

2025 Opti Wind Clinic

Info, Schedule & Boat Checklist

All sailors need to check in at the CGRA office when they arrive.

If you have not completed the online [CGRA 2025 Waiver](#), you will need to do so at check in.

What to bring

Prepare to spend a full day of training in intense conditions. You will go in the water, perhaps many times. Towel, change of clothes, and appropriate gear (wetsuit, booties, well fitted PFD, gloves, etc.) is a must. Please make sure you also have the following...

- Adequate sun protection (sunglasses, zinc, rashguard, hat, buff etc.)
- Watch
- Water bottle, snacks, lunch
- Notebook
- Ditty-bag/toolbox (Extra sail ties, tape, bungee, extra shackles, pins etc.)
- Helmet (recommended)

Opti Boat Checklist

It's very important that boats and equipment are all in good working order. If it's going to break, it will break at the Gorge. **To follow is a checklist to go through prior to the clinic.** I strongly recommend doing this with your coach. Most of these items can be ordered through West Coast Sailing. [West Coast Sailing](#) is an hour away and has many handy items/spares in stock. They will make a will call delivery one or two times during the week. During the week, check with the Race office for up to date information.

Schedule*

Day 1 (Monday, July 14)

0900-1100: arrival, check in, pre-rigging
1100-1130: introductions, venue info, chalk-talk/demos
1130-1300: on-the-water drills
1300-1400: lunch on shore, debrief
1400-1600: on-the-water drills
1600-1700: de-rig, debrief, and refuel

Subsequent Days (July 15-17)

0900-1000: rigging (on sailor's own time)
1000-1030: morning chalk-talk/ land demos
1030-1200: on-the-water drills
1200-1300: lunch on shore, debrief
1300-1500: on-the-water drills
1500-1600: de-rig, debrief, and refuel

**With the exception of the arrival times, all times are subject to change.*

Scroll down for the Boat Checklist

USODA NW Opti Champs (July 19-20)

We hope you stick around for the USODA PNW Opti Champs after the clinic. Register on [The Event Website](#). So far we have 19 boats signed up, but it would be great to have a couple more.

Reminder that this is a class sanctioned championship. That means sailors must be USODA members and sail with class compliant equipment. It is also a USODA Team Trials qualifier.

If you are a parent that would like to volunteer for the regatta, please let me know!

Cheers

Andrew Nelson

Head Coach

Cell (206) 707-1266

Scroll down for the Boat Checklist

Opti WIND Clinic Boat Checklist

Inspect for Wear/Tear

Tiller extension joint

Rudder pintles

Rudder retaining clip

Rudder Gudgeons (not loose or cracked)

Mast Step (screw turns freely) / **Mast Collar (not broken, cracking, or loose/wiggling)**

Hiking Straps (bungee to keep off floor and tied securely so it fits sailor)

Cleats Hold line securely (Sprit, Vang, Outhaul)

Air Bags hold air (valves/valve caps)

Daggerboard retaining bungee

Sail- Make sure no torn grommets/eyelets. Sail should be in good-excellent condition overall.

Spars (mast/boom)- “buttons” in place (bridle/vang), hardware securely fastened, no major corrosion or overly worn holes.

Safety Items

2 Bailers- tied into the boat w/ bungee

25' floating bow line (no knots)

Mast retaining clamp AND tie down (I REALLY recommend the retaining clamp)

Helmet (recommended)

Lifejacket with whistle attached

Mainsheet/Bridle- bridle not more than 2 ½” from boom when tensioned. Quick release mainsheet (trigger shackle/clasp shackle)

Spares/Extra (to bring)

Airbags

Wind Indicators

Bailers

Sail Ties 1.2mm (mast) and 2mm (corners) - have some precut in PFD.

Toolbox (to bring)

Rigging Knife/Scissors (Vampire shears- on Amazon)

Lighter

Electrical Tape

Extra Bungee

Basic hand tools

About 10 feet of 1/8th” spare line (dyneema) to replace vang, bridle, sprit halyard etc.

Misc hardware/fittings

For Smaller Sailors

4:1 mainsheet purchase system for increased mechanical advantage. Here's a tricked out [Harken Example](#), but you can make this very easily by lashing a small block to your upper mainsheet block and tying the end of the mainsheet to the forward lower block.