF	Fishing Bay YC	Fishing Bay YC
June 26th	Practice @ HYC	Hampton YC Junior Annual	Practice @ HYC	Norfolk NYCC Junior Annual	Norfolk NYCC Junior Annual	OFF	OFF
July 3rd	OFF	OFF	AYC Annual	SSA Annual	Practice @ Tred Avon	Tred Avon YC Oxford, MD	OFF
July 10th	Practice @ SSA	Practice @ SSA	Practice @ SSA	West River SC Galesville, MD	Gibson Island	OFF	OFF
July 17th	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	OFF	OFF
July 24th	Practice @ SSA	Practice @ SSA	Practice @ SSA	Baltimore County Sailing Center	Practice @ SSA	OFF	OFF
July 31st	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	OFF	OFF	OFF
August 7th	Practice @ SSA	Practice @ SSA	Rock Hall YC	Miles River YC	OFF	Tred Avon YC Oxford, MD	Tred Avon YC Oxford, MD

OPTI GREEN	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 12th	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	OFF	OFF
June 19th	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	OFF	OFF
June 26th	OFF	Hampton YC Junior Annual	Practice @ HYC	Norfolk NYCC Junior Annual	Norfolk NYCC Junior Annual	OFF	OFF
July 3rd	OFF	OFF	AYC	SSA	OFF	Tred Avon YC Oxford, MD	OFF
July 10th	Practice @ SSA	Practice @ SSA	Practice @ SSA	West River SC Galesville, MD	Gibson Island	OFF	OFF
July 17th	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	OFF	OFF
July 24th	Practice @ SSA	Practice @ SSA	Practice @ SSA	Baltimore County Sailing Center	Practice @ SSA	OFF	OFF
July 31st	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	Practice @ SSA	OFF	OFF
August 7th	Practice @ SSA	Practice @ SSA	Rock Hall YC	Miles River YC	OFF	Tred Avon YC Oxford, MD	Tred Avon YC Oxford, MD

Communication

InstaTeam: primary communication

InstaTeam Code:

RWB: VAC9AY

Green: VAC9UM

Travis: sailing@severnsailing.org

Madde: madde@severnsailing.org

Phone: 410-268-8744



Fees

- Travel Fee: ~\$500.00 (this is an estimation)
 - This will be a one-time fee; you will not be charged again the rest of the season.
- Drop In Rate: TBD



Sailor Expectations

- Teamwork!
- Respect!
- Prepared
- Good Attitude



Parent Expectations

- Volunteer to tow trailers/Car top
- Volunteer to help with regatta support
- Parents need to volunteer during the season
- Provide solid communication to Travis and Madde
- Ask questions



Coach Expectations

- Quality coaching
- Clear communication
- Respectful
- Lead by example and demonstrate
Corinthian spirit.

