



## **Being prepared is everything.....**

**Brad Boston, the three time winner of the Viper North American Championships shares his thoughts as he prepares to leave for Charleston Race Week**

Way before the regatta date I start thinking about is my boat prepared perfect enough to be a winner. I also start thinking of how I will drive there to maximize my sailing time at the regatta venue. I know the shortest or fastest way there and I also know the sailing area really well by just looking at Google to have it in my head. I know where the bays, points and shallows are by looking at the satellite maps. I start looking at the tide charts to get the cycle in my head. I know how to drive to the Hotel and how far it is to eat and get lunches. I really like to be prepared in my head weeks before hand.

### ***Boat prep***

I make sure that everything is ready to go race before we leave for the regatta. This might mean a few late night re-sealing things, replacing lines, Tefloning the hull and fixing thoughts pesky keel dings. It is worth the extra time at home so I can sail more at the regatta venue.

### ***Driving to regatta***

I really like to know my route that I will be driving and try and learn the traffic. There is no need to sit in traffic and waste time! Take a different route or leave at a different time. When you sit you get tired and that makes for a long weekend when you start out tired.

### ***Boat set up***

It really is important to me to stick to the plan when rigging and launching the boat. We talk about who will get certain parts of the boat rigged to minimize time. We like to be fully rigged before entering the water. Once we are in we bring the Dock Box and all our needy things to the dock and set up for the regatta. This will have everything from spare parts to camping chairs. We feel it is important to be comfortable at the boat when getting ready before and after racing each day.

### ***Practicing***

I like to have a good plan of attack in our practice days. Work on simple things like tacking, Speed and then some time on distance things for starting. We also work on leebows and holding terrible lanes so when the regatta comes we are ready for any situation that may occur. One thing that we also try and do is not sail to late the last practice day. We need to rest and have a little fun to ease our mind from the drive and set up. By this time we have looked at Satellite pictures and also have a good chart of the racing area. This will let us know if there are and Rocks on the course or rivers that have different water flow. This can make sailing in tide really challenging. Do your homework....

### ***Race day***

First thing in the morning we look at the weather for the day. Start talking about the rig set ups that we may need and what spare things we may need on the boat. By talking about all this early we minimize the amount of wasted trips to the car from the dock. I like to leave the dock pretty early so we have a good sail with a break then repeated a couple of times. Try and have a tuning partner set up before you leave the dock. Sit down with them and have a plan. This lets you learn the area, make sure you are going fast and also gives so breaks so you are not worn out.

It is good to practice starts, time on distance little things like that before all races. Take some notes after each race (this could be in your head) so you can learn for the next time. This will help in the next races...

After races talk about what could have been done different to improve. Also talk about what was done right to make that point stay in your head for future races.

This is what goes through my head well before the regatta starts.

**Brad Boston, Viper # 119 Jackpot  
Doyle Boston Sailmakers**