



Sail Training Program 2013

MAJOR MISTAKES HANDOUT



Major Mistakes

1. Failing to understand the instructions. NOR, SI, Signals Ashore/OnWater
2. Failing to check Wind & Current for a long enough period
3. START -Failing to obtain Clear Air if the starting tack is to be continued
4. START - Failing to obtain Freedom to Tack if an early tack is required
5. Failing to recognise that a Persistent shift is imminent. (Oscillating or Unstable)
6. Failing to recognise major differences in Wind Strength or Current at different areas of the course
7. Failing to find the weather mark (Top Mark) before getting to the lay line.
8. Failing to avoid other boats with Right of Way
9. Failing to Plan the best approach to, and departure from, Marks & Finish line
10. LIGHT AIR – Failing to keep the boat moving, tack too often, not jibing enough
11. Failing to steer properly due to distractions from crew, boat problems, immediate crisis, past disaster, the competition.

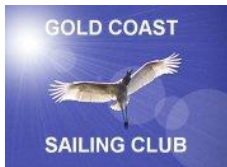
Not watching the telltails, not looking behind, letting boats pass in front ?, not getting between them and where they are going.

Footing slightly on a lift will get you to the next shift quicker - True.

Thermal oscillating as the land warms

Observations

1. The leading boat of a group sails faster than one that sails alone
2. Sailing close to another boat steals your wind.
3. pushing someone up slows both boats. (need to be well in front of main group)
4. The boat that makes the fewest mistakes wins



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Advanced Racing Skills - What wins races ????

Ingredients....

BOAT SPEED	BOAT HANDLING	TACTICS
Equipment	Standard manoeuvres	Weather
Rig set-up	Mark-rounding manoeuvres	Tide
Trim	Start manoeuvres	Coastal effects
Techniques	Close company manoeuvres	Strategy
Personal fitness		Tactics
		Rules

Strategy Vs Tactics

Strategy = How we would sail the course the quickest, in the absence of other boats

Tactics = How we get around the course dealing with the other boats.

Strategy

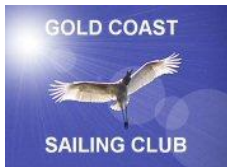
Takes into account the following conditions:

- **Wind**

Three possibilities for wind conditions

- Oscillating
- Persistent shifting / one side favoured
- Neither of the 2 above / unstable / 2 or more influences on wind (lake conditions) both sides favoured variably
 - Oscillating – ideal to be inside (closer to the rhumb line) the head of fleet. Stay in “phase”. Best in the middle
 - Persistent – ideal to be outside (towards the favoured side) of the fleet. Beware the head of fleet redeveloping with time – must reposition. Don’t get caught closer to the middle.
 - Lake Conditions – ideal to be on the side from which the breeze is or will be coming next in comparison to the head of the fleet. Avoid the middle but OK to sail across the rhumb line.

Scenario may change quickly from one to the other. Last shift is always 2.



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- **Geography** - physical / shore / coriolis effects (deflection of the wind because of the surrounding features such as hills, buildings etc).
- **Tidal / Current** effects

Tactical Golden Rules

1. Start with big gap to leeward / bow on bow.
2. CLEAN AIR CLEAR AIR CLEAN AIR (I think she means "CLEAN AIR")
3. Sail clean
4. Sail fast IN and OUT of mark roundings
5. Clear lanes downwind
6. Minimise tacking and gybing
7. Cross the fleet when you can
8. NO micro battles - think of the BIG PICTURE
9. Extend away from the fleet
10. Stay between the next mark and the opposition

KEEP IT SIMPLE

COMMUNICATE CLEARLY AND LISTEN

STARTING TACTICS

Fleet density will be greater towards the ends

High density equals high risk

Must look for areas of low density

No point in starting far enough from favoured end that boats forced to tack away will cross / be ahead of you. Unless....

1. You can tack
2. You have to get to the side

BE PREPARED - There is no such thing as luck!!!

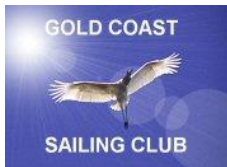
RULES

ISAF - www.sailiong.org

Racing Rules of Sailing: <http://www.sdailing.org/racingrules.php>

Documents & Rules>>Racing Rules of Sailing>>The Case Book

Download the Case Book: Work way through Section 2 - Cases



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Class Rules: <http://www.sailing.org/boatclasses.php>

http://www.ukhalsey.com/RulesQuiz/quiz_list.asp

Suggested Reading:

RYA Tactics – Mark Rushall

North U Racing Tactics Coursebook – Bill Gladstone

Advanced Racing Tactics – Stuart Walker

Speed & Smarts (<http://www.speedandsmarts.com/>)

Sailing – Fitness & Training – Dr Michael Blackburn

Australian Institute of Sport: <http://www.ausport.gov.au/ais>

Internet – Google topics

Weather Forecasts

<http://predictwind.com>

<http://www.seabreeze.com.au/>

<http://www.bom.gov.au/>