

Advanced Sail Trim / Boat Handling – Sheet / Rudder / Weight:

Basic boat handling drills and sailing upwind effectively and proper sail trim for all points of sail.
Jib trim, main trim (with introduction to more advance controls)

VOCABULARY

Vang (gnav)	Luff, Leech, Foot
Cunningham	Purchase
Outhaul	Halyard
Draft , Belly	Windward, Leeward
Tack, Head, Clew,	

CONCEPTS

A boat heeling to windward want to head up.

A boat heeling to leeward wants to turn down.

Sheeting in make the boat heel and head up

Letting the sheet out will flatten the boat and turn the boat down

DRILLS

1 - Long reach with assignments – sail between the marks. Sail a full lap (there and back in a counter clockwise direction) each lap you will be working on different things. At all times sails should be trimmed properly. After all 10 laps switch skipper and crews and repeat.

1. Sailing slalom (x2)
2. Sailing with windward heel
3. Sailing with leeward heel
4. Sailing with skipper fully hiked out
5. Sailing with crew fully hiked out
6. Skipper switching sides of the boat without changing course
7. Constantly trimming and easing main (steady course) try to do it 6 times.
8. Sailing slalom (x2)

2 - Musical Boats:

Follow the boat – 2 whistles = stop, 1 whistle go. Last person to stop/start will be out (I will call out sail #s). When out Return to home base and wait the start of the next drill (winner gets a prize)

3 - Follow the leader – Follow the motorboat, making sure sail trim is set proper all the time. When told, steer to clear of the procession of boats and follow the last boat.

4 Small course – sail around a triangle with at least 3 tacks upwind.

5 Cone drill – must follow motorboat ,tacking when at edge of cone.

Whistles:

Multiple whistles – stop what you are doing and listen for instructions. If none are given come to leeward of the motor boat for more details instructions.

1 Long whistle = Go or start of the drill

2 Short whistles = Stop

General thoughts:When not in a drill / done with drill

You may find yourself finished with a drill before another boat. This is not the time to find out how fast you can sail on a reach to Ashby Shoal. Please stay near the other boats and be ready for the next drill.

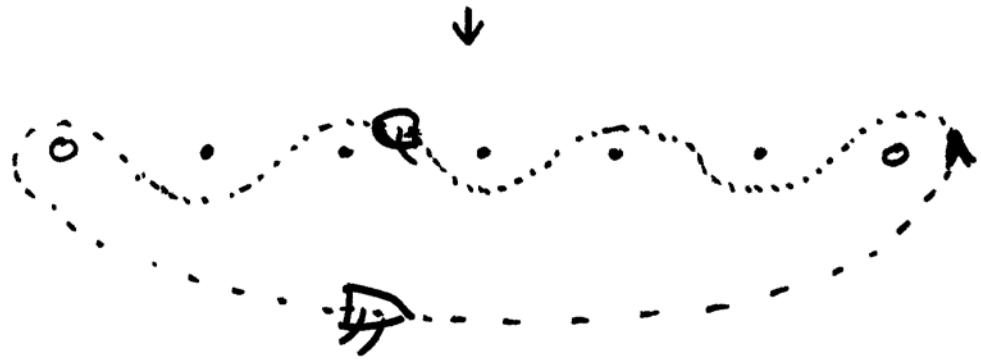
Time to come in:

After the lesson will be followed by a brief shore talk. When you hear lots of whistles and see me waving my arms towards the dock, head in as fast as possible. Boats should be left tied up at the dock, with mains down and jibs furled while we have a “de-brief”. You will have time to de-rig your boat after the de-brief.

Base:

The southern-most mark of the line will be out base. When told to go to base please wait here.

1.1



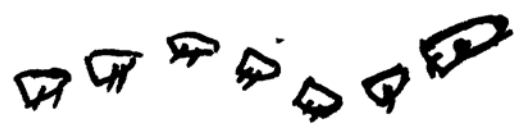
1 = start /
finish
of 1 Cap

1.2 -

1.8



2/3



4

