Sabot Team C2-C3 **Instructor _____** **Session_____ Year___**													
SAILING													
Sit in right place													
Near the Start Line at 0													
Hi and Slow – pre start													
Back-down													
On the Wind													
Close-hauled Starboard Tack													
Close-hauled Port Tack													
Steering to Telltales													
Rail to Rail tacks													
Off the wind - Reaching/Running													
Sail and Bail													
Clean mark-roundings													
Boom at 90 degrees													
Downwind heel													
"matching angle"													
DRILLS													
Close-hauled for 30 seconds													
Argentina													
Mystery start – Hi and slow													
Acceleration													
Windward mark drill													
Leeward mark / Gate drill													
RULES													
Fundamental rules													
OCS													
Opposite Tack Rule													
Same Tack Rule													
Mark room/overlap-not overlap													
SHORE SCHOOL													
Signal flags at start													
Upwind end of startline “favored end”													
General Recall													
“I” Flag – Round the Ends – U Flag													
Team Racing													
otest													