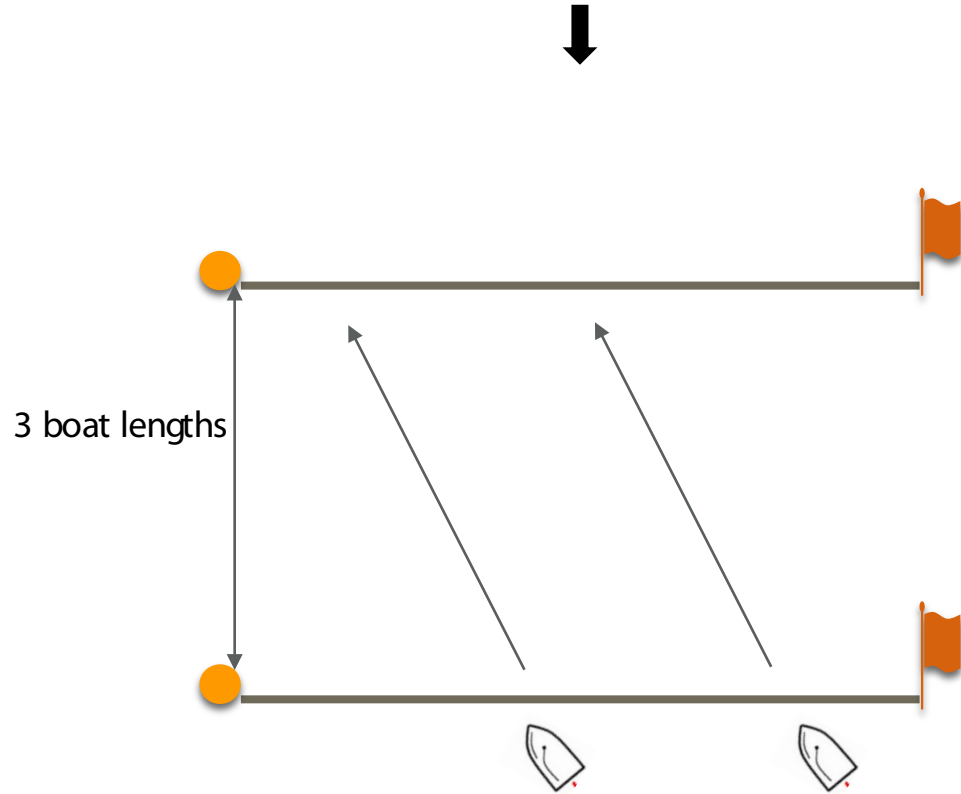




STARTING DRILLS

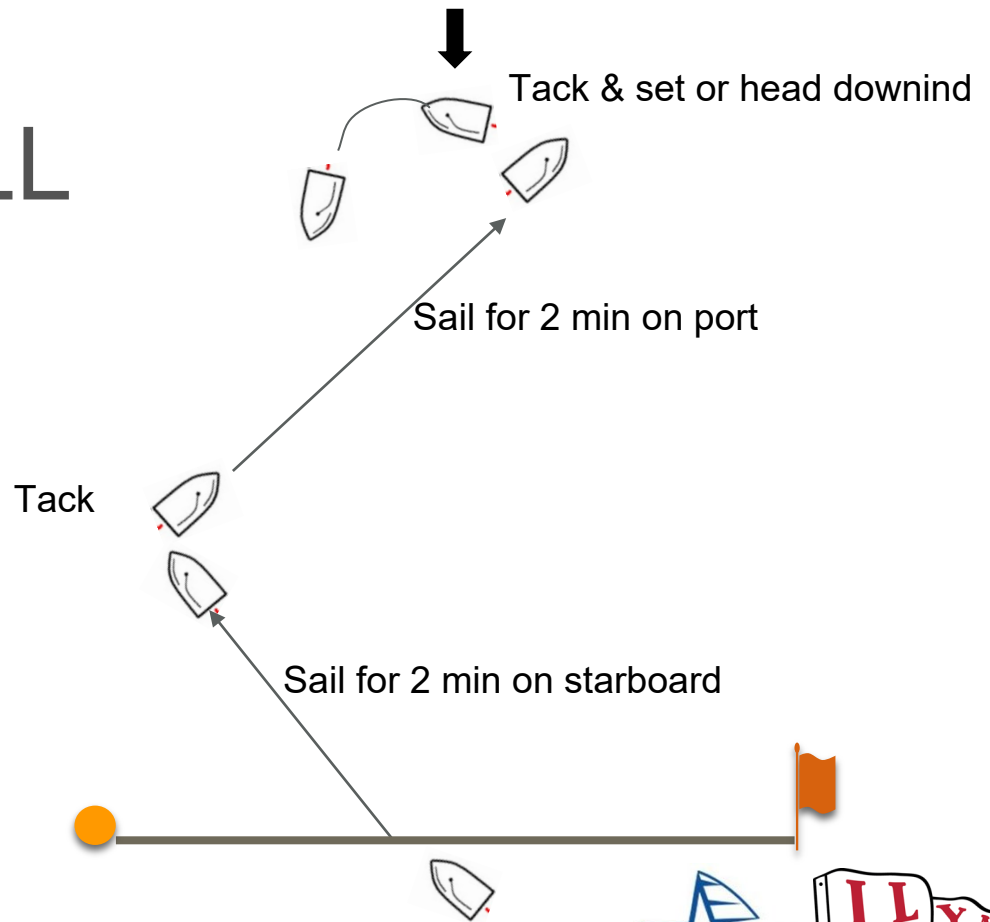
2 LINES

- Objective: practice down-speed creeping forward on starboard.
- Set two starting lines (one directly downwind of the other, abt 3 boat-lengths) and start a 2 minute sequence.
- You are allowed to cross the downwind starting line at 1 min OR 30 sec, and try not to tack or be over early.



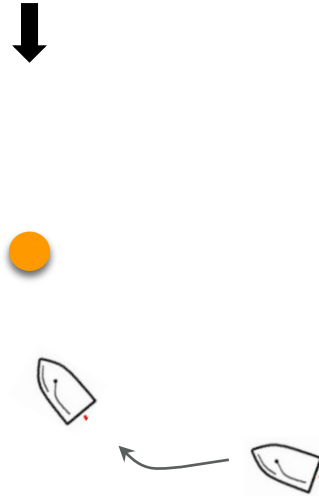
2 MINUTE DRILL

- Objective: learn to sail the boat *perfectly* for 2 min!
- Set a starting line and start a 2 min sequence (rolling).
- Start on starboard, sail for 2 min. Tack and sail for 2 min on port. Then tack and set or sail downwind.



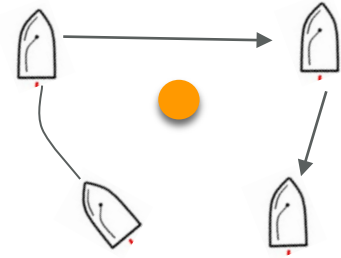
HOLD YOUR SPOT

- Objective: keep the boat as stationary as possible.
- Set one buoy per boat.
- Try to keep your bow as close to the mark as possible. OR try to move around the mark without tacking (requires a jib).



Approach slowly on starboard, and try to stop before hitting the mark

2. "Crab" to windward by backing your mainsail

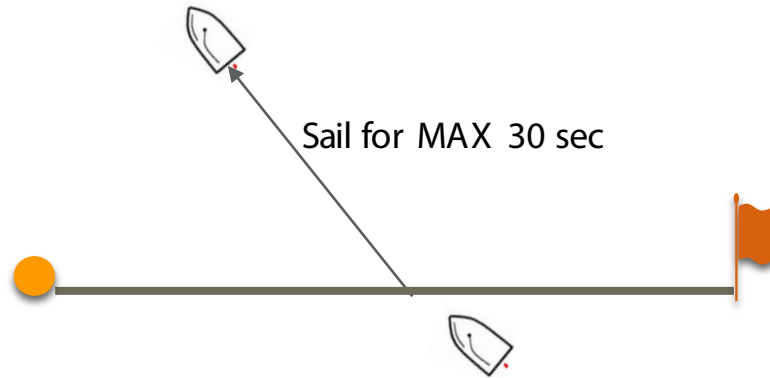


3. Sail backwards

1. Sail slowly up to the mark on starboard, coast head-to-wind

REPS!

- Objective: get reps nailing your acceleration timing!
- Start a starting line, and 2 or 3 min start (rolling).



1. 5 starts at the RC boat
2. 5 starts in the middle
3. 5 starts at the pin
4. 5 starts on port at the pin
5. 5 starts on port at the RC boat