Sabot Team C2-C3 Instructor Instructor Year Session Year Salling Sit in right place Near the Start Line at 0 Image: Comparison of the start line at 0 Hi and Slow – pre start Image: Comparison of the start line at 0
InstructorYearIIIISessionYearIIIIISAILINGSit in right placeIIIIIINear the Start Line at 0IIIIIIHi and Slow – pre startIIIIIII
SessionYearIIISAILINGSit in right placeIIINear the Start Line at 0IIIHi and Slow – pre startIII
SAILING Sit in right place Near the Start Line at 0 Hi and Slow – pre start
Sit in right placeImage: Sit in right placeNear the Start Line at 0Image: Sit in right placeHi and Slow – pre startImage: Sit in right place
Near the Start Line at 0 Hi and Slow – pre start
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 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