

Skill

Performance Standard

Performance Notes

Starting strategy and tactics

X Beginner/Intermediate

Uses basic starting tactics, including selecting where to start, creating a gap to leeward, accelerating, recovering from a bad start, and responding to OCS.

Determine **line bias** by going head to wind and looking at both end of the line to see which is upwind. Doing this at the pin end of the line is easiest. Determine **starting location** based on line bias, strategy, and traffic. With traffic, divide line into quarters and start in the favored quarter, but not at the most favored end of the quarter. **Approach the line:** Approach time depends on wind strength and fleet size/traffic. Avoid getting shut out by being too late. Stay within laylines to pin and boat ends. Ensure boat is set up for acceleration. **At the line:** work boat to windward to create a gap, control boat speed to maintain distance to line and steerage. **Judge the line and accelerate:** visualize time and distance to line, maximize acceleration. Be close-hauled, not reaching when you cross the line. **Recover from a bad start:** tack away quickly or bear off for clear air when possible. **Light air** - be at line earlier. **Heavy air** - can wait longer and steal a hole.

X Advanced

Consistently uses a full range of starting strategy and tactics.

Have a **pre-race routine** that determines strategy based on the conditions, determines line bias, and finds laylines to each end of starting line. **Approach the line:** Use different approaches (port, starboard, early, late). Retain ability to escape if too crowded. Account for wind direction in deciding how close to approach (e.g. must be closer to line if wind is left). **At the line:** Use all techniques to get a gap: shoot up, back main to slow down, crab to windward, double tack, hook underneath a windward boat, do a fake hook and slip in to windward of a boat. **Judge the line and accelerate:** Use a line sight. Do not let boats on either side get bow out. Full speed and clear air at gun. Concentrate fully on perfect sail trim and boat speed, using modes to **hold a lane** after the start. **Recovery:** Bear off for a lane or tack and duck courageously and quickly after a bad start. Get a clear lane and resume your strategy.

X Boat Learning Activities

Skill Name of Activity	Activity Type Brief Description	Link	Priority Activity
Starting strategy and tactics			
Classroom Activities			
Skill discussion	Show and explain the performance standards and performance notes for starting strategy and tactics. This will take several sessions. Check the "References - More info" section of the Skill Kit for material to support the discussion.		<input checked="" type="checkbox"/>
How to do rabbit starts	Video showing how to do rabbit starts properly	https://youtu.be/TKDbWAC1EJO	<input checked="" type="checkbox"/>
Land Demonstrations and Drills			
Line sight	Create a start line with cones. Longer lines are better. Get each sailor to stand on one end and find an object in the distance to use as their transit marker. 1. Sailors all stand downwind of the line, walk towards it, looking only at the end of the line and their transit marker. Have them stop when they think they are on the line. Assess how good their transit actually was. 2. Get all the sailors to step two paces forward and tell you what has happened to their transit marker. It should now be forward of the start line buoy. The rule is that if the transit marker is forward of the buoy then they are over the line. 3. Ask the sailors to then take two paces behind the line and repeat the process. If the transit marker is behind the buoy then they are behind the line.		<input checked="" type="checkbox"/>
On-Water Drills			
Protect position	For two boats at a time. One boat luffs on starboard near the committee boat. Second boat approaches on port and tries to tack to a close leeward position. Starboard boat tries to defend without moving too far down the line. Once the port boat tacks to starboard, start a 20 second countdown to start.		<input type="checkbox"/>
Slow start	Improves slow speed maneuvering skills before the start. Refer to U.S. Sailing's "Sailing Drills Made Easy."		<input type="checkbox"/>
On the line?	Practices judging the line and encourages use of line sights. Refer to U.S. Sailing's "Sailing Drills Made Easy."		<input checked="" type="checkbox"/>
Port approach	Simulates port tack approach. Refer to U.S. Sailing's "Sailing Drills Made Easy."		<input type="checkbox"/>
Private hole	Set two extra marks on the line about one-two boat lengths apart. Designate one sailor that gets to start in this hole.		<input checked="" type="checkbox"/>
Shut the Door	Helps break bad habit of entering only from the starboard end of the line and barging. Refer to U.S. Sailing's "Sailing Drills Made Easy."		<input type="checkbox"/>
Race Starts	Realistic race start practice. Refer to U.S. Sailing's "Sailing Drills Made Easy."		<input checked="" type="checkbox"/>
Recalls	During starting practice, recall two boats randomly while fleet sails on.		<input type="checkbox"/>
Restricted area start	Designate an area as restricted, such as the area to the right of the committee boat. All boats must stay out of the restricted area.		<input type="checkbox"/>
Rolling starts	Set up a rolling 2-3 minute sequence. Boats start, sail a short distance and return to start again.		<input checked="" type="checkbox"/>

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Short line start	Use square or a skewed line, too short for all boats. Boats must fight for position. Shrink line as drill progresses.		<input checked="" type="checkbox"/>
Crew timed start	Develops communication between skipper and crew. Refer to U.S. Sailing's "Sailing Drills Made Easy."		<input checked="" type="checkbox"/>
Stack the deck start	Set a favored end line and a short windward/leeward course. All boats except one have to start on the favored half of the line. One boat gets to start alone at the unfavored end. Sail the course.		<input type="checkbox"/>
Two minute drill	Boats start and have to sail hard on starboard for two minutes. Then tack and sail on port for two minutes. Goal is to hold your lane.		<input checked="" type="checkbox"/>
Timeless starts	Coach asks one sailor to come by the coach boat. Call this boat the timed boat. All the others are timeless boats. The timed boat hangs onto the coach boat for a while, and the coach quietly gives them the two minute signal. No one else has the start time. The timed boat lines up to start near the coach boat. (This is because it's easy to see when a leeward boat sheets in, but it's harder to see when a windward boat is sheeting in). The timeless boats then approach alongside the timed boat. The timed boat sheets in to get a proper start – using their line sight and starting techniques. The other boats try their best to match her, staying bow even without being over.		<input type="checkbox"/>
Score starts	Practice starts, and score each boat on each start. Wait until 20-30 seconds after the start to assign scores.		<input checked="" type="checkbox"/>
Favored end start	Use two pin buoys to create two start lines, one port-favored, and one starboard-favored. Start a sequence and hail which pin to use at 30 seconds before the start.		<input type="checkbox"/>
Sharks and Minnows	Improves pre-start tactics. Refer to U.S. Sailing's "Sailing Drills Made Easy."		<input checked="" type="checkbox"/>
Box drill	Improves positioning and the ability to hold positions on the starting line. Refer to U.S. Sailing's "Sailing Drills Made Easy."		<input checked="" type="checkbox"/>
One-on-one	Creates congestion at windward and/or leeward marks. Refer to U.S. Sailing's "Sailing Drills Made Easy."		<input type="checkbox"/>
Timed starts	Set up two identical starting lines, one of which should be 20 seconds upwind from the other (will vary depending on wind). The lines should be positioned so that sailors can make the further upwind line on a close hauled course. Start a 3 minute sequence. At 20 seconds, the sailors can start sailing towards that upwind line, which is the ACTUAL starting line.		<input type="checkbox"/>
Mystery start	Improves positioning and reaction time. Refer to U.S. Sailing's "Sailing Drills Made Easy."		<input checked="" type="checkbox"/>
References - More Info			
Using a Line Sight to Give you Confidence on the Starting Line	Video and post explaining line sights - Roble/Shea sailing	https://rebrand.ly/nk3e5gf	<input checked="" type="checkbox"/>
Line Sag: Illusions and Opportunities	More advanced video and post showing line sag and why it occurs - Roble/Shea sailing	https://rebrand.ly/d2bxf2v	<input checked="" type="checkbox"/>

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Starting Strategy and Tactics for Youth: ILYA Seminar	Video and post on starting strategy and tactics for youth - Roble/Shea sailing	https://rebrand.ly/8h37ws4	<input checked="" type="checkbox"/>
Starting: Shooting Up to Maintain Your Gap	Video and tips on how to maintain your gap by shooting up.	https://rebrand.ly/4bmkc1q	<input checked="" type="checkbox"/>
Bad Start? Four Recovery Options	More advanced video and post explaining recovery options after a bad start - Roble/Shea sailing	https://rebrand.ly/6k87c96	<input type="checkbox"/>
Starting Performance Observations: Race Course Notes	Drone video showing the start of a race and the first mark rounding. Comments on starting performance and correlates starting performance to the boat's position at the first windward mark.	https://rebrand.ly/o09kvj5	<input type="checkbox"/>
Lane Management After the Start – Tips and Drills	More advanced video and post explaining lane management after the start - Roble/Shea sailing	https://rebrand.ly/xe54d6s	<input type="checkbox"/>
Starting Strategy and Tactics: Where to Start	More advanced video and post explaining starting strategy - Roble/Shea sailing	https://rebrand.ly/wkl9e9t	<input checked="" type="checkbox"/>
Starting Mentality: Learn to Be Aggressive	More advanced video and post on starting mentality - Roble/Shea sailing	https://rebrand.ly/2eym3wo	<input type="checkbox"/>
Wind Shifts While Starting: Impacts and Tips	More advanced video and post explaining how to react to wind shifts while starting - Roble/Shea sailing	https://rebrand.ly/ebf1i5m	<input checked="" type="checkbox"/>