

Name: _____

Cadet Race Training – 1st to 3rd June 2017

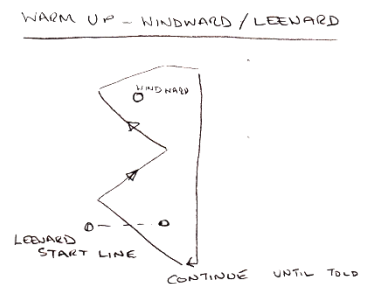
Objective: More effective BEATING into wind (Close hauling)

Thursday 1st June 2017

Briefing: 17.00 – an explanation of today's exercises / programme.

Warm up 17.30

Windward to Leeward buoy and back, repeated until everyone has arrived and warm.



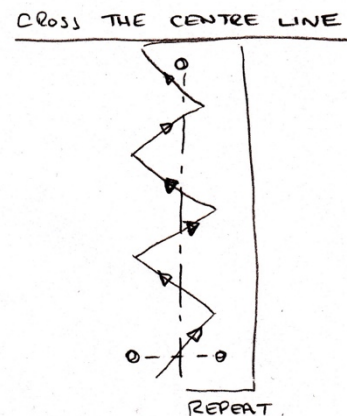
Starts

Start with 2 minutes warning (3 starts) – stay close to the line, think of Port/Starboard, use your watch.

Beating into the wind

Cross the centre-line exercise, cross the centre-line as many times as possible before reaching the windward mark, travelling the shortest distance.

Head as high as possible: trim sails (pull in) and flat boat.



Adrenalin push

360 degree turns on the whistle. Tack and Gybe.

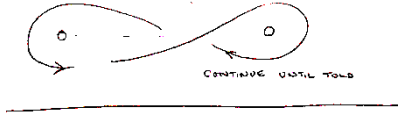
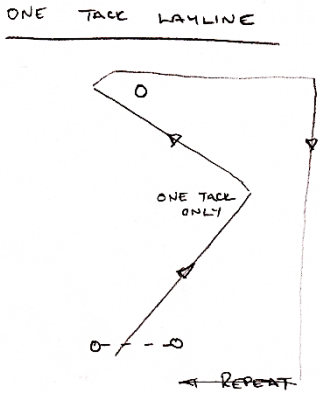
Race

2 lap mini race. Square shaped course, leaving first mark to starboard.

Debriefing and preparation for the next day's training.

45 minutes after landing on the beach in the Training room (time to get changed first).

Friday 2nd June

Briefing: 17.00 – an explanation of today's exercises / programme.	
Warm up 17.30 Start line reach, , repeated until everyone has arrived and warm.	<p>WARM UP - START LINE REACH/FOURCE OF EIGHT</p> 
Starts Start can be at any time in the last 30 seconds, 2 minutes warning – stay close to the line, think of Port/Starboard, use your watch. Think Time and distance.	
Beating into the wind One tack Lay line – only tack once to reach the Windward mark . Travelling the shortest distance. Head as high as possible: trim sails, use tail-tales, flat boat, fore and aft trim.	<p>ONE TACK LAYLINE</p> 
Adrenalin push Tacking on the whistle: Prepare by being by the start line close hauled.	
Race 2 lap mini race. Square shaped course, leaving first mark to starboard.	
Debriefing and preparation for the next day's training. 45 minutes after landing on the beach in the Training room (time to get changed first).	

RECAP - RYA FIVE ESSENTIALS

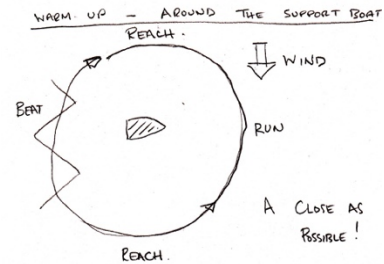
1. **Balance** – side to side balance, keep flat
2. **Boat Trim** – fore and aft boat pitch
1. **Sail Setting** – setting of sails relative to the wind
2. **Centreboard** – the position of the centreboard
3. **Course made good** – choosing the most appropriate course

Saturday 3rd June

Briefing: 17.30 – an explanation of today's exercises / programme.

Warm up 18.00

Sail around Support boat, , repeated until everyone has arrived and warm.



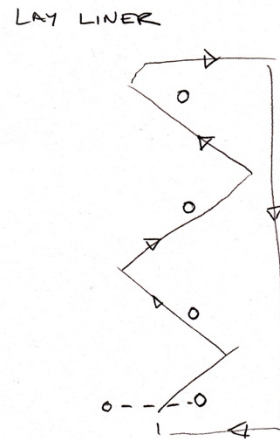
Starts

Start with 1 minutes warning (3 starts) – stay close to the line, think of Port/Starboard, use your watch. Think: Time and distance.

Beating into the wind

Lay liner, travel the shortest distance around the four marks.

Head as high as possible: trim sails, use tail-ales, flat boat, fore and aft trim.



Adrenalin push

Tacking on the whistle: Prepare by being by the start line close hauled.

Advanced: 5 tacks in a row and one 360 degree turn.

Race

2 lap mini race. Square shaped course, leaving first mark to starboard.

Debriefing and presentation

45 minutes after landing on the beach in the Training room (time to get changed first).