

**Training & event report form**  
*Created with the help of the optimist world team 06*

NAME .....

Number :

Date ...../...../.....

EVENT : .....

Boat used : .....

Sail used : .....

VENUE.....

<b>Sailing area</b>	Lake/closed bay	Open bay	River estuary	Open sea
<b>WIND strength</b>	0-5 kts	5-12kts	12-18kts	18+`kts
<b>Sea state</b>	Flat	Short chop	Small waves	Big seas
<b>Type of wind</b>	Steady	Oscillating	Evoluting	

Tide effect : .....

Coastal effect : .....

any other venue aspect of interest : .....

**BOAT SETTINGS**

<b>Mast Rake</b>			
<b>Luff tension (pin stop)</b>			
<b>Outhaul setting</b>	tight	medium	Loose
<b>Dagger board</b>			
<b>Ties tension</b>	0 mm	5mm	10mm

Out of your feel of the boat, describe you best trim!

UPWIND.....

DOWNWIND.....

SPEED (compare with your sparring partner(s))... Upwind, reaching, running

.....  
 .....  
 .....  
 .....

***Racing specifics***

**Analysis of your tactical choices/speed:**

Starting

On the beat

On the reach

On the run

Finish

**Coach notes (to be filled by the sailor and the coach)**

**Progress in the race (coach)**

	1 <sup>st</sup> mark	2 <sup>nd</sup> mark	3 <sup>rd</sup> mark	4th Mark	5th Mark	Finish
Race 1						
Race 2						
Race 3						

**Key points to remember (good or to be improved)**

- 1.....
- 2.....
- 3.....