

DRYC Junior Summer Sailing Program – 2010

Requirements for Advanced Racing Program Participation in - Beginner Flying Junior (FJ) Sailboat

Format Intent -

This program is designed for the serious junior sailor who plans to extend their sailing knowledge in to the racing spectrum of sailing.

Please note that this is not a 'learn to sail' part of the summer sailing program.

Requirements

- 1) Age: 13 years or more, with qualification of passing advanced sabots.
- 2) Past sailing experience with a solid grasp of basics.
- 3) With an eagerness to learn how to race double handed boats.

Program will focus on these skills:

- Steering - learn to work the waves, light air, heavy air tricks.
- Crewing - learn how to be indispensable to your skipper.
- Sail and boat trim - know when to and how to shift gears.
- Starts - learn how to pick your best spot on the line and how to be where you want, when you want.
- Rules and sportsmanship - know your rights and how to use the new rules to help you win with honor.
- Tactics - learn how to optimize your upwind beats and downwind runs; how to come out ahead at the crowded mark.
- Spinnaker work - learn the new techniques.