

1. SPEED

Golden Skills

UPWIND



Speed is about consistency, keeping the boat moving through gusts, lulls and waves. To make the boat go fast it needs to be balanced. When balanced, the boat will sail in a straight line on its own without the need to fight the helm.



1. BALANCED HELM

- Helm is light and easy to hold.
- The boat will sail in a straight line on its own without need for tiller correction. The tiller should remain central unless steering over waves.
- The boat should respond to even the slightest amount of steering.



2. CONSISTENT HEEL

- The boat should be flat. (In some conditions the slightest amount of heel can be helpful).
- Through gusts, lulls and waves the boats heel should not change.
- **Anticipate** gusts and adjust sheeting and body weight to keep heel the same.



3. CONSISTENT WATERLINE LENGTH

- When sailing in waves use body movement and steering to keep the bow attached to the water as it would be in flat water.
- This will only be possible if the helm is balanced.
- Heel must remain the same whilst doing this (tricky but very fast).

2.

Golden Skills

SPEED

DOWNWIND



Downwind speed is all about keeping the boat going fast all the time. Work hard to minimise slow patches.

1. BALANCED HELM

- Use sail trim and body weight to steer the boat, not the tiller.



2. CATCHING WAVES

- Catch every wave possible and surf the wave for as long as possible.
- When planing or surfing keep the boat flat.
- Check if one gybe is faster than the other due to wave angle (check for this before the race).



3. WIND PRESSURE

- Look behind to keep in clear air and position yourself in the best lane of pressure available.



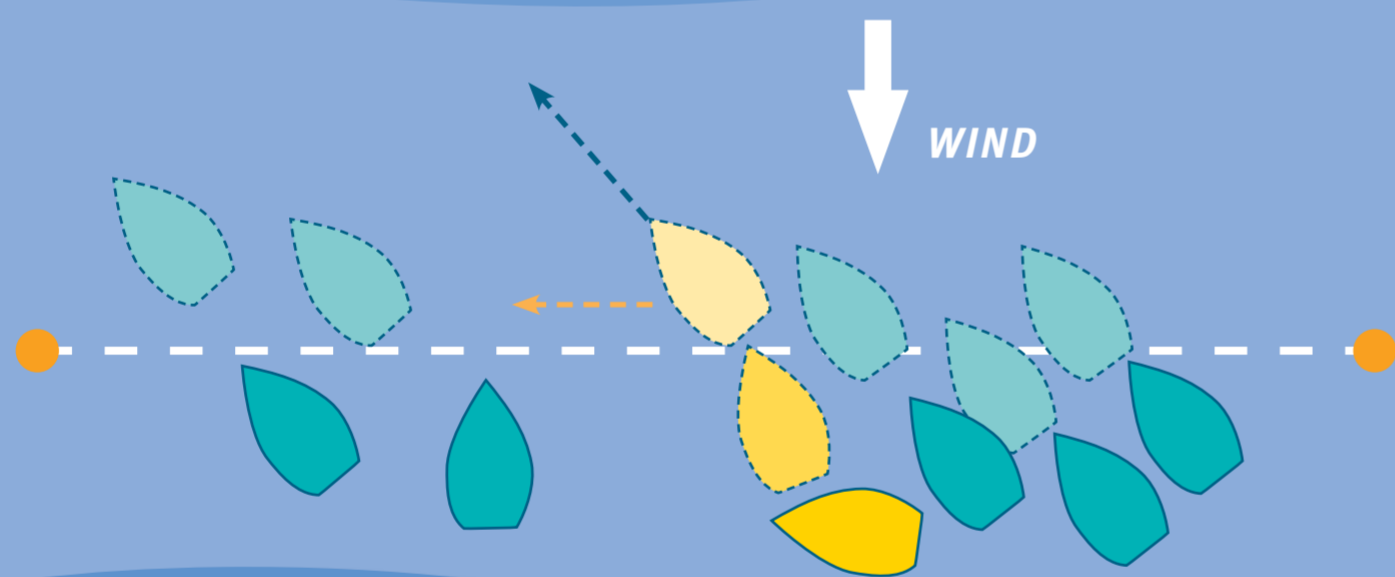
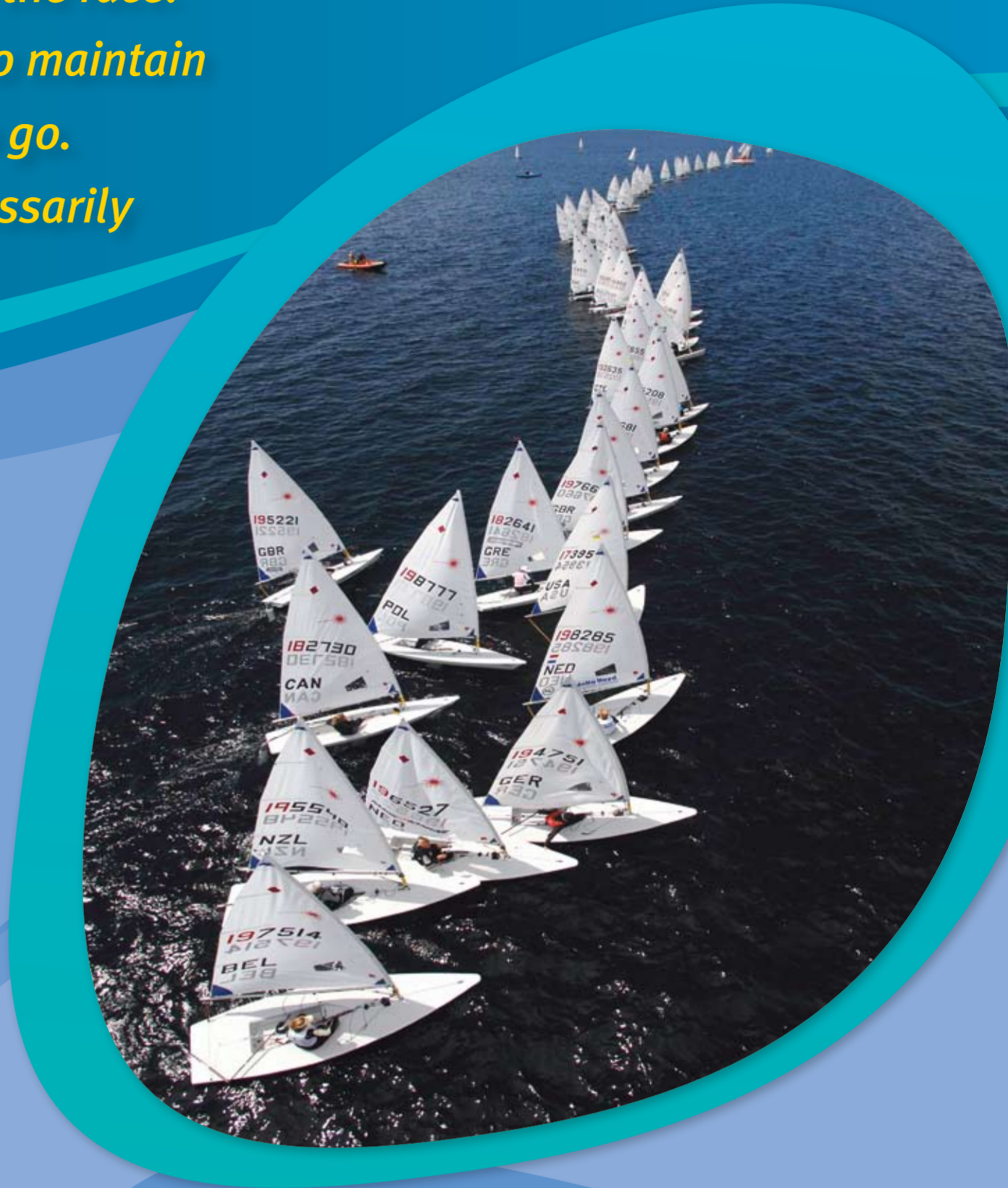
3. Golden Skills START



*A good start can only be judged 1 minute into the race.
The measure of a good start is if you are able to maintain
a clear lane heading in the direction you want to go.
The aim is to learn to start consistently, not necessarily
the perfect start every time.*

1. PRE-START

- Collect all the necessary information on wind, current, line bias, transits and check if there is a favoured tack on the beat.
- Get familiar with the feel of the conditions, and set the boat up according to the three keys to boat speed.
- Do a practise start.
- Get the warning signal from close to the start signal boat.



3. ACCELERATION

- A perfect acceleration is to get your boat up to full speed just before the start gun, without using too much of the gap to leeward.
- At the start of the acceleration get flow over the foils before sheeting in fully to prevent you going sideways.
- Don't fiddle with controls in the first 30 seconds. Go fast!

2. HOLDING BOAT ON THE LINE

- Using heal, mainsheet, vang and rudder work the boat to hold position close to the line.
- With about 30 seconds to go, create a gap to leeward into which you will be able to accelerate into and will give you a lane.

4. THE FIRST MINUTE

- In the first minute go as fast as possible. Look around to see where other leading boats are and look for wind.

4. TACTICS

Golden Skills



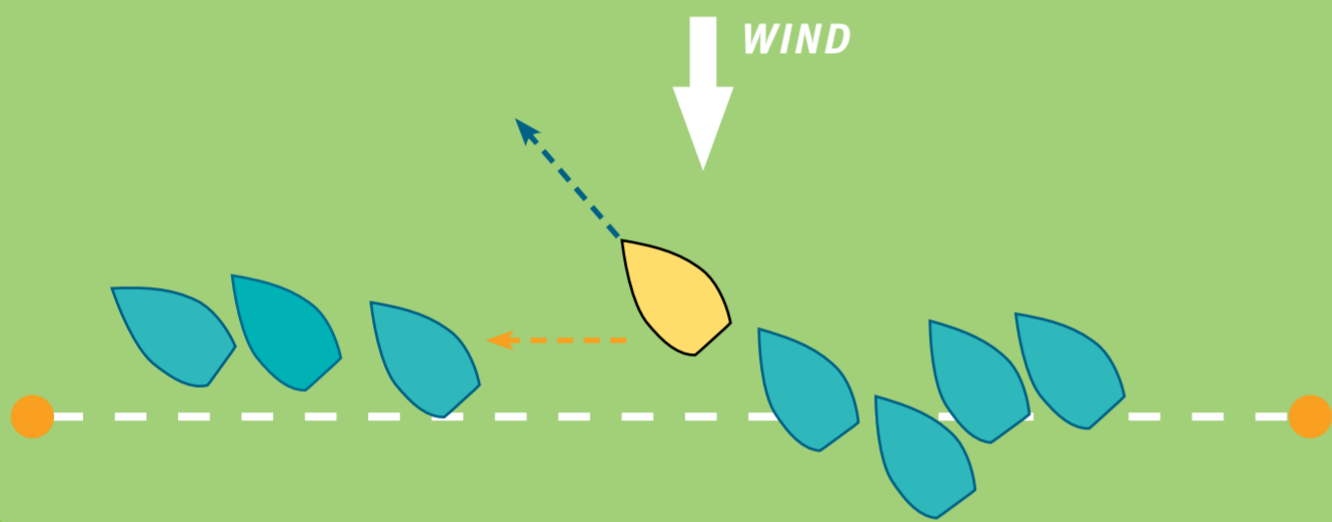
Winning regattas requires consistency. It is the bad races that ultimately determine your end result. Keep tactics simple, get clear air, watch other boats and don't take big risks.

Tactics is how you race the boats around you to ensure you are in the front bunch.



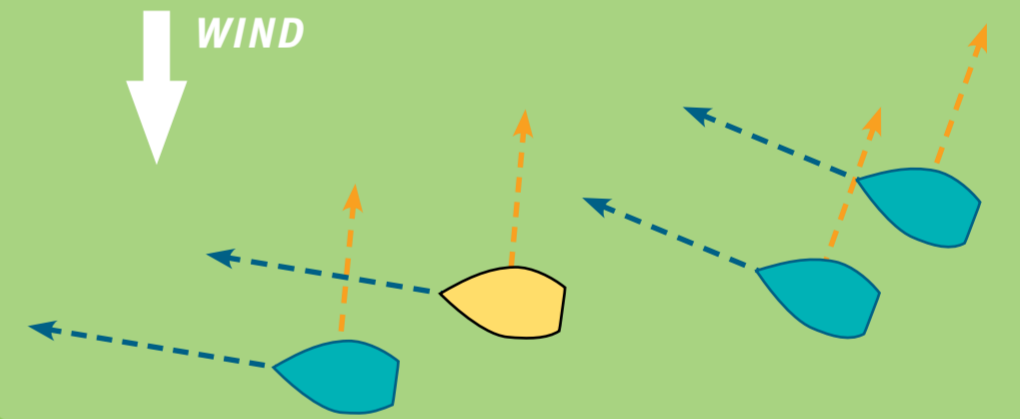
1. CLEAR AIR

→ Get a lane of clear air.



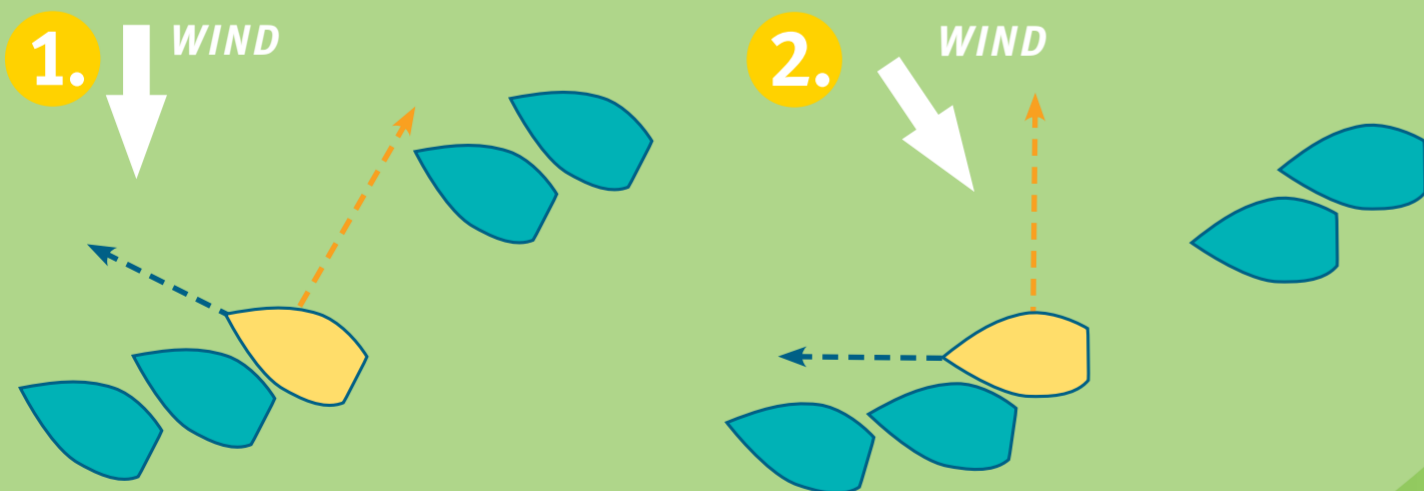
2. WATCH OTHER BOATS

→ Keep watching other boats and compare your sailing angle against theirs.



3. LOOK TO TAKE GAINS

→ When the angles of boats change, if you are able to tack and cross boats that were ahead of you, take the gain.



4. PROTECT THE GAIN

→ Put your boat in between the top mark and the boats around you or between the boats around you and the next line of pressure.

