

BOSTON SAILING CENTER

RACING COURSE

Classroom 2

A. Race Course

- a. Courses
- b. Flags
- c. Sequence
- d. Protest Hearings
- e. Q & A (pg. 16-17)

B. Starting

- a. Basic Tenets
- b. Starting Rules
- c. Starting Strategy (Bullet Points pg. 31)
 - i. Reach out, reach back
 - ii. Port tack approach
 - iii. Vanderbilt Start
 - iv. Dinghy Start
- d. Starting boat handling skills (Starting Boat Handling Notes pg. 32)
 - i. Stop & Go
 - ii. Pivoting
 - iii. Load and Flatten
 - iv. Circling
 - v. Backing down
- e. Q & A (pg. 34)

C. Windward Leg

- a. Smart Sailing (Bullet Points on pg. 40)
 - i. Adjust sails for conditions prior to racing
 - ii. Tack Well
 - iii. Clear Air
 - iv. Be Aware
- b. Playing Shifts
 - i. Oscillating vs. Persistent
 - ii. Phasing and Pulsating
 - iii. Rhumb-line vs. Lay-line
 - iv. Tips (Bullet Points pg. 50)
 - v. Q & A (pg. 51)

D. Windward Mark Rounding (Bullet Points pg. 62)

- a. Rules
 - i. Tacking inside 3 boat length circle
 - ii. Hitting Mark
 - iii. Room at Mark (port approach)
- b. Lay-lines
- c. Boat Handling around mark
 - i. Pole "made" when possible
 - ii. Proper Helm (weight to windward, jib in, main out)
 - iii. Pre-feeding spinnaker
 - iv. Spinnaker before if choice
- d. Q & A (pg. 65)

E. Basic Tactics

- a. Crossings
 - i. Be Aware
 - ii. Dipping
 - iii. Lee-Bow
 - iv. Slam Dunk
- b. Clearing Air
 - i. Anticipating Lanes
 - ii. Foot
 - iii. Pinching (not for long)
 - iv. Tacking to clear air
- c. Loose cover vs. Tight Cover
- d. Q & A (pg. 118)

F. The Spinnaker

- a. Rigging
- b. Pre-set
- c. Hoisting
- d. Flying
- e. Gybing
- f. Dousing
- g. Clean Up

Reading Assignment for Class 3: Chapters 5, 6, and 8