

C420 SQUAD Coaches _____ Session _____ Year ____									
SAFETY	Trapeze Safety								
	Spinnaker on land drill								
	Not pinned by Vang								
	Auto Bailer – No Cuts								
SAILING/RACING/DRILLS	Near the Line								
	Holding position								
	Holding Lane after start								
	Steering to telltales								
	Upwind mode changes								
	Vang Adjust								
	Changing Pins								
	Gybe Sets								
	Leeward Takedowns								
	Stretch and Blow								
	Argentina Drill								
	Pin end Layline Drill								
	Windward Mark Drill								
	Leeward Mark Drill								
RULES	Opposite Tack – Rule 10								
	Same Tack – 11								
	Avoid Collisions - 14								
	Mark room – 18								
	Exceptions to Rule 18								
PARTS	Plugs								
	Auto-bailer								
	Shroud Pins – Ring dings								
	Forestay								
	Trapeze wires								
	Guy cleats								
	Topping lift/Foreguy								
KNOTS	Bowlin'								
SHORE SCHOOL	Mast Safety								
	Downwind pressure on sheet								
	Depowering								

