

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

NAME

Number :

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

EVENT :

Boat used :

Sail used :

VENUE.....

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

Tide effect :

Coastal effect :

any other venue aspect of interest :

BOAT SETTINGS

Mast Rake			
Luff tension (pin stop)			
Outhaul setting	tight	medium	Loose
Dagger board			
Ties tension	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 st mark	2 nd mark	3 rd mark	4th Mark	5th Mark	Finish
Race 1						
Race 2						
Race 3						

Key points to remember (good or to be improved)

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