

MOOLOALBA YOUTH SAILING PROGRAM 2017

Week 8

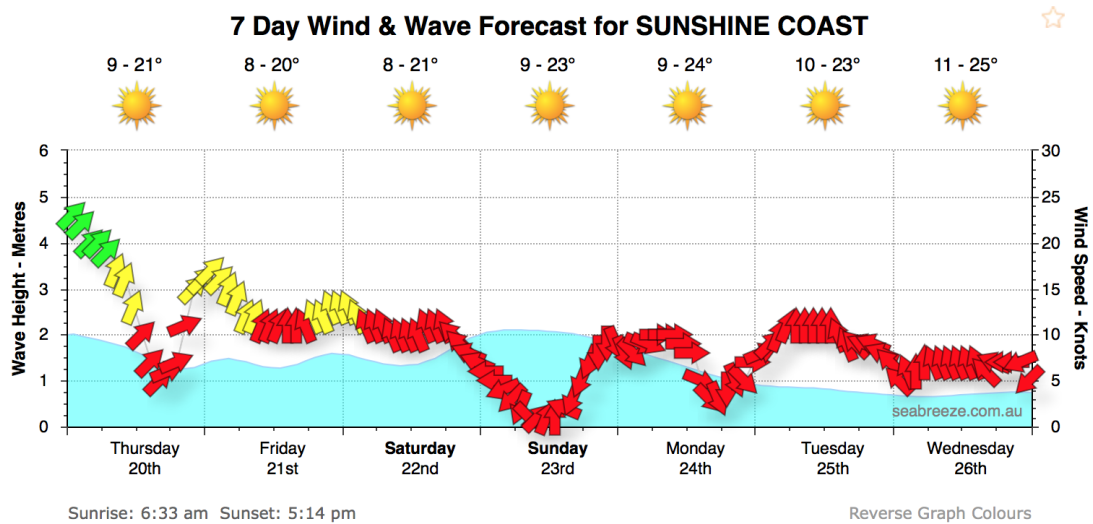
Briefing notes

Topic: - Penalties

Basic strategies and tactics for managing penalties.

When and where to take them.

Forecast:



Program:

Briefing about penalties, and taking penalty turns.

Sailing practice, working with second boat practicing taking penalty turns upwind, downwind and at the finish line

Drills:

MYC play book 2 – pre start circling work to warm up.

Penalty turns per program.