Pre-C3: Learning to Race **Instructor_____** **Season_____ Year_____**									
Safety	Boat Safety Inspection								
	Safety Position Review								
Sailing	Sail a Triangle Course								
	Sail a Windward/Leeward Course								
	Check Luff review								
	Acceleration								
	Close-hauled on Starboard tack								
	Close-hauled on Port tack.								
	Trim Check- ease 'til luffs, trim 'til not								
	Flying Telltales								
	Depowering – O, C, L								
	Vang Adjust								
	Head to Wind								
	Hiking								
	Downwind heel								
	3-minute Start Drills								
	High and Slow into starts								
Drills	Circle up								
	Tack/Jibe on whistle								
	Point of Sail Drill								
	Box drill								
Rules	Opposite Tack Rule								
	Same Tack Rule								
Knots	Bowline								
	Square knot								
Shore School	Points of sail								
	Starting a Race								
	High and Slow								
	Accelerate at the start								
Character	Empathy								
	Corinthian spirit								