

BOSTON SAILING CENTER RACING COURSE

Classroom 4

A. Downwind

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

B. Leeward Mark Rounding

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

C. Finishing

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

D. Debrief, Analyze, Critique Race

Reading Assignment: Chapters 8 and 11

Water Session Objectives

- Enhance starting technique
- Calling Tactics
- Improve spinnaker handling