

Cadet Sailing

Training and Race

Sunday, 8th of April, 2018

("Pico Race")

Start on the water at 16:00 (4 pm)

Please, allow time for changing and rigging.
Any boat welcome (RS Tera, Optimist, Laser 4.7)
I recommend single handed sailing.

Parents - please, encourage and support your sailors !

All keen sailors are welcome, no particular experience needed.
Minimum requirement: willingness to go afloat.

Parent helpers welcome: rigging, road crossing, 2 pencil marks,
launching Cadet RIB and sailing boats, going afloat on Polly / paddle
board

Focus: stopping, starting - session 2

Warm up: sail around. Drill 1: stop and start, pick up a treat. Drill 2: stop
on the whistle, start on the whistle, change direction. Drill 3: tack at the
Cadet RIB. Game: cat and mouse. Race: 1 lap.

Please, see our YouTube channel: TBYCPicofleet

- Andras

