



TRAINING MANUAL 2009

Part 2

The 5 Essentials Racing



Performance Sailing (The 5 Essentials of Racing)

- Boat Handling (including teamwork)
- Boat Speed
- Tactics
- Self Preparation (fitness both mental and physical)
- Preparation

The 5 Essentials of Racing Boat Handling – Tacking (1)

- Warn Crew
- Hoist yourself on the trapeze if too low
- Keep the Main sheeted as long as possible
- Release the Kicker warn helm
- Release the Jib sheet to start the tack in strong winds, helm follow with gentle rudder movement.
- Come in smoothly to the boat, stay on your toes
- Go through the wind.

The 5 Essentials of Racing Boat Handling – Tacking (2)

- Crew goes out, sheet in jib to give control to the rudder
- Balance the boat, in strong winds cross quickly
- Helm goes onto the wire asap.
- Main and jib squeezed on as the helm goes out.
- Crew, kicker back on, helm check for clean water/air in the new direction
- Crew head out of the boat for opposition / hazards / course.
- Helm trim boat and sails to new course.
- Get into the groove!

The 5 Essentials of Racing

Boat Handling – Gybing (Strong winds)

- Helm warns crew, checks for clear area in which to gybe
- Crew prepare trapeze, checks new sheet position, confirms 'ok' with helm
- Helm bears off, crew uncleats kicker
- Crew moves into the boat, holding onto shroud/trap, pull in old sheet until kite is against the block at the same time, eyeball new sheet for pick up.
- Helm moves in and unhooks, bears off further
- Helm and crew balance boat to windward to turn boat into the gybe, **slight** rudder movement to follow boat into the turn. Keep the boat speed at max.

The 5 Essentials of Racing Boat Handling – Gybing (Strong winds)

- Run to new side to balance boat/counter weight of main sail/boom. As boom crosses, rudder is straight.
- Helm on racks or on wire if possible.
- Crew run to racks as far as possible, picking up new sheet when in the middle, hooks on, when the boat is flat and on the new tack, call 'hooked' and release old sheet.
- Starts to sheet in.
- Helm, if not already on the wire, moves out, starts heating up for best VMG
- Jib is left in a neutral position that does not affect speed/boat handling.



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The 5 Essentials of Racing Boat Handling

LOOK OUTSIDE THE BOAT

PERFORM ALL MANŒUVRES AT SPEED

The 5 Essentials of Racing Boat Handling - Gusts

Short Term

1. Tip toes, Head & Shoulders... & Arm
2. Open Sheets – Main then Jib
3. Helm points higher

Medium Term

1. Adjust trapeze height
2. Flatten sails – Kicker
3. Flatten sails - Cunningham

The 5 Essentials of Racing Boat Handling - Lull

1. Bend your knees for a few seconds
2. Crew Come in one step then comes back out
3. Adjust trapeze Height
4. Crew come in one step & stays there
5. Helm come in one step & stays there

The 5 Essentials of Racing Boat Handling – Kite Drop (1)

- Helm checks area and warns crew.
- Crew raised trapeze, checks windward sheet position and confirms drop with helm
- Helm bears off, moves into the boat
- Crew moves in, unhooks and hands sheet to helm
- Helm balances boat,
- Crew opens bag, prepares jib for upwind leg, pulls windwards sheet until kite is past the forestay, then into the boat in front of the shroud, grabs the clew
- Helm checks halyards/kicker are free with no knots

The 5 Essentials of Racing Boat Handling – Kite Drop (2)

- Crew ‘blows’ the cleats, pulls the kite down onto the deck/into the bag with both hands
- Helm calls length of kite remaining in drop
- Crew closes bag, pushes any remaining kite inside.
- Crew moves out to windward with the helm, pulls on kicker in preparation for the beat
- Helm rounds mark closely, crew moves onto the wire, sheets in and hooks on

The 5 Essentials of Racing Boat Handling – Kite Drop (3)

Keys to a successful drop

- Sufficient bear away to avoid having to force the kite past the forestay
- Flat boat to make it easy for the drop
- Speed of the crew to bring the kite down
- Crew back to windward just in time to round the mark and accelerate
- **Practice** – time the drop to get an idea of your speed and when to start the drop before the mark.



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The 5 Essentials of Racing Boat Handling – Kite Gybe/Drop (1) (Also known as Kiwi Drop)

- Helm checks area and warns crew.
- Crew raised trapeze, confirms gybe/drop with helm
- Helm bears off, moves into the boat
- Crew moves in, opens bag, prepares the jib for the upwind leg and prepares for gybe (as above), pulls in leeward kite sheet sheet.
- Helm gybes (as above) and balances boat.
- Crew retains hold on old leeward sheet keeping it in on new windward side, assist with balance if necessary then grabs the clew of the kite.
- Helm checks halyards/kicker are free with no knots

The 5 Essentials of Racing

Boat Handling – Kite Gybe/Drop (2)

(Also known as Kiwi Drop)

- Crew ‘blows’ the cleats, pulls the kite down onto the deck/into the bag with both hands
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- Crew closes bag, pushes any remaining kite inside.
- Crew moves out to windward with the helm pulls on kicker in preparation for the beat
- Helm rounds mark closely, crew moves onto the wire, sheets in and hooks on
- Get into the groove!

Going...



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Going...



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Going...



Gone!



Look again at these pictures.

What should they have done to save that capsized?



The 5 Essentials of Racing Boat Handling

Unhook to save the capsizes!

Helm: Don't fall in the main

Crew: Jump clear of the ropes (do you carry a knife?)

Tape up the mast to avoid turtling

The 5 Essentials of Racing Tactics

Look outside your boat, Just like a Bicycle

- It will give you balance
- It will help anticipate & give you time to react



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The 5 Essentials of Racing Tactics

UPWIND:

- Helm concentrates on the sails
- Crew looks for the marks
- Crew Calls the lay line
- Crew & Helm do the tactics
- Helm checks the lay line

The 5 Essentials of Racing Tactics

DOWNWIND:

- Helm looks for the marks
- Helm does the tactics
- Helm Calls the lay line
- Crew trims the kite.

