**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 routes   1. 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 warning  Start 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 battens  Rules: 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. |