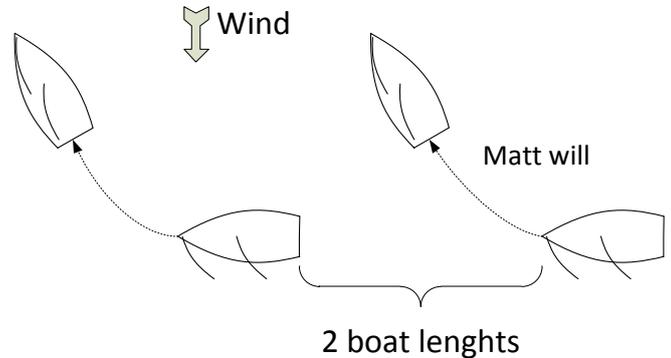




Master Class Drills

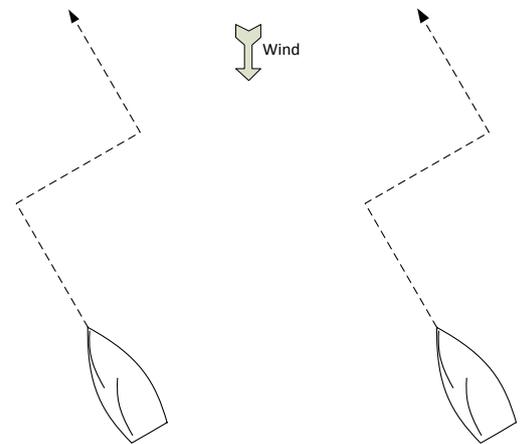
1 Speed + Height (10 minutes each tack)

- All boats on imaginary start line
- All bear away to build speed, approx. 20 seconds, (or use VHF to inform when to turn upwind)
 - Speed build before heading upwind
 - Use a smooth turn upwind to maintain speed
- When a couple of boats shoot ahead, we will reset
- Don't sail away on opposite tack, always try to hold line



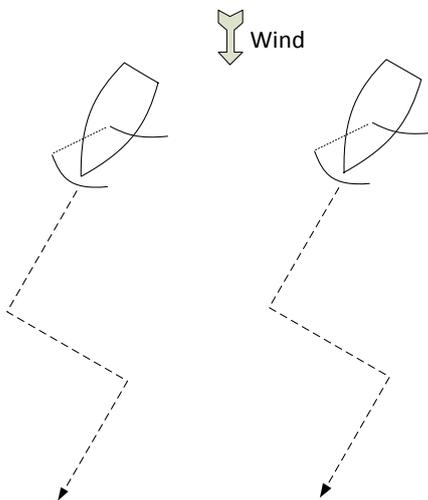
2 Straight line acceleration + tacking

- All boats in line sailing VMG upwind
- Coach boat with VHF + Horn
- Tacking on coach command (reinforces clean crew work)



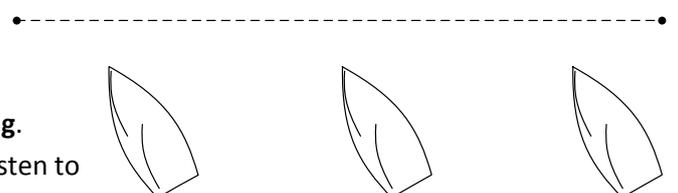
3 Downwind speed

- Downwind speed training + gybing on command
- Seek 100% optimum trim all the time
- Use both sheets
- If you accelerate ahead you will reach dirty wind from boat to side. In this case, slow down and re-join line. Avoid luffing battles but follow normal racing rules (windward/leeward boat)



4 Start (3 -> 1 -> 0)

- Only sail for maximum 45 seconds after start. **No tacking.**
- Next start will be approximately 3:30 from this point. Listen to VHF for signaling.
- Stay in start area!!!





5 Round the buoys (1lap = 10 minutes)

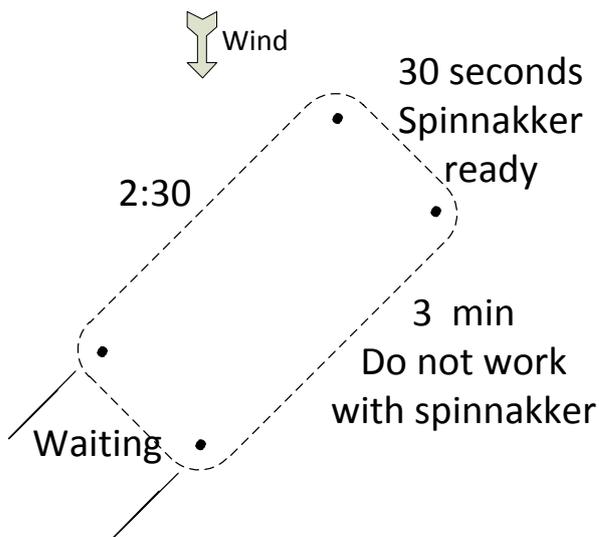
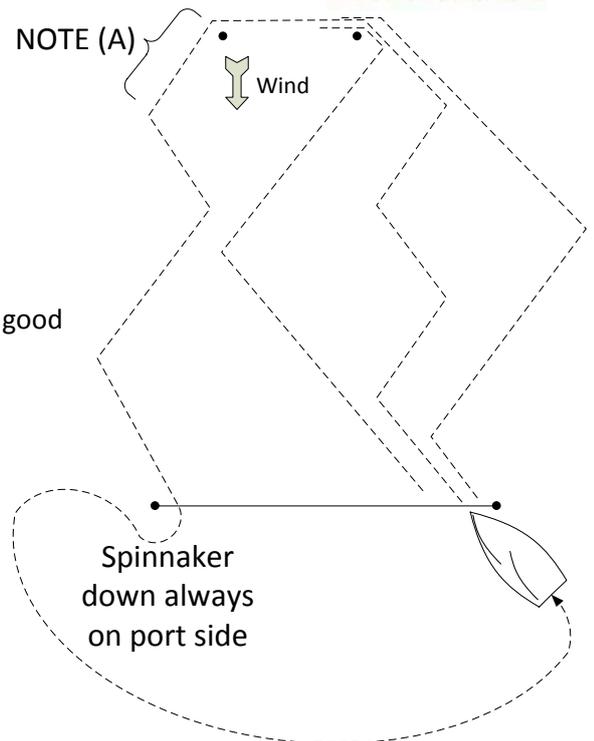
- One boat starting every 30 seconds (pursuit start)
- A boat must sail the course including
 - 4 tacks
 - 3 gybes
 - Spinnaker hoist/take down with starboard rounding
- (A) Work towards being prepared to gybe as early as possible. A good bench mark would be within 15-20 seconds of rounding

5.1 Round the buoys. B.

- Same drill but only one long tack with port approach

5.2 Round the buoys. C.

- Same drill but tacking early and sailing across to accurately pick starboard lay line



6 Hoisting/dropping

- Practicing straight line speed hoisting + dropping
- Approximately 3min close hauled. Try to keep crew on rail hiking.
- After tacking for next mark begin preparations for spinnaker hoist.
- Downwind leg approx. 2:30.

7 Time on distance

1. Guess/choose a time (i.e. 40 seconds)
 2. Sail away from start line to distance which upon Gybing or Tacking should allow you to sail at full speed towards starting line.
- Aim is to accurately guess time on distance
 - This maneuver will help to reduce the risk of being overlapped to leeward on the starting line

