

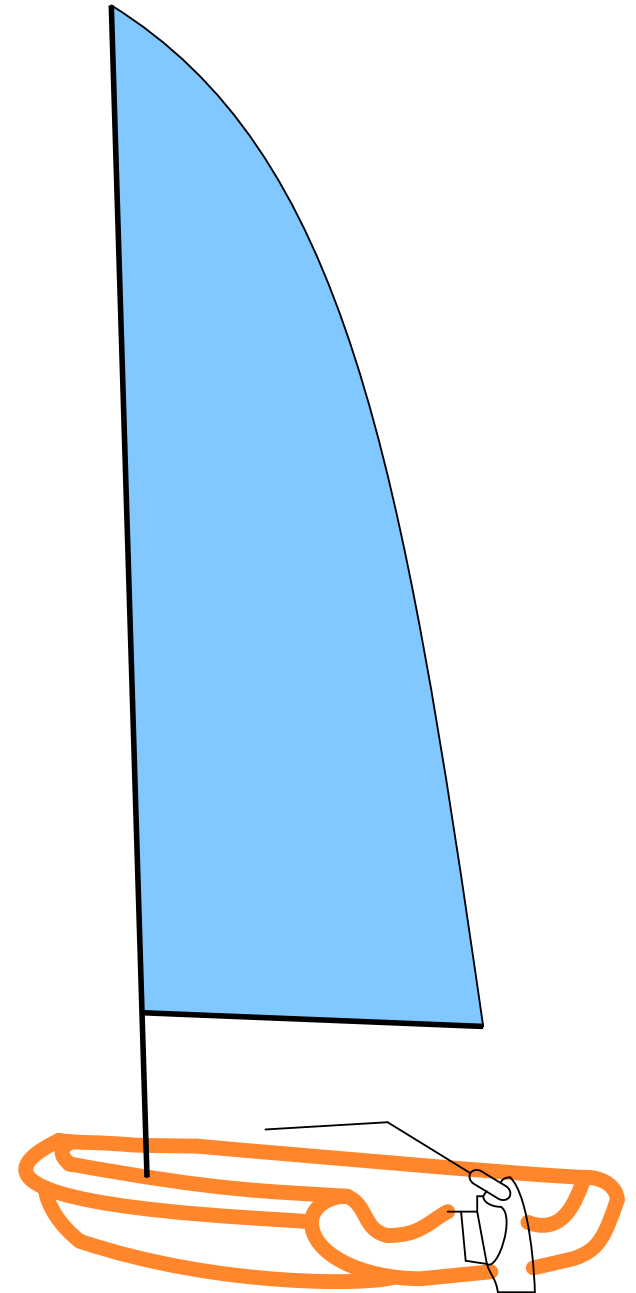
Cadet Race Training

with Andras and Nick

Sunday, 09 August 2020

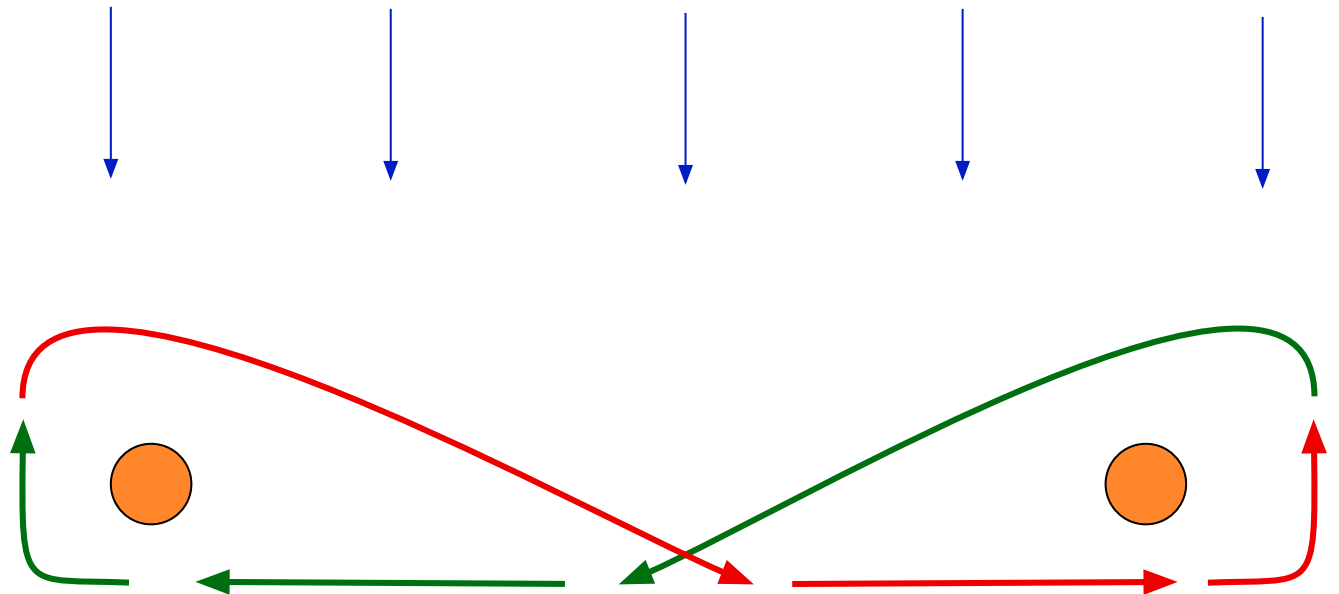
launching from the beach at 14:30

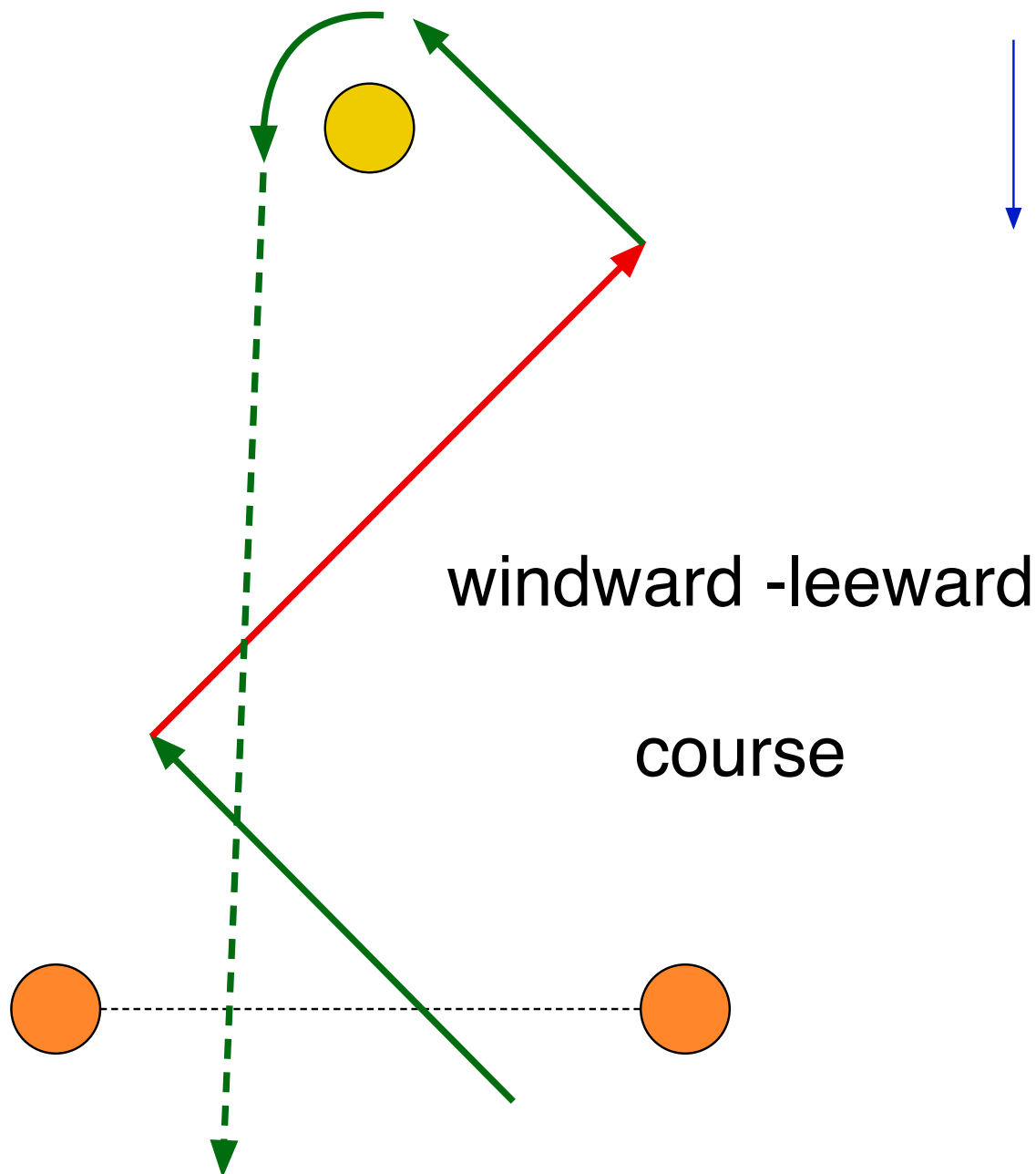
- sign up on Google form - TBYC website
- no gathering, please
- come changed
- rig boats in the dinghy park
- come to the beach after club sailors have left
- short briefing on the beach (2 minutes)
- do not launch until instructed to do so
- sailors must stay in the agreed sailing area
- cadets must not sail away to Spain
- bar is open in the clubhouse



Plan:

- figure of 8
- tacking on the whistle
- starting practice
- races:
windward - leeward





Look at these resources:

TBYCPicofleet
YouTube channel

<https://www.youtube.com/channel/UCNqoiF-KEcV5JfabPj4K6kA/videos>

figure of 8 course:

<https://www.youtube.com/watch?v=QtDxox2fuCs>

starting drills:

<https://www.youtube.com/watch?v=l7uU-dNtmvw>

roll tack

<https://www.youtube.com/watch?v=v8X51aXqBH4>

do more tacks !

