

# BOSTON SAILING CENTER RACING COURSE

## Classroom 3

### A. 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)

### B. The Spinnaker

- a. Rigging
- b. Pre-set
- c. Hoisting
- d. Flying
- e. Gybing
- f. Dousing
- g. Clean Up
- h. Downwind Tuning Guide (pg. 179-181)

### C. Downwind

- a. Dead Downwind (see diagram pg. 69)
- b. Playing Shifts
- c. Downwind Tips (pg. 76)
- d. Rules
- e. Q & A (pg. 86)

### D. Leeward Mark Rounding

- a. Rules at Mark
- b. Strategy
- c. Leeward Mark Tips (bullet points pg. 98)
- d. Q & A (pg. 104)

### E. Finishing

- a. Rules at Finish
- b. Clear Air
- c. Favored End
- d. Shooting Line
- e. Q & A (pg. 105)

**Reading Assignment:**  
Chapters 9 and 10

## Water Session 3 Objectives

- Rounding
- Spin, spin, spin
- Learning and applying rules