

Andrew Shaw's Top ten tips:

1. When rigging your boat set your boat up for the conditions that you will be racing in. (light, medium and heavy)
2. Before sailing check your boat over well, for any chaffing pieces of rope, damaged blocks, which may need replacing.
3. Arrive for the start in plenty of time so that you can sail around, making sure that your boat is set up right while deciding what you are going to do up the first beat.
4. Whenever you are sailing try to use as little rudder as possible to reduce drag.
5. Keep the boat bolt upright at all times.
6. When helming keep your full concentration on keeping the boat going fast.
7. When helming upwind never look back. (The stern will always be there!)
8. COMMUNICATE with each other so that both of you know what the other person is doing; this will mean that you are not working against each other.
9. When reaching, keep both of your weights further back than you think with the crew beside the spinny block, this will make a massive difference to your speed.
10. When tackling a race concentrate on 1 leg and maneuver at a time.