



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:

Sa 19.	Sa 19.	Sa 19.	Sa 19.	Sa 19.	Sa 19.	Sa 19.	Su 20.	Su 20.	Su 20.	Su 20.	Su 20.	Su 20.	Su 20.
03h	06h	09h	12h	15h	18h	21h	03h	06h	09h	12h	15h	18h	21h
6	5	6	8	6	7	9	23	12	8	15	21	16	13
7	7	12	12	13	12	20	38	28	18	23	35	28	27
↗	→	→	→	↗	↑	↖	↖	↑	↑	↘	↘	→	→
1	1	2	6	5	3	3	6	8	8	7	6	5	4
820	800	750	710	760	850	880	1.5k	1.7k	1.7k	1.4k	760	710	820
69	54			45	66	95	100	83	91	71	46	33	84
52	54	20	10		21	87	100	79	66	39	12	9	76
							89	79	7	25	98	95	7
							5.9	3.2					
							★	★		★	★	★	★
							★	★		★	★	★	★
							★	★		★	★	★	★

Sailing Area

With potential wind directions

