**TBYC Cadet Training and Races – 3rd April 2022**

**Briefing 12.45 Leave beach 13.00**

**Objectives:** Tacking under pressure

 Understand Rule 18 Mark Room, Rule 10 Port / Starboard

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| **Briefing: 15.00**– an explanation of today’s exercises on the beach  |
| **15.30 – on the water** **Warm up** ‘Four buoys’ various routes1. Reaching – Figure of eight
2. Tack and Gybe
3. Diagonals
4. Round all four buoys

Rules: Port/Starboard and Mark room |
| **Tacking on the whistle****“River Bank’ style (Stay between two ribs – extra tack if necessary)**  |
| **Practise Starts** 1-minute warningStart line to just after the last boat starts. (Using two windward buoys, move other two) |
| **Three Races – CADET SERIES**SQUARE course – two laps Leave marks to port, finish through line to windward.3 minute warning from Seasafe 9 using battensRules: Port/Starboard and Mark room. |
| De-briefing 40 minutes after last boat to arrive back at the beach. Meet in the Dinghy Park by small rib hut. |