

New to the Optimist Race team?



Here is a list of what to expect on your first days!

Making it to the race team is the fruit of YOUR hard work and dedication during the past summer and autumn season.

Starting from now, you will be joining our race team in their practices, the goal is:

- Learn as much as possible
- Get to know your new team mates
- Most importantly have fun on and off the water!

The Race team trains all year round but the training schedule varies from a season to another.

Winter season (December - March)

Due to cold temperatures, there is less time on the water and more in the gym and books. Winter time is the best time to get both your body and brain ready for the upcoming season! Many of our team members travel to warmer places to train and compete.

Spring season (March - June)

Spring is a full throttle season where training and commitment will make the difference. Most of the Norwegian cups, NM and qualifying events are during Spring and early summer. During autumn and spring, our race team trains from 4 to 5 times a week, this is why our team is among the best teams in Norway.

Summer season (June, Sept)

Summer is where we have the most fun, social events, trip to Langøy, sailing keelboats, local fun events, superseil ect.

Autumn (Sept - October)

It's the season where fresh Superseil sailors join the green team (VK) and become ready to step up their game.

Gear up!

In warm days you can sail using a T-shirt and shorts. But in general in Stavanger it is recommended to use a wetsuit during the summer and a drysuit during winter.

How to stay warm in cold temperatures?



A Wetsuit : can be from 1mm to 7mm of thickness. The thicker it is the warmer the sailor will feel



A drysuit: drysuit will keep you dry and warm by all times.

- A drysuit is your best friend in the Optimist (you can wear it from -5C to +15C)
- Neoprene gloves
- Wool (the more layers the warmer)
- Wear a beanie
- Wear socks
- Neoprene boots

Why and when should I start competing?

Competitions should always be an opportunity to learn, make friends and grow. A competition should be a positive moment where we push our limits and do our best to improve our ranking.

Sailing can provide what other sports can't. The maturity to make decisions, to look after your boat, to meet and share with the coach, to make decisions by your own and take responsibility. Many sailors grow a meter after their first regatta!

Traveling to an event is also a unique opportunity to be in a car for some hours with sailing friends and family.

There is no age to start competing but it is essential to follow these steps

1. **Train and learn as much as possible:** The more you train the more you'll learn and the better you will get. Your coach and team mates are there to help throughout the process. Depending on how committed you are, many of our serious sailors start competing after 8-12 months of sailing.

2. Start local and go national

The best is to start with the Tirsdag regata in Stavanger then compete in regional events then go to NC's and from there to International events.



What is an NC?

During the year, the Norwegian Optimist class <https://www.optimistjolle.no> organises 4 Norges Cup spread out around Norway.

The 2 first NC's serve as qualifiers to international events such as Nordic, European & World championships.

Where to find information about the Optimist in Norway?

<https://www.optimistjolle.no>

<https://www.facebook.com/groups/63017755963/>

What to do to enroll a regional or a national event?

All events are on a website called manage2sail.com, you enroll and find all important info there. It is important to be a member of the Norgeseilforbund and the Optimist class in Norway before starting to compete.

<https://www.norgeseilforbund.org>

What if I buy my own boat?

It is never a bad idea to buy an Optimist, the market is active and kids come in and out of optimist all the time. The average price of a used competition Optimist is around 12 000kr, the boat generally come with plenty of spare parts.

You may sell it at almost the same price after a few years.

Many of our grown up sailors always say that the best day of their life was when they have had their own boat.

What do we do in case of a storm or very cold weather:

Depending on the local wind in Sølyst, we can either still sail or stay inside to work on our boats ,do theory, sailing rules talk or we can simply cancel practice.

What comes after Optimist?



Laser:

We probably have one of the most dominant Laser teams in Norway over the past 4 years. Laser can be sailed forever and can lead you to the Olympic Games in women and men.



B1 or Bavaria 1:

You may sail the boat with your team mates in the Wednesday regatta, we also use the boat to train for the seilspportliga events and different keelboat events around Norway.

Something to dream about!



The America's cup

It is the most prestigious cup in the world of sailing.



The Volvo ocean race

It is an offshore race where you circumnavigate around the globe in a fast boat with a team



The Olympic Games

The Olympic Games are the toughest sailing event ever. To participate you need to be one of the best 40 sailors in the world in your class. And only one sailor represents each country. Norway won a bronze medal at the TOKYO 2020+1 Olympics thanks to Hermann Thomasgaard.

What extra activities can help when you are a sailor?



Surfing

It will help you read the waves better and it is a super fun way to relax and have fun



Kitesurfing and Windsurfing

They are both cool sports where you learn to handle the speed ,do tricks, surf and understand the aero and hydrodynamics that steer the board.

You can start windsurfing at Hafrsfjord windsurfing club and Kitesurfing with a professional instructor at Sola!

You may also learn both during your vacation time!