

From Superseil to an upcoming star!

If you are reading this, means you enjoyed sailing Superseil and you are willing to join the upcoming stars in September!

Upcoming stars is the step between Superseil and the Race team. As an upcoming star, you will be training for two months: September and October. 2 times a week as an upcoming star and one day with the Race team.



The two sessions a week for the upcoming stars are VERY important to learn the essentials and build the base necessary to thrive in the race team.

The learning curve at the upcoming stars is so steep that if you miss a couple of sessions you will see the difference compared to your team mates.

By the end of October, the coaches will assess if you are ready for the race team or not. To maximise your chances in joining the race team, you should attend all the sessions in September and October (12 to 16 sessions total).

The Optimist:

The club will provide a boat for each of the sailors (1000kr for 6 months).

Clothing:

The wetsuit used during superseil should be enough until the end of October. In colder days, put on more wool under the wetsuit, a rain jacket on top, socks and beanie. Neoprene gloves can also help keeping the hands warm.