



## Team Trials Readiness Checklist

Sailors who can answer 'Yes' to ALL of the following are considered 'Team Trials Ready'.

1. I am always a top finisher at local events
2. I place in the top 25% of USODA and/or other regional events
3. I train regularly
4. I am familiar and comfortable with sailing in waves, wind and current
5. I understand the RRS and I rarely foul other boats
6. I do not make contact with other boats on a crowded starting line
7. I have enough stamina and physical fitness to race 4 consecutive days for 6 hours a day, plus launching and towing time
8. My coach has said that I am ready to sail at Team Trials