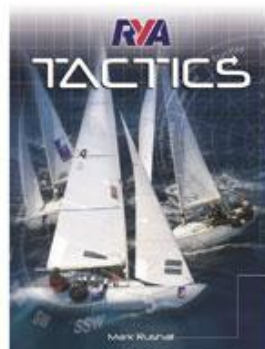




Tactics Book Review

Tactics in sailing are a difficult enough subject, but even harder to explain as a coach to your sailors in training. Especially training in a small group, trying to replicate the decision making of sailing a fleet. Mark Rushall's Tactics book is an excellent read with plenty of pictures and diagrams to help visualize real life situations.



The book gives a clear description of mark rounding's, fleet positioning and boat on boat options. As a coach or sailor this is a fantastic tool to help with training sessions, off the water sessions, homework or as a reference at the club. Any sailor competing on the National, International circuit or just wanting to get a jump on their fellow club racers should have this book in their bag.

The book is available from chandlerys and online for around \$50.

<http://www.bookdepository.com/RYA-Tactics-Mark-Rushall/9781905104215>

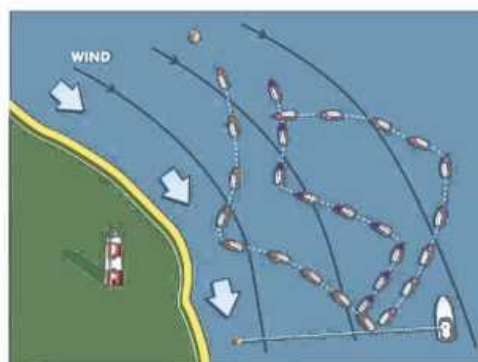


Fig 1.4 Wind Bend