

MOOLOOLBA YOUTH SAILING PROGRAM 2017

Week 5

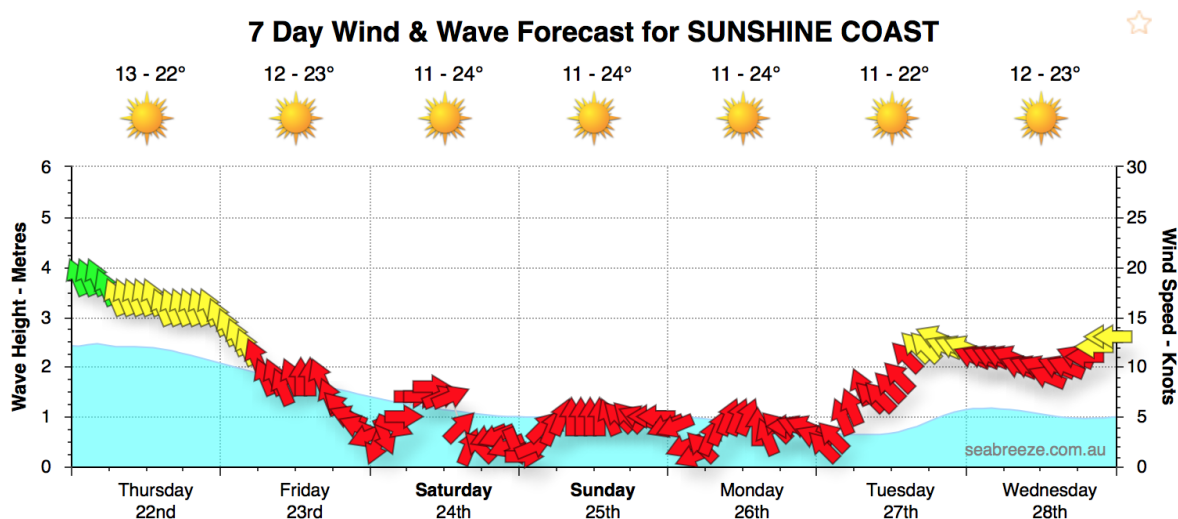
MYC Youth Sailing

Briefing notes

Topic: - Spinnaker Handling

Discussion of the fundamentals of spinnakers, and spinnaker handling.

Forecast:



Program:

Resources available to sailors: Read this article about spinnakers. The author is awesome. <http://www.mysailing.com.au/news/getting-the-perfect-spinnaker-shape-on-dinghies>

Goals – Understanding symmetrical spinnakers, controls and trim

How to maximise speed and acceleration.

Drills:

From Drill Book 1, drill 3 downwind, drill 4.