

# BOSTON SAILING CENTER RACING COURSE

## Classroom 1

### Objectives

- Introduce students to course format and racing basics
- Explain crew positions, and the roles and responsibilities of each position during tacks, gybes, and mark roundings
- Introduce basics of tacking

#### 1. What the Students Should Expect

##### a. Saturday Schedule

- i. Arrival time for rigging
- ii. First Start/Last start times
- iii. Optional debriefs/seminars after racing

##### b. Necessary Gear

#### 2. Racing Pyramid, and Goals of this Class

##### a. Boat Handling is the Foundation of the Pyramid

- i. Prestart Maneuvering
- ii. Tacks, Gybes
- iii. Mark Roundings (helm)
- iv. Spinnaker Sets/Douses

##### b. Boat Speed, Build off Solid Boat Handling

- i. Setting up sails efficiently for the conditions (rig, set, trim)
- ii. Trimming the sails well (sailing “Breeze of the Moment”)
- iii. Driving the boat and trimming the sails through lulls/puffs (shifting gears)
- iv. Driving in proper “mode” for conditions (Point/Feather; Foot/Drive)

##### c. Strategy

- i. Where to start
- ii. Choosing a side of the race course
- iii. Taking advantage of changing wind direction or uneven conditions on the course (connecting the dots, sailing the shorter string)
- iv. Downwind strategy (Up in lull, down in puff, etc)

##### d. Tactics

- i. Positioning yourself to beat the boats near you

- ii. Starts
- iii. Beat
- iv. Downwind
- v. Approaching finish

### 3. Race Course

- a. **Explain how the race course is laid out, and the different elements of the race course.**
  - i. Starting Line, and the Starting Sequence
    - 1. Explain the count down, and the OCS procedures
  - ii. Upwind Leg
  - iii. Mark Roundings
    - 1. Brief overview on spinnaker sets (introduce the idea of pre-feeding the spinnaker)
  - iv. Downwind Legs
    - 1. Brief review of spinnaker set up and gybes
  - v. Leeward Mark Roundings
    - 1. Brief overview on spinnaker douses
- b. **Explain the different course boards displayed by the race committee, and the different possible courses.**
- c. **Explanation of scoring**

### 4. Crew Positions/Job Responsibilities

- a. **Crew Placement**
  - i. Jobs
    - 1. Skipper
    - 2. Trimmer
    - 3. Pit
    - 4. Mast
  - ii. Placement (where each person is positioned)
- b. **Pre-start Roles**
  - i. Trimmer
    - 1. Focused on jib trim
    - 2. Easing and trimming for desired speed
  - ii. Pit
    - 1. Countdown timer for starting sequence
    - 2. Providing information about surrounding boats
    - 3. Providing information about upwind course
  - iii. Bow
    - 1. Countdown timer for starting sequence
    - 2. Distance to the starting line

3. Information about upwind course and surrounding boats (Lookout)

**c. Upwind Roles**

- i. Trimmer (sitting in cockpit)
  1. Trimming jib
- ii. Pit (sitting on rail or cabin top for weight)
  1. Providing information about speed and height on surrounding boats
- iii. Bow (sitting on rail or cabin top)
  1. Providing information about wind on the course
  2. Tacking in front of mast
  3. Skirting Genoa

**d. Windward Mark Rounding**

- i. **Trimmer**
  1. Slightly ease jib
  2. Trim windward spinnaker sheet for pre-feed
- ii. **Pit**
  1. Easing spinnaker out of cockpit
  2. Pull up topping lift, setting twings
  3. Lowering jib halyard
- iii. **Bow**
  1. Setting pole
  2. Hoisting spinnaker

**e. Downwind**

- i. Trimmer
  1. Trimming the spinnaker sheet
  2. Trimming the guy
- ii. Pit
  1. Adjusting weight
  2. Watching to windward for puffs/shifts
  3. Helping with the guy in breeze
- iii. Bow
  1. Adjusting weight
  2. Gybing spinnaker pole

**f. Leeward Mark Rounding**

- i. Trimmer
  1. Preparing jib for rounding
- ii. Pit
  1. Raising jib halyard
  2. Lowering topping lift
  3. Pulling in spinnaker

iii. Bow

1. Removing pole (setting on deck)
2. Dropping halyard

## Reading Assignments for Class 2

Getting Started in Sailboat Racing, Chapters 1-4, and 7

Racing Rules of Sailing (RRS), Rules 10 – 13

(RRS can be found at [www.sailing.org/documents/index](http://www.sailing.org/documents/index) - download the PDF titled “2017 – 2020 World Sailing Racing Rules)

## Water Session 1 Objectives

- *Sailing upwind with proper crew placement*
- *Roll tacking practice – coming out of tacks at the proper angle with proper sail trim*
- *Spinnaker sets, gybes, and douses*
- *Safety: Heave to, Reefing, Crew Overboard*
- *Drills: Pivot, Stop and Go, Load and flatten, Roundings*
- *Starting a race isn't necessary; the goal is to get everyone comfortable in each position and understand each position's jobs, and improve boat handling skills.*