

Opti Green Training



Opti Green Regattas

POSSIBLE Training:

September:	2x week
October:	2x week
November:	2x week (not over Thanksgiving)
December:	2x week (no training over holiday)
January:	2x week
February:	2x week
March:	2x week? (limited in March)
April:	2x week
May:	2x week
June:	2x week

September:	BVI
October:	Columbus
November:	none
December:	Orange Bowl
January:	MLK
February:	PR
March:	VIODA? Sunshine States? Spring Fling?
April:	STX
May:	BVI
June:	IOR

Goals
worksheet

Opti Race Training

POSSIBLE Training:

September:	none
October:	4x week
November:	4x week (Thanksgiving depends on Mid Win)
December:	3/4x week (no training over holiday)
January:	3/4x week
February:	3/4x week
March:	4x week? (limited in March)
April:	4x week
May:	4x week
June:	4x week

**All training depends on regatta schedule. Regattas will be selected first.

Opti Race Regattas

September:	BVI
October:	Columbus
November:	Mid Win
December:	Orange Bowl
January:	MLK
February:	PR
March:	VIODA? Sunshine States Spring Fling
April:	STX S. Americans
May:	BVI
June:	IOR

This is NOT the calendar

C420 Training



C420 Regatta

POSSIBLE Training:

September: none
October: 2x week
November: 2x week
(Thanksgiving depends on Mid Win)
December: 1x week
(no training over holiday)
January: 2x week
February: 2x week
March: 1x week?
(limited in March)
April: 1x week
May: 1x week
June: none

September:
October: Columbus HS
(not C420)
November:
December: Orange Bowl
January: MLK
(not C420)
February: Mid Win
March:
April:
May:
June:

Goals
worksheet

comments

This is NOT the calendar