

LIGHT WIND

Upwind boat speed

- kicker, just take up slack
- no downhaul and tight outhaul
- no pinching, speed better than height
- sails loose, use leech tell tales to judge
- keep weight forwards

Downwind boat speed

- centreboard up
- weight forward
- sail higher angles to keep speed up and kite filling
- kite as eased as possible

Roll Tack Routine

1. call tack
2. pre-roll if very light wind
3. 3-2-1-roll on top
 - ONLY when jib starts to back
 - Not too early
 - Massive roll needed, so bums out more girlies!!
4. Helm ease main through tack
5. When born away to close hauled pump boat flat
 - different weight movement depending on wind strength
 - assess wind strength before tack - communicate!!
 - Squeeze eased main and jib in as boat pumped flat
6. Get into groove again - weight right, sails set and going right way

CAREFUL

- not to roll too early
- roll enough
- bear away enough on new tack before pump flat
- don't let boat come on top of you after pump
- Amelia put tiller behind

Roll Gybe Routine (warning this is a long one!!)

1. Communicate gybe
2. Helm takes sheet as stands up - got 1 !!
 - crew moves in to balance helms weight
3. Helm puts tiller between legs and crew takes guy out of cleat
4. Crew passes guy to helm - got 2 !!
5. Crew puts plate down and pre-sets jib (quickly Tots)
6. Helm and crew initiate roll together to help steer boat into gybe
7. Crew pull boom over
 - early so helm doesn't oversteer and end up on a reach
 - Tots watch your head!!
8. Helm square kite round to original windward side as gybe
9. Helm and crew pump boat flat
 - too far over to windward is not bad as helps swing kite over to new windward side
10. crew gybes pole - know your routine inside out so could do with eyes closed!!
11. Crew cleat guy
12. Crew reaches for sheet and helm passes it
13. 3-2-1-sit down at same time
14. plate up again and get weight in right place

CAREFUL

- don't head up before gybe (saw you do this as you put tiller between legs and passed sheets)
- use enough roll (mostly crew but helm needs to help)
- pull kite round further than would think (apparent wind as pump down)
- come out of gybe higher than would in heavy wind (keeps pressure in kite)

MEDIUM/HEAVY WIND (when needing to ease main in gusts)

HELM

- start easing main just before gust
- use combo of playing main and pinching to snake through gusts
- play main loads more than you think - should be v.hard work
- hold tiller across in front of body - rest on deck(light wind) or body (heavy) so doesn't wriggle

CREW

- Call in the gusts and waves
- If helm playing main, no need to be going in, out, up and down
- If adjusting self, do before gust, not as it hits you
- Bouncing very effective if can get it right

Wire to Wire Tack

1. Communication to decide when to tack
2. Hold wire with front hand and unclip with back hand
3. Back leg in first with jib sheet in back hand
4. Uncleat jib
5. Old front hand grabs new jib sheet near cleat
6. Pull it jib as you cross the boat, facing forwards
7. New front hand reaches for wire
8. Push out with front foot and front arm straight
9. Complete pulling in jib and cleat it
10. Clip on with back hand

EXERCISES

1. KEEPING BOAT FLAT

Helm

- keep boat flat just playing main
- keep boat flat just using steering
- combine two techniques and see how much easier and effective

Crew - concentrate on calling gusts and waves (out loud remember!!)

When confident in your roles, helm close your eyes and rely on crew's calls to keep the boat flat

2. TACKING

- (i) run through routine of tack as slowly as you like
- (ii) normal speed tacks but under no pressure
- (iii) gutbuster for under pressure tacks (set targets)

3. DOWNWIND

- (i) stable sailing and balance - steer tiller between legs practicing adjusting boat controls and bringing under control from reach
- (ii) gybing - use same format as for tacking, build up from basics

Remember S-GYBE!!