

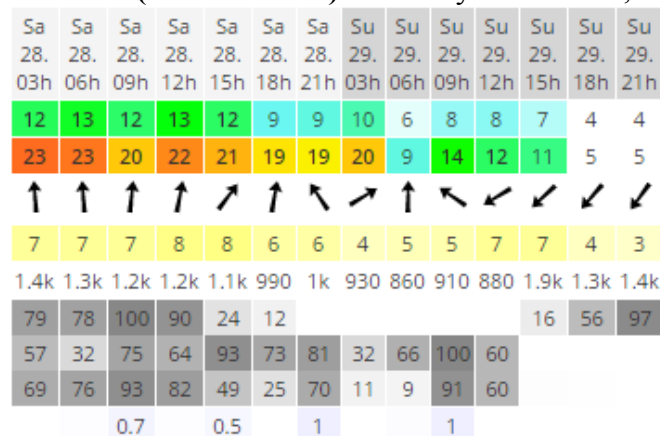
RS Aero Winter Training

Alton Water Sports Centre – 28th/29th January 2017

Start time: Saturday 10:00am. Sunday 10:00am. Boats rigged, Sails down. Not changed

Coaches: Paul Robson and Hannah Snellgrove

Forecast (as of 23rd Jan): Saturday SSW 13kts, Sunday SE 8kts backing NE 8knts



Weekend Focus: Boat handling, boat on boat tactics, strategy

Four half day sessions are planned with briefing, on the water exercises and debrief.

Saturday morning – Boat handling

Tacking

Gybing

Penalty turns

Saturday afternoon – Mark roundings and starting

Windward and leeward mark rounding routines (bear away, gybe, head up)

Gate marks

Hovering, trigger pulls, time and distance judgements

Sunday – Putting the techniques into practise around the course

Pre start routine and strategic planning

Mark rounding boat on boat tactics

Mark approach preparation

Pre-weekend thinking

Do you have set routines for your boat handling manoeuvres?

- Tacking
- Gybing
- Penalty turns
- Windward marks
- Leeward marks
- Trigger pulls/accelerations

If not, should you?

Do your routines vary according to conditions?

RS **aero** *class association*

What is your pre-start routine? Is it the same before every race or does it change?
Should it change?

Before you start a race, what things should you know to be able to form a good strategic plan?

Do you have any golden rules when sailing towards a windward mark? What about when sailing downwind towards a leeward mark or gate?

Venue Map

