C420 Spinnaker/Trapeze Class

Coach_____

Session_____Year_____

Safety	Capsize Recovery/Safety									
	Trapeze safety + disconnect									
	Gybing vang safety									
	Person overboard figure 8									
	Auto Bailor use and safety									
Sailing	Hand Trapping									
	Spinnaker Hoist									
	Human pole									
	Spinnaker “Curl”									
	Spinnaker drop to Windward									
	Spinnaker drop to leeward									
	Gybing with Spinnaker									
	Spinnaker Reaching									
	Reach to Reach Gybing									
	Spinnaker reaching on the trapeze									
	Roll tacking									
	Roll jibing									
	“By the lee”									
	Wire to wire tacks									
Drills	On land pole set									
	On/off the wire									
	Human Pole									
	Repeated gybes									
	Kill your crew drill									
Boat Parts/Knots	Guy Cleat									
	Topping Lift / Foreguy									
	Ring Ding									
	Trip line									
	Spinnaker Pole									
	Truckers Hitch									
	2 half-hitches									
	Bowlin’									
Shore School	Trapeze safety									
	Sail Trim									
	Spinnaker Rigging									
	Spinnaker Trim									
	Helm Balance									