



HSS Junior Programme

We promote the passion for sailing

7. Calendar of the Optimist Program



Strategy and Principles

Class Paths

Structure of the Optimist Program

Coaching in the Optimist Program

Families in the Optimist Program

Fund Raising

Calendar of the Optimist Program

Annual HSS Youth events

Other Annual Opti Events

HSS Winter Tour

The Structure of the Youth Committee and the Work Groups

Financial Support for Top Sailors

HSS Optimist Sailing School Groups summer program

GROUP	May	June	July	August	September	October
Racing School, Cadetti Team	Thursday series MP, Optistart	HSS Down Town Clinic & Race, Challenger Thursday series	HSS Sailing School Andö Summer Camp	Thursday series Nationals Cadetti	Thursday series Linnanmäkir Regatta KVP Sokeri Pohj	Uno Trophy TP Syyskisa
Sailing School						
Optimist Pre-School						

HSS Optimist Sailing School Groups winter program (Weekly swimming & short fun meeting)

GROUP	November	December	January	February	March	April
Racing School, Cadetti Team				HSS Junior Winter weekend	Barcelona Prep	
Sailing School						Capsize training in swimming hall
Optimist Pre-School						



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Annual events of the HSS Youth Program

- HSS organizes a few annual events which support our program
- By making the events annual we gain routine and make the events well established, of high quality and popular
- **Helsinki Down Town Clinic and Race** in the second week of June, international event for racing sailors
- **Linnanmäki Regatta** in September, the national annual big fun event for beginning sailors
- **Uno Trophy** in October, the HSS end of the season family event
- **HSS Youth Match Championship** in November
- Weekly **Open Thursday Mini Ranking Series**. These simulate the real races for our Racing School sailors and give routine to the experienced sailors



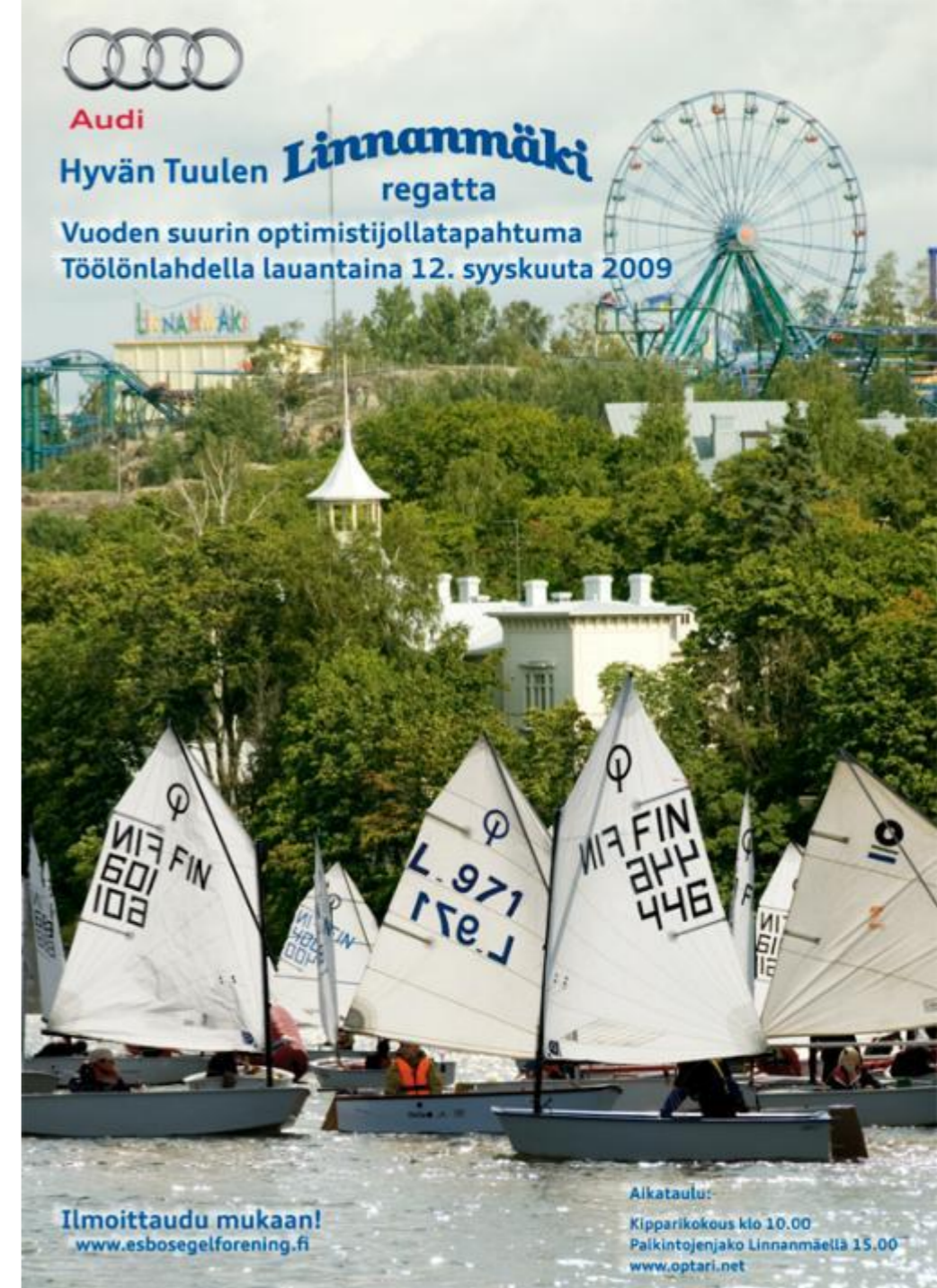
Helsinki Down Town Clinic and Race

- The event comprises of a three day invitational training clinic followed by a three day race
- The idea of the event is to give the national teams from different countries a chance of training and racing against international rivals before going to the Nordics, Europeans and Worlds – the less experienced sailors will have a chance to participate in a big, tough international regatta preceded by a high level international training clinic
- HSS invites sailors from all Nordic and Baltic countries and additionally sailors from our contact clubs in eg. Spain, Germany, Ireland, Brazil
- HSS provides charter boats and accommodation to foreign sailors, the Optimist families are encouraged to offer accommodation in order to establish friendships between the sailors
- Foreign teams are encouraged to bring their own coaches , the clinic will be lead by HSS head coach Leonardo Santos



Linnanmäki Regatta

- The regatta is the big fun event that all our sailing school sailors from the white, green and blue groups are training for during the summer
- It is the first event where they meet sailors from other clubs and other parts of the country
- The race is sailed in the sheltered bay of Töölönlahti right in the center of Helsinki between the Opera house and the Finlandia hall with plenty of coaches in RIBs guiding the small sailors around the short courses
- The morning is spent sailing with a snack lunch ashore between the two races
- The rest of the day is spent with the new sailing friends in the nearby Linnanmäki amusement park where the prize giving will also take place – the ticket is included in the entry fee



Uno Trophy

- Uno refers to Uno Cygnaeus, the founder of the renowned Finnish school system and the nearby Cygnaeus Elementary School where the first Optimist group of the current HSS youth program came from in 2006
- Uno Trophy is the annual End of the season family fiesta for the HSS Opti families
- In the morning we have a race for our Optimist sailors, after the lunch an Optimist race for the parents is to follow
- The results are calculated by combining the points of the Opti sailors with their parents – a wild prize giving and lottery ending the day



HSS Youth Match Race

- In order to prepare our Optimist sailors for boat handling and maneuvering bigger boats, team work and match racing tactics, HSS organizes match race training with the eight club owned Laser 16 3-person centerboard dinghies during the season
- With these boats the sailors learn the use of the jib and spinnaker and the tasks of a skipper, trimmer and fore deck crew by rotating in the roles
- In the last weekend of the racing season in November an international championship for youth match racing is arranged with a qualifying race before to select the HSS representatives for the event





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Annual Optimist events in Finland

The Finnish Optimist races are divided into three categories:

Challenger races

Short races, close to the shore with a coach appointed by the organizers on the water assisting the beginning sailors, Linnanmäki Regatta is the main event (Blue Group aka Racing School)

Cadetti races

Local, established races without ranking status (all racing teams, if they fit into the schedule)

Ranking races

Series of seven weekend races with 3 + 3 starts during Saturday and Sunday with Ranking results published in the fall (all racing teams take part)

- The Finnish Nationals is a three day race with a total of 9 starts
- One Ranking race in the fall and two in the spring form the 18 start (with 3 dropouts) Selection series for the Worlds, Europeans and the Nordics

Established events during the season

Down Town Clinic & Race, HSS Helsinki, second week of June

- An international three day training clinic followed by an international three day regatta

Spinnaker Regatta in Tallinn in the beginning of July

- A well run event with a big fleet of participants from Russia, Estonia, Latvia, Lithuania and possibly Poland and Sweden
- Offers good racing in the open waters of the 1980 Olympics
- Easy and cost efficient introduction to international racing

Polish Nationals in Kamien Pomorski in September

- Inofficial "North Europeans" every year at the same venue, gathering the top sailors of Scandinavia, Poland, Germany

KSSS Olympiska Regatta in Stockholm in October

- Easily accessible, well run big event in the nice surroundings of Saltsjöbaden



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The HSS Winter Tour

- Getting up to the international level requires year round training and racing in tough competition while the sailing stops in Finland
- In order to enable this in an easy and cost efficient way, HSS Youth Committee organizes the Winter Tour with club owned Racing Optimists and RIBs touring the following route of races and venues:
- **Semana del Atlántico in Vigo** in November, a big international race in the North West corner of Spain (**Black & Red** teams)
- **Trofeo Ciutat de Palma**, December (**Black** Team)
- **Ciudad de Torrevieja International Trophy**, January (**Black & Red** teams)
- **HSS training clinics at Club Nautic El Masnou**, Barcelona, for **Black & Purple** Teams, March
- **Lake Garda Meeting**, April (**Black, Red** and **Purple** racing teams)



HSS Winter Tour



#0, Kamien Pomorski

#1, Vigo, November

#2, Palma, December

#3, Torrevieja, January

#4, El Masnou / Barcelona, March

#5, Lake Garda, April

Scale 1: 19,500,000

Semana Caixanova del Atlántico INTERNATIONAL PESCANOVA OPTIMIST MEETING, November, Vigo

- Big annual international Optimist race with over 200 boats from over 10 countries participating
- Organized by Real Club Nautico de Vigo in the North West Atlantic Coast of Spain, www.rcnauticovigo.com
- Possibility of big waves and strong winds from the Atlantic into the Ria of Vigo
- **Black Team** and **Red Team**



Trofeo Ciutat de Palma, December

- Palma de Mallorca, Balears, trailer with ferry from Barcelona
- With almost 400 participants all over the World, this might be the toughest annual international race in Europe
- The 2010 World Champion Noppakao Poonpat was 10th at Palma only a few weeks before the Worlds in Malaysia
- The Regatta is a classic, it has been organized over 60 times, Real Club Nautico de Palma is also the organizer of the annual Princess Sofia ISAF World Cup Regatta for the Olympic Classes
- Only **Black Team**



Ciudad de Torrevieja International Trophy, January

- Organized by the Real Club Náutico Torrevieja, a big, well organized and active youth sailing club having good cooperation with HSS
- Over 200 boats with the top of the Spanish fleet and sailors from roughly ten other countries participating
- HSS organizes a training clinic for the **Black** and **Red** racing teams prior to the three day regatta
- Six sailors from Torrevieja will attend the HSS Downtown Race 2011



HSS Training clinics in El Masnou in March

- HSS organizes special one week training clinics in March at the Club Náutico El Masnou 20 km northeast of Barcelona
- The first clinic is for the **Black Team** to have an intensive training of boat handling and honing the boat speed
- The second clinic two weeks later is The Preparatory Camp for the **Purple Team** to get the sailors ready for their first Garda Easter Meeting



Lake Garda Easter Meeting, April, Italy



- The biggest Optimist event in the World with nearly 1000 participants around the World participating, a separate Cadetti class with shorter courses for sailors under 12 years with only 200 participants
- A big HSS training clinic before the race with **Black**, **Red** and **Purple** Racing teams participating (three trailers and RIBs)
- All HSS families staying at the Centro Vela with coaching meetings in the morning and after dinner – this makes coaching more fun and efficient
- Having the whole HSS group in the same hotel also gives the new families in the Purple group a good chance to get to know the other families in the HSS Opti Program



Additional winter program (Black & Gold Teams)



- Marstrand Nordic Clinic in October
- Team Racing Europeans in Lago di Ledro & Berlin
- Orange Bowl, Miami, December (Gold Team)
- Trofeo M. Campobasso, Naples, January (charter, Black Team)
- Bermuda Gold Cup, March (only one sailor by invitation, Gold Team)
- Singapore, Singapore Youth Championship, March (Gold Team)
- China, Brazil, Argentina, Dubai, Australia, US West Coast, contacts to be used