



Alliance 24 Hour Practice Plan

1000 24 July – 1000 25 July

Alliance Philosophy: Have Fun, Look Good, Place Well. Be continuously dissatisfied with your speed! Safety is fundamental in all we do! (Safety includes navigation, seamanship, boat handling, health...).

Practice Objective: “block and tackling” evolutions (foundation of the pyramid, boat familiarization (day and night), learn to trim and drive fast (day and night)!).

Practice Overview: Everyone drives. Sequence of dock evolutions, all hands underway evolutions, 1800-0600 underway routines on a track to get back to R2 around 0800 and back at dock at 1000.

Speed Team (driver, main trimmer and spin/jib trimmer): always focused on the main thing (boat balance, speed, performance headed in the right direction).

Watch Rotation: In general 2 personnel on and 2 off every 2 hrs starting at 1800 on First day of race. Each is responsible for the health and awareness of your watch partner and everyone has responsibility to stay well rested, fed and hydrated. Wake ups on the XX45. Off going watch supports required evolutions. Goal is for each to get 2 x 90 min sleep cycles while off watch and have 4 up at all times making Alliance go fast.

Watch Hours starting at 1800 (note during near shore time may be adjusted based on rounding points):

A 1800-2000, 0000-0400, 0800-1200, 1600-2000

B 2000-2400, 0400-0800, 1200-1600, 2000-2400

C 2200-0200, 0600-1000, 1200-1600, 2200-0200

D 1800-2000, 0000-0400, 0800-1200, 1600-2000

Meals Hours:

Dinner 1730-1930, Lunch 1130-1330, Breakfast 0530-0730 (we need to discuss and adjust)

Watch Partners:

A: Eric (skipper), Bill (WC), Gardner

C: Mary (co skipper) David (WC)

B: Caitlin (bow), Mark

D: Marcus (bow), Roland (normally Peter will be here)

Watch Relief Turnover Discussion items: weather conditions, sail plan and rigging changes, navigation plan, material issues and status (power, water...).

Bunks:

Mid Stbd side (Bill and David)
Mid Port (Caitlin and Marcus)
Aft Port Outer (Eric and Mary)
Aft Stbd Outer (Mark)
Aft Stbd Inner (Roland and Gardner)
Aft Port Inner

Personal Gear: Minimize your footprint! Consolidate into one small sea bag, clearly mark your gear and your bag. Bring strong plastic hanger for stowing foul weather gear to go into a locker. Bring your off shore vest and tether with AIS. One labeled zip lock bag with your tooth brush and other small bathroom items and medications for the head locker. Gear stowage will be one our key learning points. Bring refillable water bottle.

Duties:

Skipper: Primary Person in Charge, overall in charge, primary navigator...

Co-skipper: Secondary Person in Charge, Assistant Navigator

Watch Captain: Officer of the Deck Type duties, Watch section evolutions, routine communications and downloads, input to skipper/co skipper, meals and clean up, stowage, routines, safety... (develop further)

All – Stay healthy (eat, hydration, manage energy...), sleep and get rest, be ready to support your role to race Alliance.

Evolutions:

Dock Evolutions:

Stowage Plan overview, Damage Control stowage, System operations (engine, lights....)

Safety Gear Overview

Install emergency tiller

Hoist Storm Sails and stow

Hoist bow person up mast

Man overboard walk through

Underway Evolutions (South of Newport):

Hoist Storm Sails, Jib changes, Spin Changes

MOB quick stop, spin drop (2xs each if conditions support)

Reefing and shacking reef (2xs)

1800-0600 Evening Evolutions:

Watch Routines

Sail changes, spin change at night, jib change at night, reef main sail

Rotate Driver every 15 mins or so

Daily routine

Conduct battery charges

Execute underway meals while in racing mode