

# **RS Aero Winter Training**

Venue: Oxford Sailing Club

Forecast: Sat -South westerly backing Southerly 6- 15 knots

Sun- Southerly veering West North Westerly 8- 35 knots (!!)

Coach: Shaun Priestley

### **Saturday**

Start time: 10am. Boats rigged, Sails down. Not changed (sailing gear!)

**Session Focus** – Up and Downwind boat handling

**Boat-** rigging and set up advice from top Aero Sailor. Look at sail controls- their effect and how to tune rig for the day's conditions.

### **Upwind**

Upwind sailing for the days conditions Tacking

#### **Downwind**

Downwind sailing in the days conditions Gybing

## **Sunday**

**Start time:** 09.30am. Boats rigged, Sails down. Not changed (sailing gear!) **Session Focus-**Boat handling- Racing manoeuvres

#### **Starting**

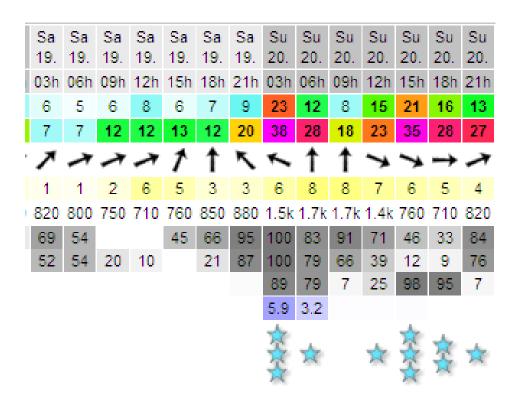
Pre start routine Hovering and Acceleration Sailing modes Lanes

### **Mark Rounding**

Controls- Order of importance Entry/ Exit Speed of the rounding



### **Forecast:**



Sailing Area
With potential wind directions

