Sabot Nationals Team							
Coach							
SessionYear							
PREPARATION/SAFETY							
Equipment Triple-check							
Corrector weights							
Bailer – Bowline - Paddle							
SAILING							
Check down							
Pre-Start hi and slow							
"Jump-out" starts							
Acceleration							
Pre-start defending position							
Roll Tacking							
Roll Gybing							
Upwind mainsheet adjust							
Neutral helm							
Reaching speed							
V O C downwind power-up							
Reading Wind in front of you and far away							
Reading fleet and other boats are telltales							
DRILLS							
Windward Mark drill							
Leeward Mark drill							
Pin end layline drill							
Ducking drill							
Quick finish drill							
RULES							
Top 5 gear check							
SHORE SCHOOL							
How to handle a protest							
Playing wind-shifts							
Tidal current							
Communication on course							