

MOOLOALBA YOUTH SAILING PROGRAM 2017

Week 9

Debrief notes

Topic: - Mark roundings

Understanding the strategies to gain an advantage when rounding marks

Program:

Strategy for windward and leeward marks.

Practicing executing the strategies and objectives.

Feedback on drills:

A little more discipline would be good, but over all the repetition created improvements.

Very few times any drill was completed fully. The next step is to launch the pole smoothly.

Notes:

Body weight

Sail trim

Smooth!!