

MOOLOALBA YOUTH SAILING PROGRAM 2017

Week 10

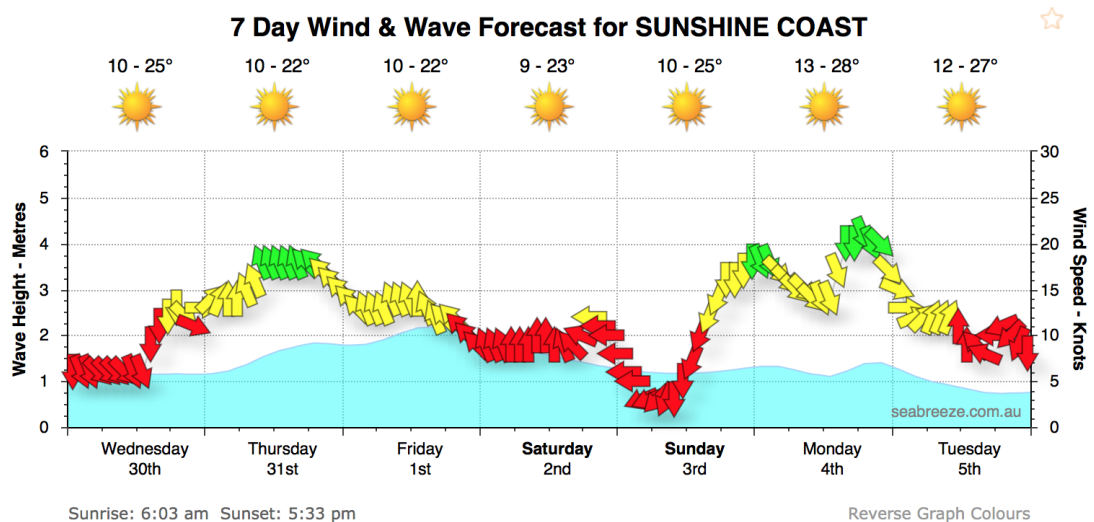
Briefing notes

Topic: - Upwind plays

Basic strategies and tactics for gaining an advantage upwind.

Lee bows, Slam Dunks, Tack & Pin, Living to windward.

Forecast:



Program:

Briefing about upwind plays

Sailing practice, working with second boat practicing upwind strategies.

Spinnaker work if wind favourable.

Drills:

MYC play book 2 – pairs work upwind & Downwind. Drills 1 – 3 Upwind.

Read the drills and know what I want you to do when you are out on the water.