



Advanced Opti Racing Team

-White, Blue, & Red Fleet-

This course focuses on sailing fitness, mastery of boat handling skills, advanced racing tactics and techniques, fine-tuning sail controls, and the physics of racing Optimist sailboats. Sailors will practice using sail controls, body weight, and aerodynamic/hydrodynamic theory to make their boats go faster. Sailors will be taught to ask questions about evaluating and learning about their performance and integrate on-the-water coaching, video analysis, and advanced equipment preparation into their regatta experience. Open to sailors ages 8-15 who have prior Opti racing experience.

Advanced Opti Info:

- August - May practices start at 10 am and run till 2 pm on Saturdays and Sundays.
- June - July practices are on Thursdays 4 pm-8 pm & Saturdays 10 am-3 pm.
- **All sailors should come prepared to work out at every practice.**
- Lunches are not provided but club to-go orders can be taken at the beginning of practice.

Developmental Opti Program

-Green Fleet-

This course focuses on the development of confidence, fundamental boat handling, sail trim, rules, sportsmanship, basic starting, course tactics, strategy, and speed techniques. We will have fun activities mixed in so these kids will learn to enjoy the sport of sailing. This group will focus on sailing Texas Sailing Association events. Developmental sailors are encouraged to attend major events. Open to beginner sailors ages 8-13 who are new to sailboat racing.

Developmental (Green Fleet) Info:

- August - May practices start at 10 am and run till 2 pm on Saturdays and Sundays.
- June - July practices are on Thursdays 4 pm-8 pm & Saturdays 10 am-3 pm.
- Lunches are not provided but club to-go orders can be taken at the beginning of practice.

Laser & Double-Handed Racing Team

-ILCA/420 Fleet-

This course focuses on sailing fitness, mastery of boat handling skills, advanced racing tactics and techniques, fine-tuning sail controls, and the physics of racing Laser sailboats. Sailors will practice using sail controls, body weight, and aerodynamic/hydrodynamic theory to make their boats go faster. Sailors will be taught to ask questions about evaluating and learning about their performance and integrate on-the-water coaching, video analysis, and advanced equipment preparation into their regatta experience. Open to sailors ages 12-18 moving up from Optis or just getting into racing.

Laser Team Info:

- August - May practices start at 10 am and run till 2 pm on Saturdays and Sundays.
- June - July practices are on Thursdays 4 pm-8 pm & Saturdays 10 am-3 pm.
- **All sailors should come prepared to work out at every practice.**
- Lunches are not provided but club to-go orders can be taken at the beginning of practice.

2024 Program Costs and Fees

Monthly Dues

	FWBC Member*	Non-Member
FWBC Race Team Program	\$200	\$250
Dinghy Storage	\$25	\$25

Regatta Fees

\$45*- \$55 (Per Day, Per Sailor + Coach Expenses)

Split amongst all parents who attend the regatta. Regattas are never required but highly encouraged for developing sailors.

** Member pricing is for members of the Fort Worth Boat Club. The discounted rate is **not** for guest members. Guest memberships are available to team members to use when ordering lunch.*

To become a member of the Fort Worth Boat Club, please contact our Membership Director, David Valentine at membership@fwbc.com.

