

Developing Further Racing Skills

Intermediate - Presentation 3 of 3

Redditch Sailing Club

Background

- Based on books and videos by Jon Emmett
 - Tactics Made Simple
 - Training To Win
 - Coach yourself to win
- Professional sailing coach:
 - coached 2012 Olympic gold medallist
 - continues to coach Olympic sailors
 - UK Laser Class Association Training Officer
- Find his books at:
 - www.fenhurstbooks.com and www.amazon.co.uk



Developing Further Racing Skills

- Session 1 covered:
 - Preparation - home or away
 - Pre-start Drill - launch to start
 - Getting the best start
- Session 2 covered:
 - Advanced start scenarios
 - Tacking and Gybing
 - Mark rounding
- This session will cover:
 - Upwind Sailing
 - Covering and Tactics
 - Downwind Sailing
 - Rule Infringement



"We can teach from experience,
but we cannot teach experience."

"Time on the water"

Upwind Sailing

- Light winds
- Medium winds
- Strong winds
- Gusty, shifty winds
- Tactics



Upwind - Light

- Good boat balance
- Weight forward to decrease drag and give rudder “feel”
- Avoid excess leeward heel



Upwind - Medium

- Hike to keep flat
- Gusts – sheet out
- Positive steering for waves
- Full speed before pointing



Upwind - Strong

- Hike hard and consistently
- Steering to keep boat flat
- Leeward heel to head up
- De-power rig, kicker ++

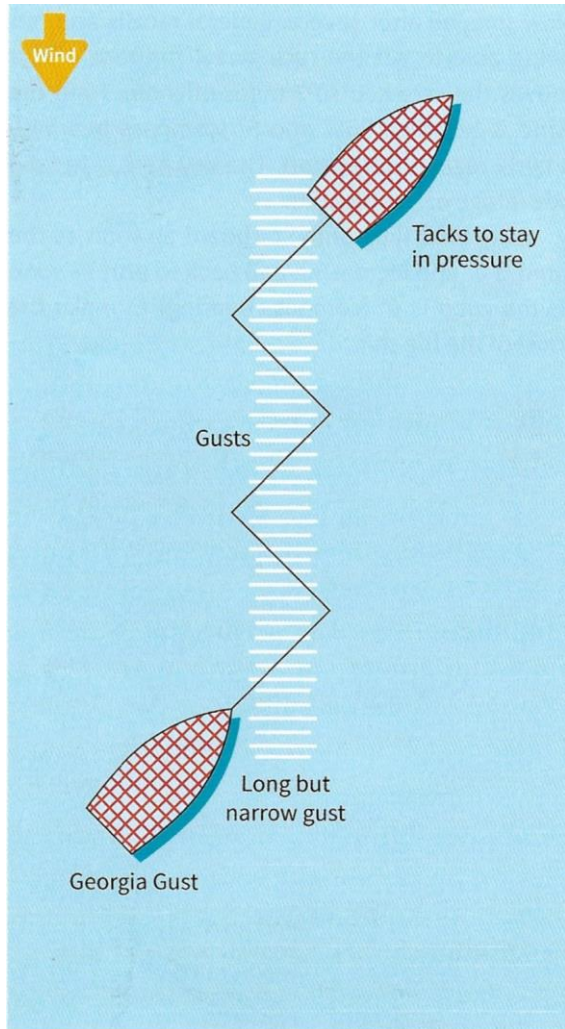


Gusty, Shifty Winds

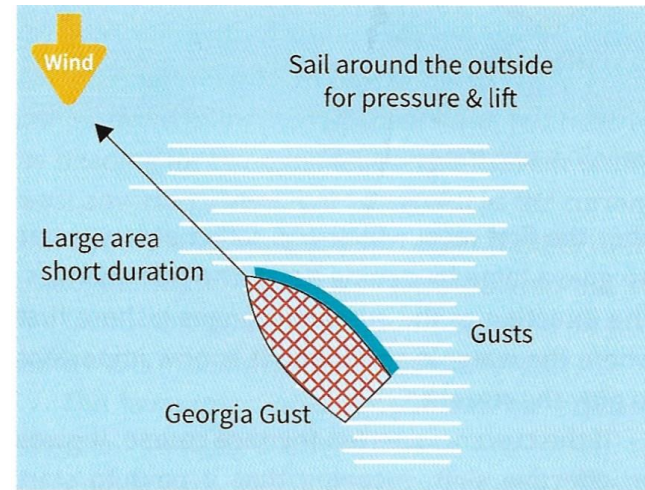
- Use good equipment as old sails will be stretched and old masts have poor gust response
- Gusty conditions, winds are unstable as stronger winds coming down towards you
- Gusts usually visible and come in different shapes and sizes
 - Long thin – funnelled between buildings
 - Cat paws – come from above and spread
- Shifty winds are where winds are affected by coming over land mass



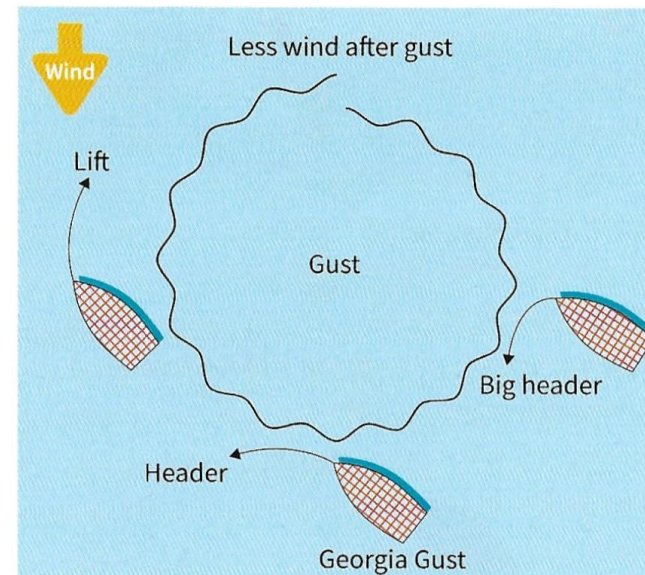
Gusty, Shifty Winds



Georgia Gust tacks to stay in a long but narrow gust



Georgia Gust sails around the outside of a fat wide gust for pressure and lift

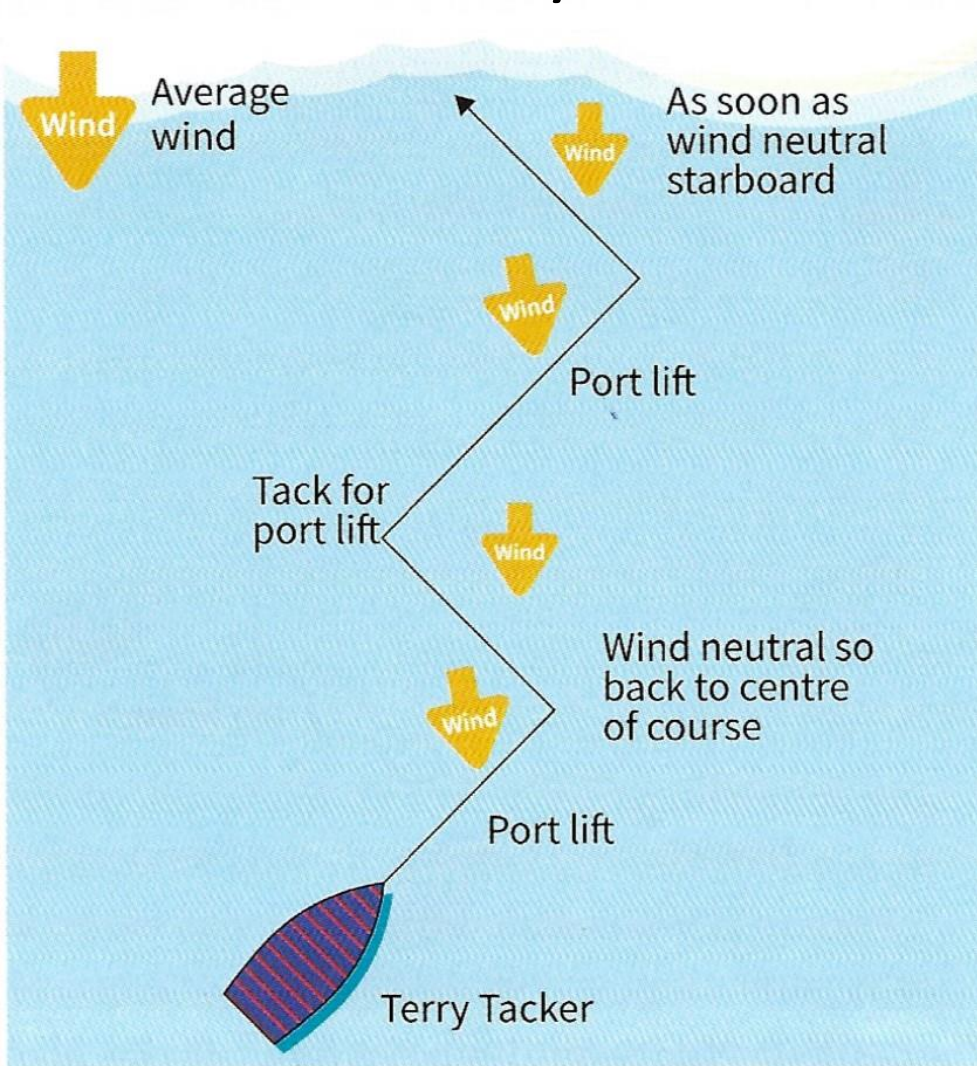


The gust's effect on Georgia depends on which direction the gusts are approaching

Tactics For Gusts

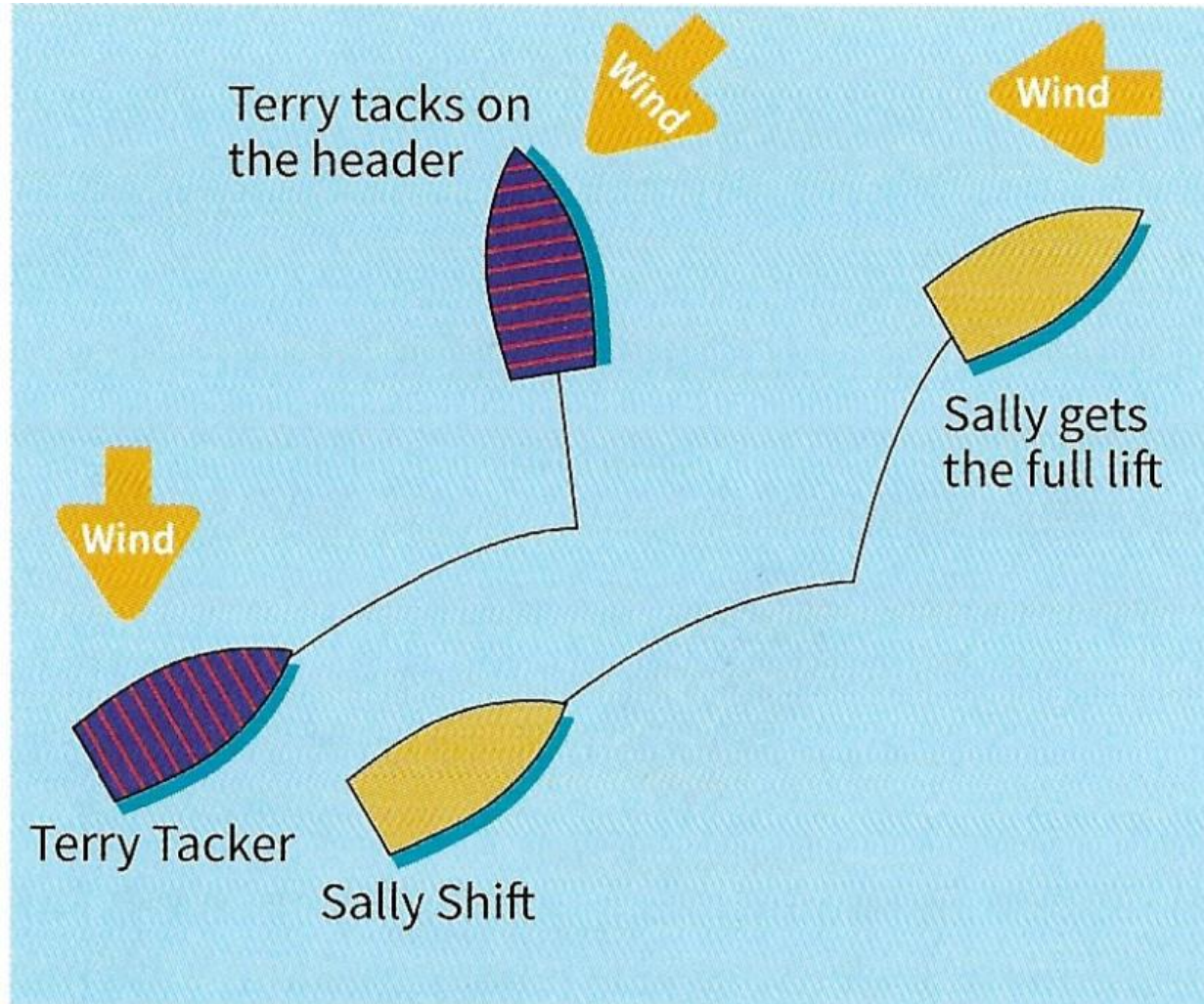
- Weigh up whether sailing more distance for extra speed is worth it if you get in gust
- When sailing upwind, you will get more frequency of gusts as you are sailing towards the wind
- Keep your head out of the boat to observe the pattern of gusts and whether more on one side
- Boat needs to be underpowered in lulls and overpowered in gusts
- Make the boat easy to sail e.g. play sheet more
- The bigger the gust the longer it will last. The faster it approaches, the greater the wind speed
- The gust can affect wind direction, depending on where it comes from

Getting Lifts In Shifty Winds



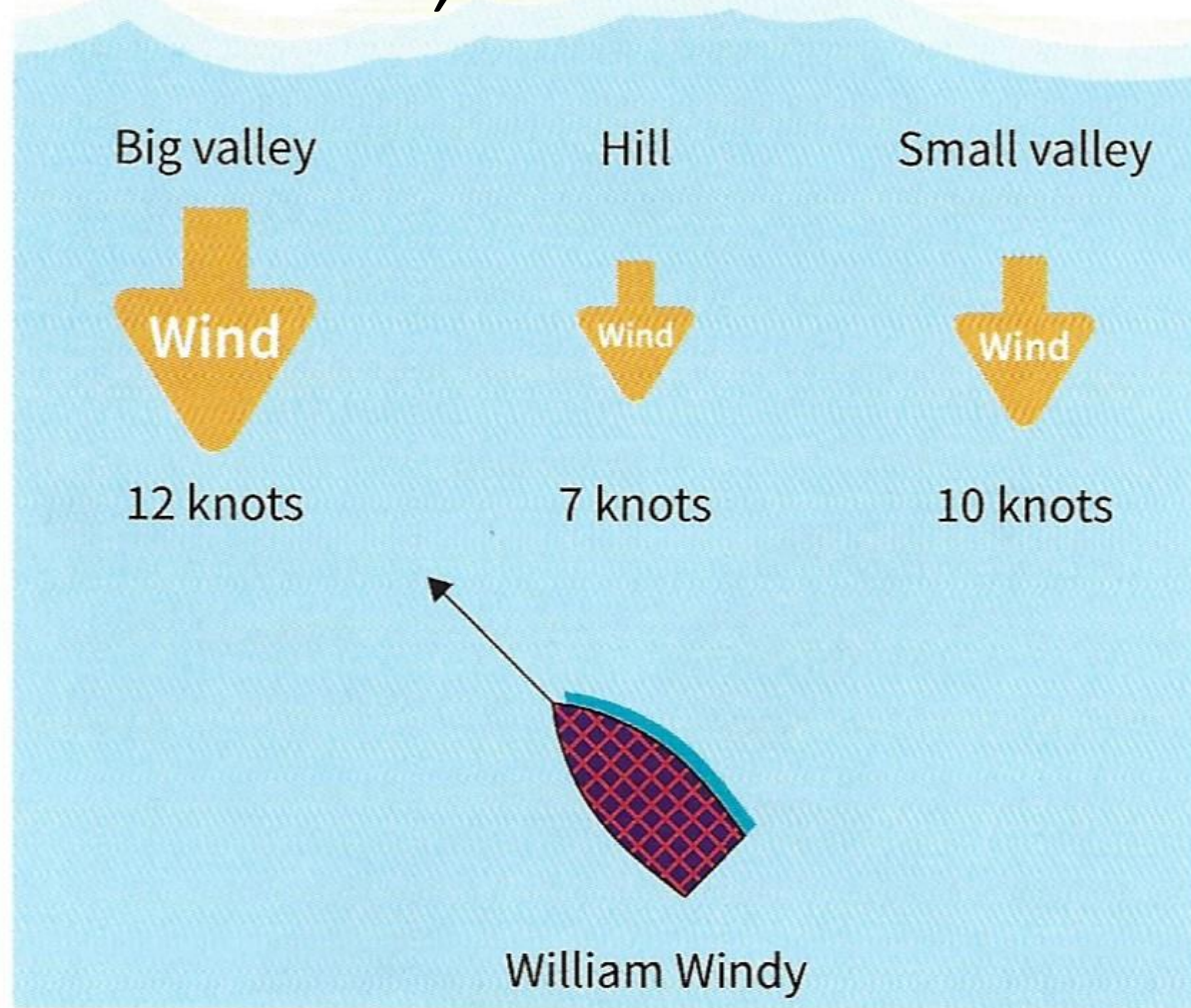
Terry Tacker takes the shifts

Wind Parallel To Land Causing Wind Bend



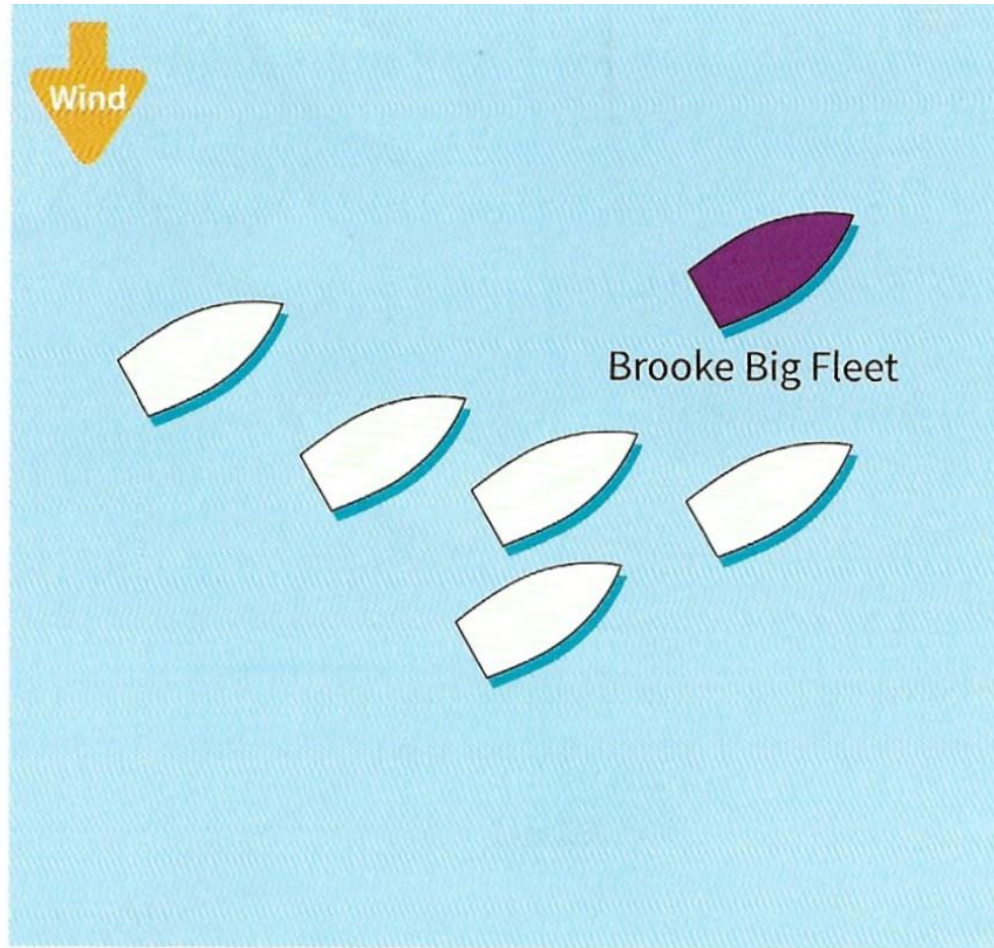
Sally Shift makes the most of the wind bend

Course Inshore, Difference In Pressure



William Windy is off to get the most wind and win the race

Take Advantage Of Next Wind Shift



Brooke Big Fleet has positioned himself to the right because he thinks the wind is going to go right and, therefore, he will gain the most advantage from the shift

First Beat And More

- More boats on first beat, more opportunity for place changes
- Beats are tactical
- Upwind, especially in strong winds, most physically demanding
- Need specific sessions designed for fitness
- Racing upwind is like orienteering: run as fast as you can and look at the map to choose the best route i.e. keep your head out of the boat

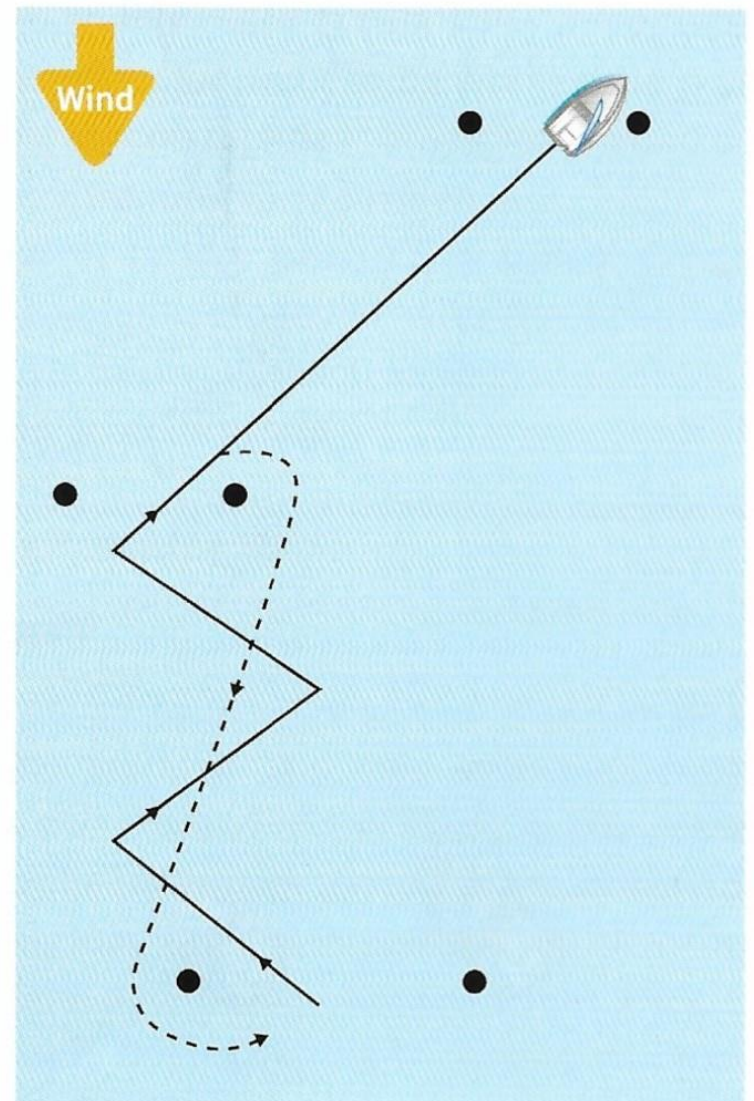
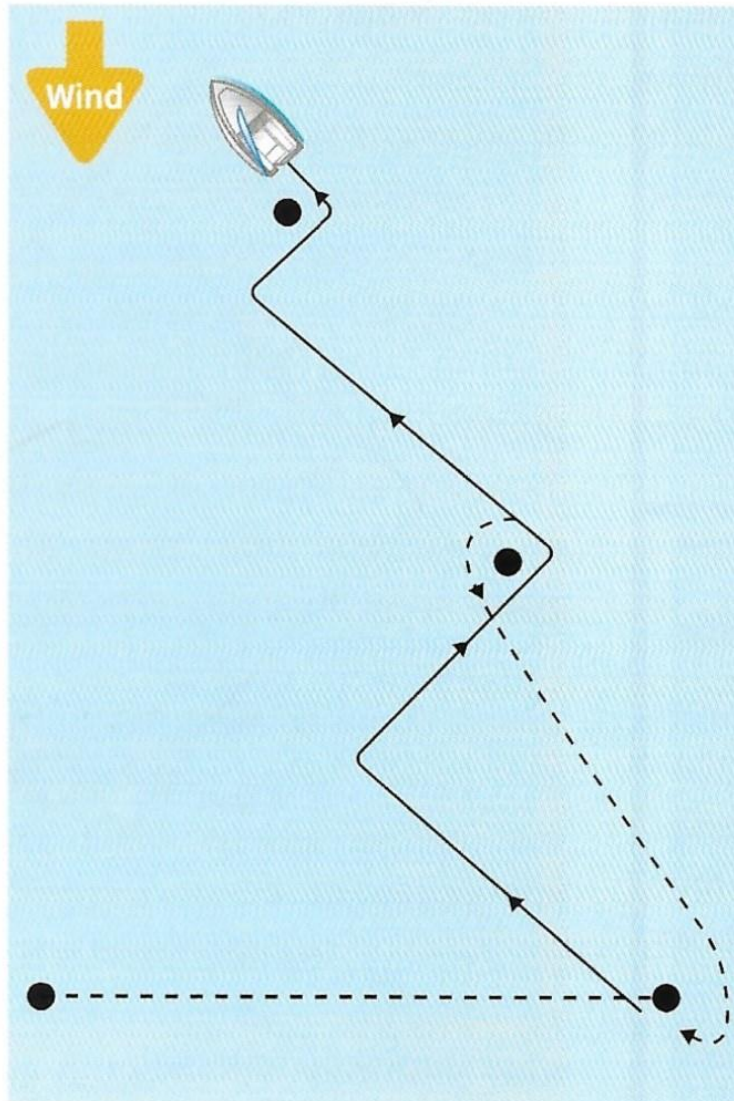


Getting The Best Out Of First Beat

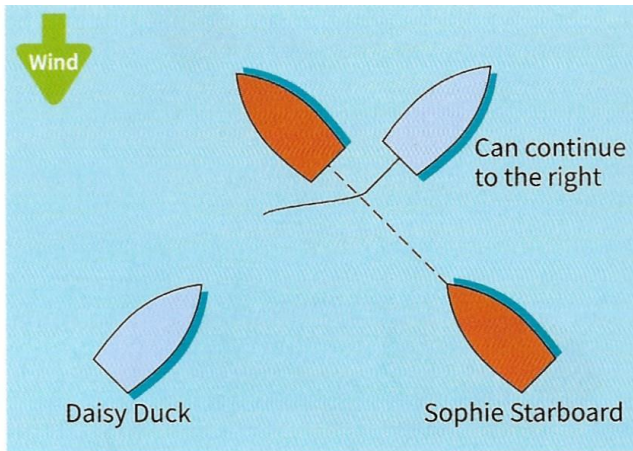
Offset Marks / Finish



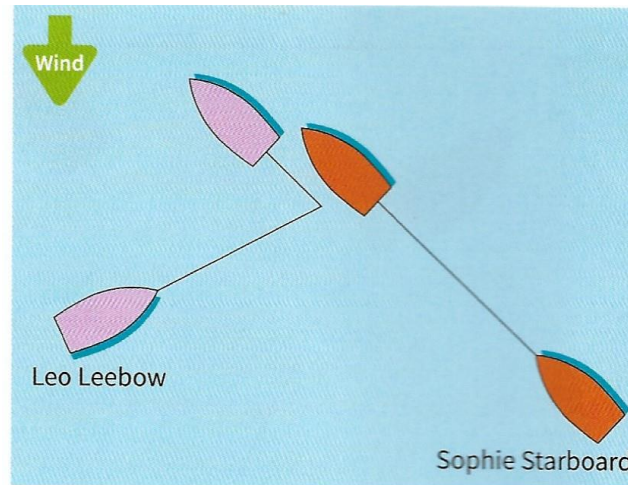
Having offset marks or even an offset windward finish (all ready to start another exercise) can help with this, or you could move the position of marks during the exercise.



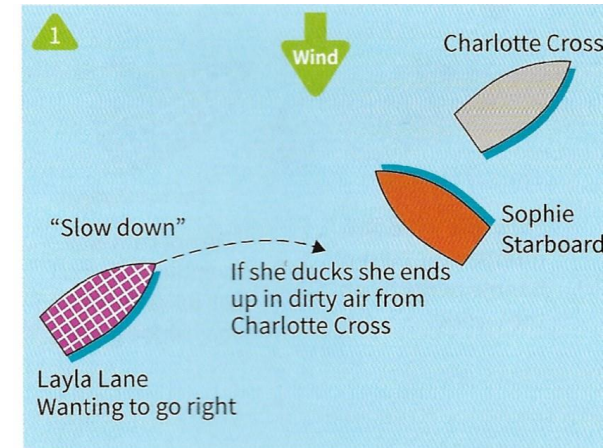
Tactics For Beats



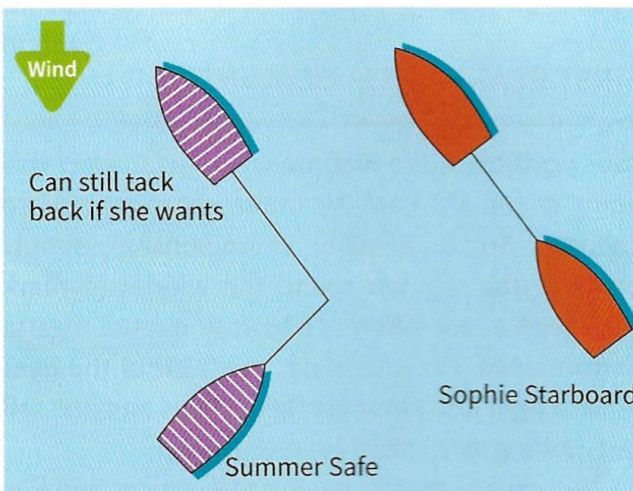
Carry on and duck with Daisy



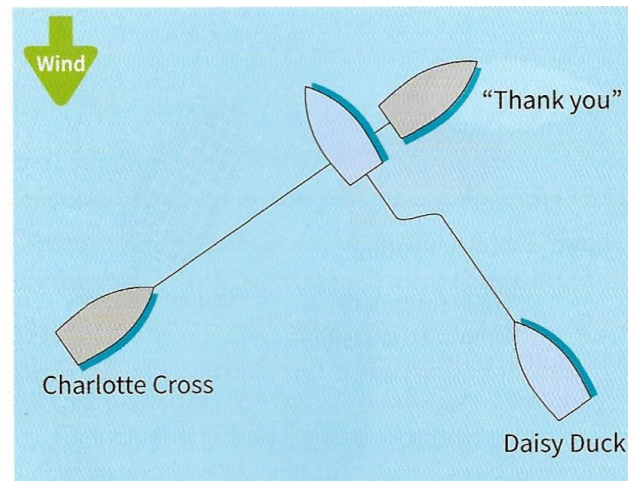
Leo Leebow leebows Sophie



Layla Lane does not want to duck Sophie because she will end up in Charlotte's dirty wind and clean wind is very important



Tack underneath with Summer Safe



Daisy Duck lets Charlotte cross



So, Layla Lane slows down, going behind Sophie, but keeping her lane

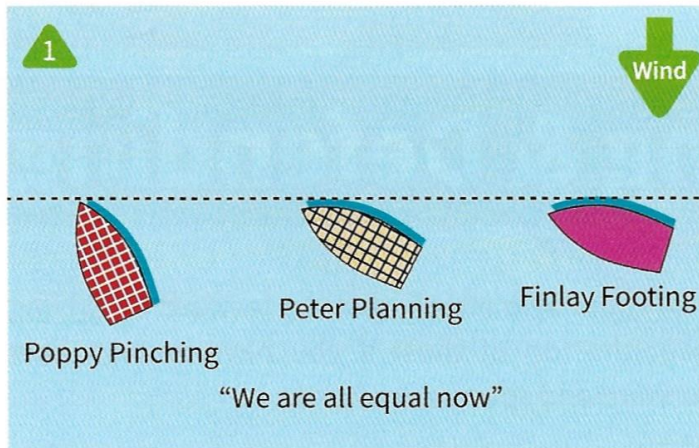
Second And Third Beat

- Boats become more spread out
- Need to consolidate a good position
- To make a gain on the fleet, do something different from pack
- This is where attacking and defending comes in

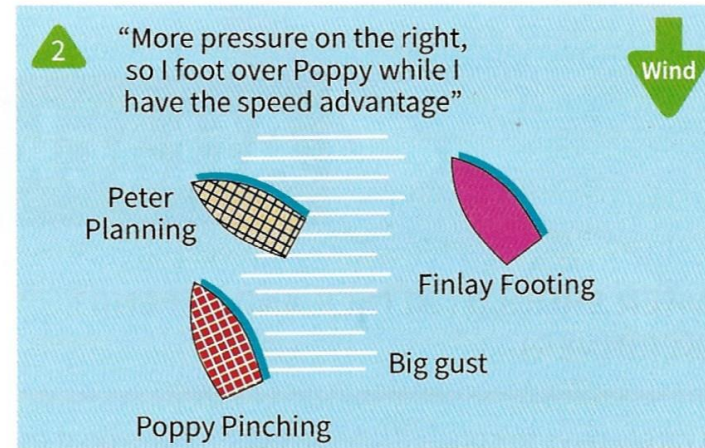


Example Of Attacking

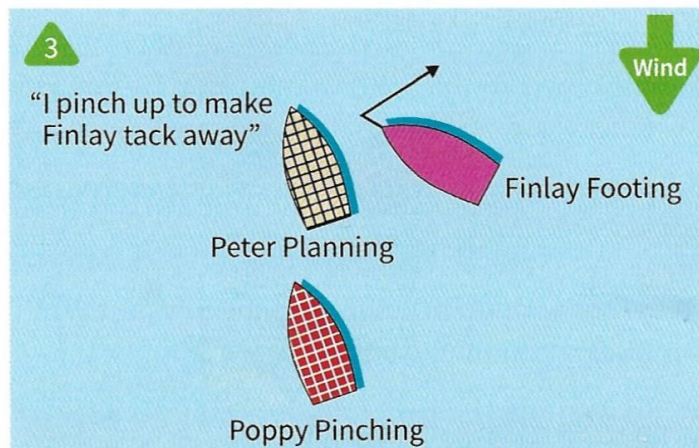
In this sequence, Peter Planning uses both footing and pinching to attack the boats around him.



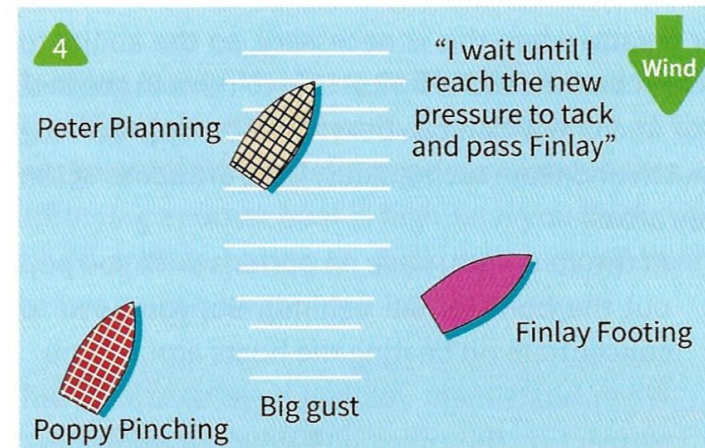
All three boats are level in position



Peter Planning foots off in a gust to attack Poppy's wind



When the gust goes, Peter Planning pinches to make Finlay tack away to avoid a leebow



Peter Planning ends up ahead because of his good tactics

Questions?

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Covering – Two Types

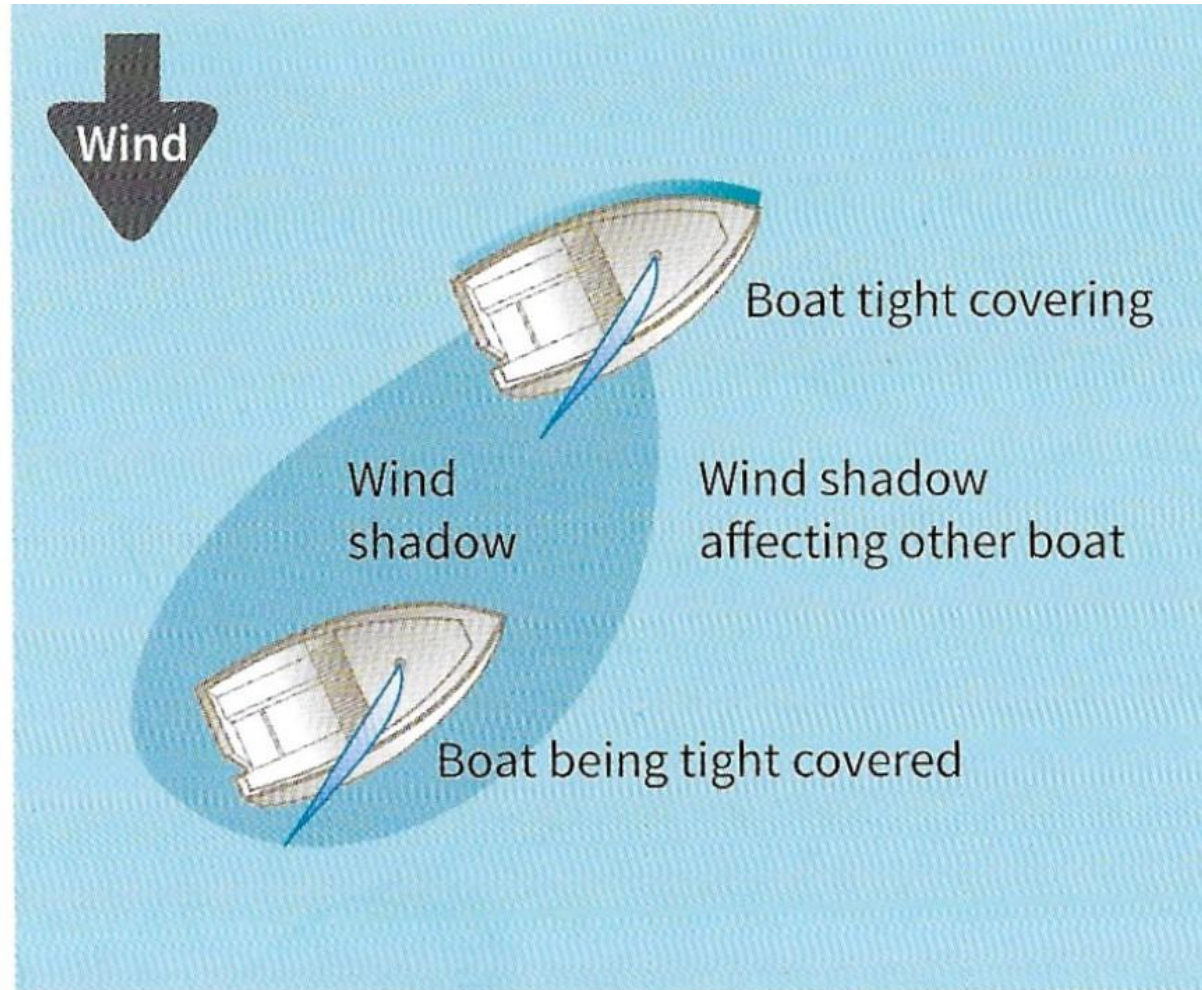
- Tight:
 - Trying to beat one boat by giving them your wind shadow
- Loose:
 - Restricting a boat's ability to gain on you, rather than giving them dirty air



Covering – Tight

- Trying to beat one boat by giving them your wind shadow:
 - Because of how fleet is spread out
 - End of race and only one boat can pass you
 - End of regatta and scores mean only one person can affect your place
 - Match or team racing
- Need good boat handling skills, can lead to a tacking dual

Covering - Tight



Tight covering

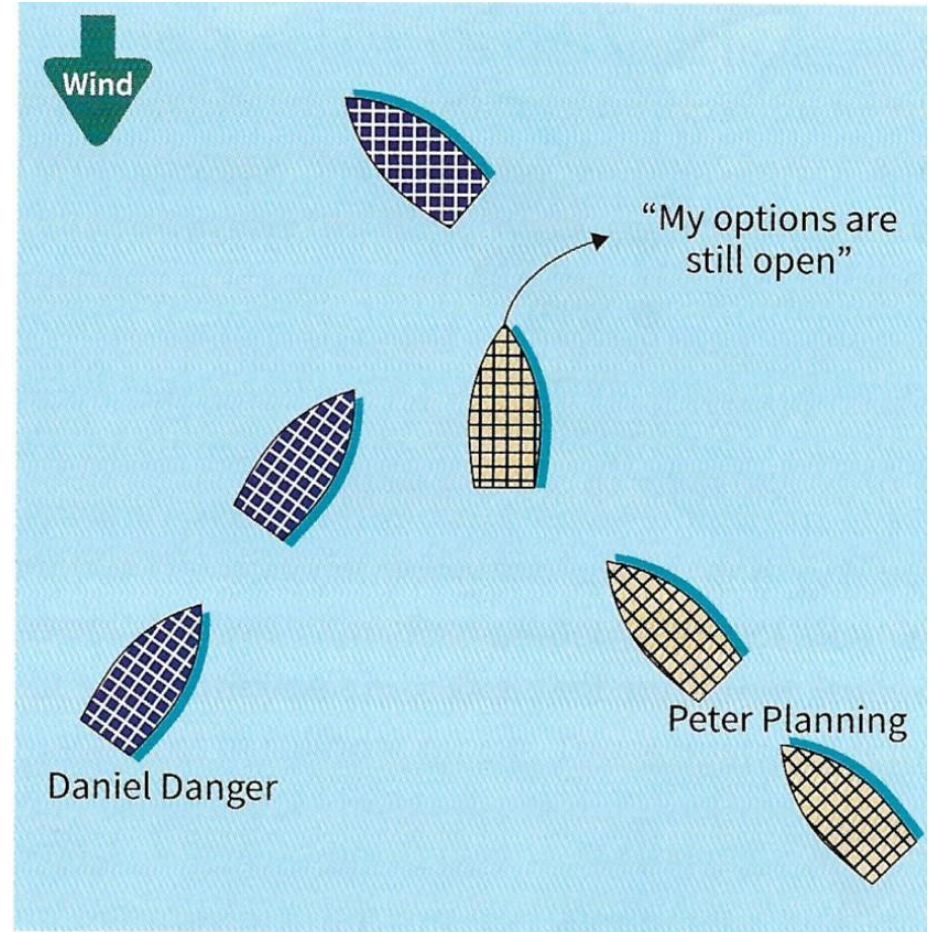
- Stay between rival and next buoy

Covering



Avoiding Cover

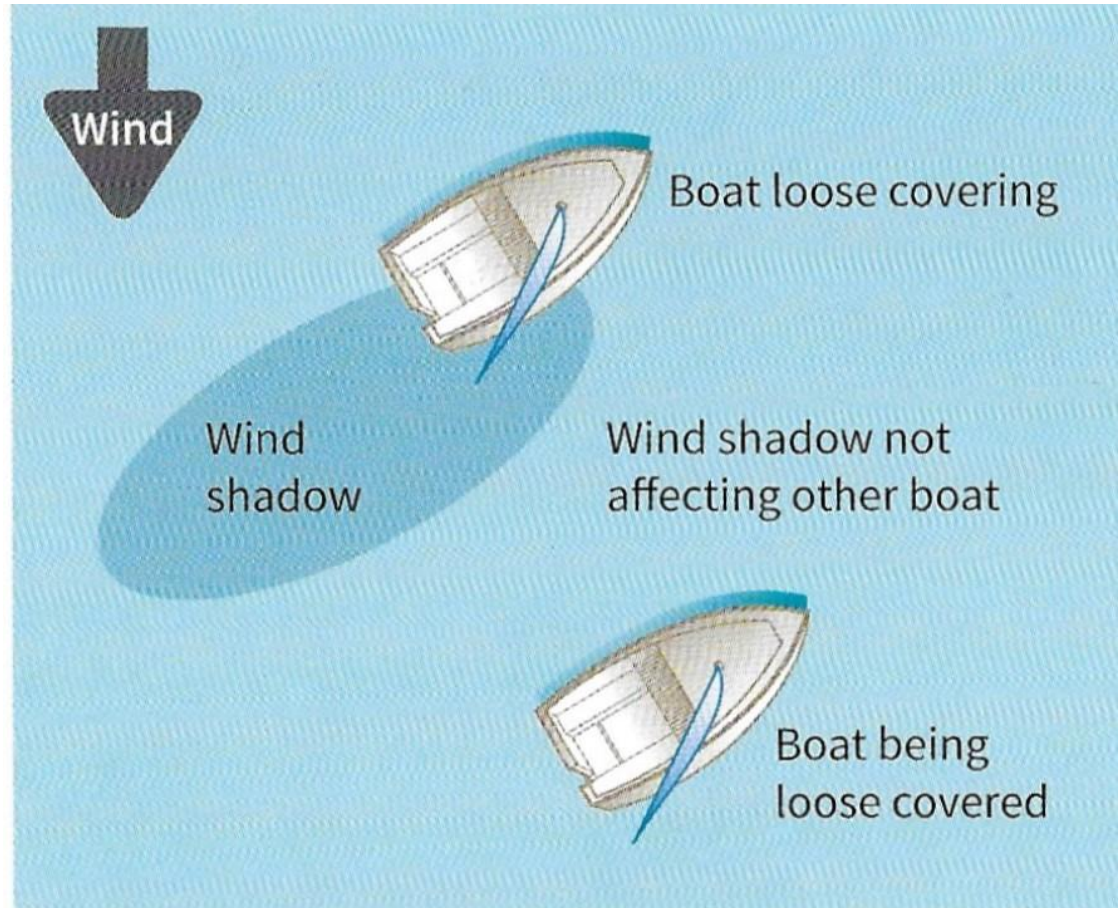
- If you are the boat being covered, try to avoid as much as you can as this is easier than trying to escape it



Peter Planning avoids the covering tack

Covering - Loose

- Restricting a boat's ability to gain on you, rather than giving them dirty air
- Go same way as them but don't take their wind as they might tack



Loose covering



Questions?

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Downwind Sailing

- Light Winds
- Medium Winds
- Strong Winds
- Downwind Considerations



Downwind

- Not a time to relax, races often end near the leeward mark, so downwind racing very important
- Often many place changes on the downwind leg
- Need to know whether to prioritise the shifts or the pressure
- Often about the “feel” of the boat, use balance and sheeting with minimal rudder
- Boat can feel unstable
- Think 3 waves ahead, communication with crew vital
- Have end goal in mind as easy to end up too far left or right
- Exercises to practice e.g. rudderless sailing, standing tall in the boat, only sit when gybing.

Downwind - Light

- Sit forward, boom out 90°
- Small windward heel
- Watch for gusts



Downwind - Medium

- Sit further back
- Steer larger angles
- Looking back for gusts
- Large changes in sheet angle



Downwind - Strong

- Focus forward, check gusts
- Pick best route thru' waves
- Use sheet and body to head up and bear away



Boat Trim

- Adjust according to wind strength and height of waves
- The higher the waves, the more the crew weight needs to move forward and back for any given wind strength
- In light winds, weight well forward with smooth flow of water leaving the transom
- When planing in strong winds, get the bow lifted early and then move as far back as possible

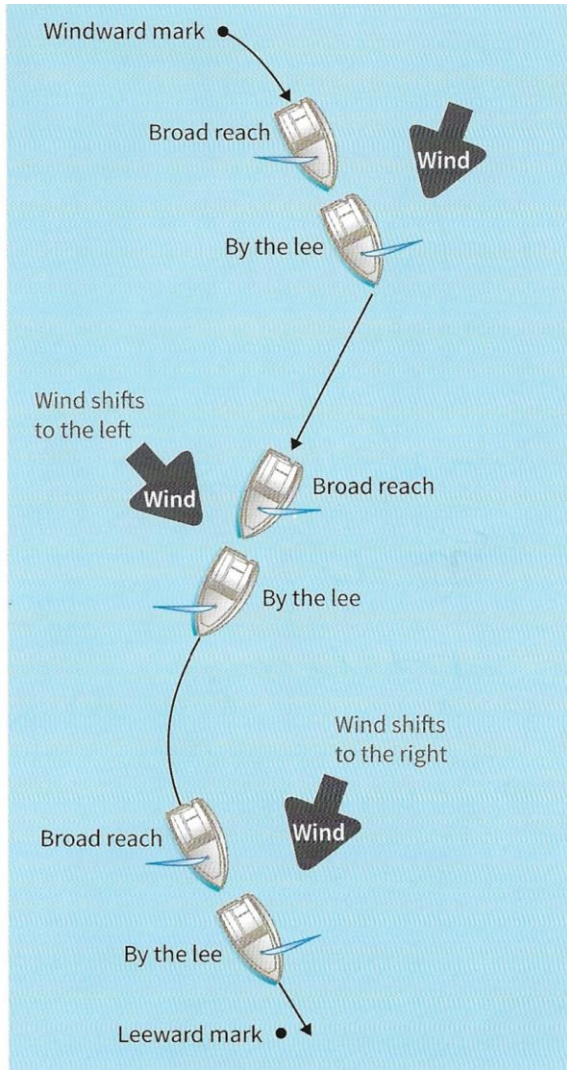
Going For Speed

- Need to soak low and as soon as begin to lose speed, need to head back up. Then when bearing up, don't go too high, as can also lose speed. Keep up the average speed
- The faster you go then the more apparent boat speed you have and the more you then need to sheet in to hold the same course
- Good boat speed often happens when sailing on a subconscious level, relaxed but focussed. This takes experience.

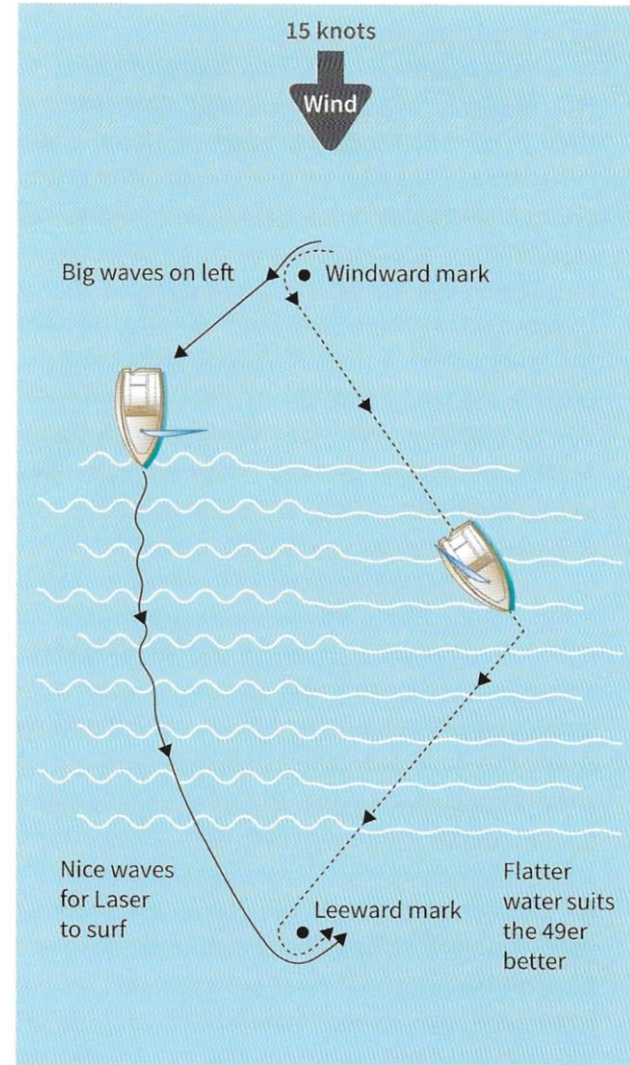
Downwind Strategy

- Gybe to sail on the headers (the favoured tack), just you tack to sail on the lifts upwind (the favoured tack)
- Gybe on the lifts downwind, just as you tack on the headers upwind. Therefore you sail the shortest distance to the next mark
- In Lasers, you can sail by the lee. In this case the sail is on the opposite tack, with the airflow going the other way, across the sail. This is very fast and stable
- Pressure comes down the course in patches, by bearing away in the gusts, you can stay in them longer. Head up in the lulls to keep boat speed up
- Waves can make a big difference, find the biggest waves to surf down
- Different boats suit different conditions

Downwind Strategy

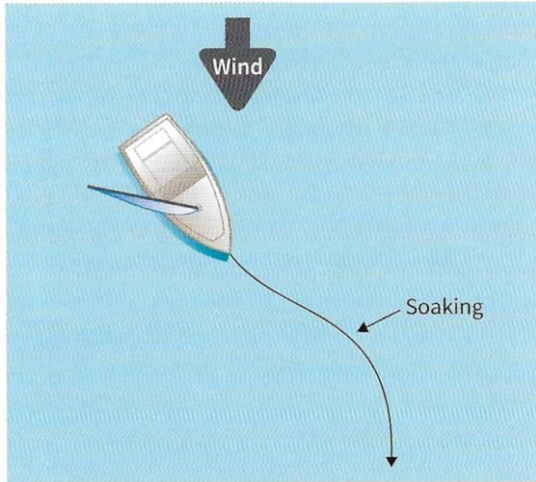


Gybing for the wind shifts (sailing broad reaching or by the lee)

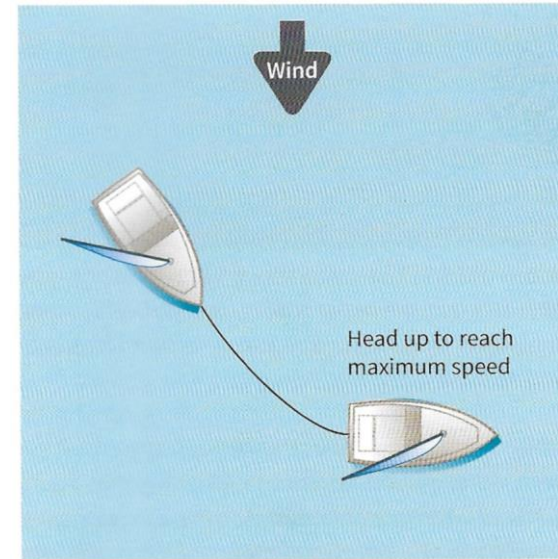


Choosing the side of the course for the waves

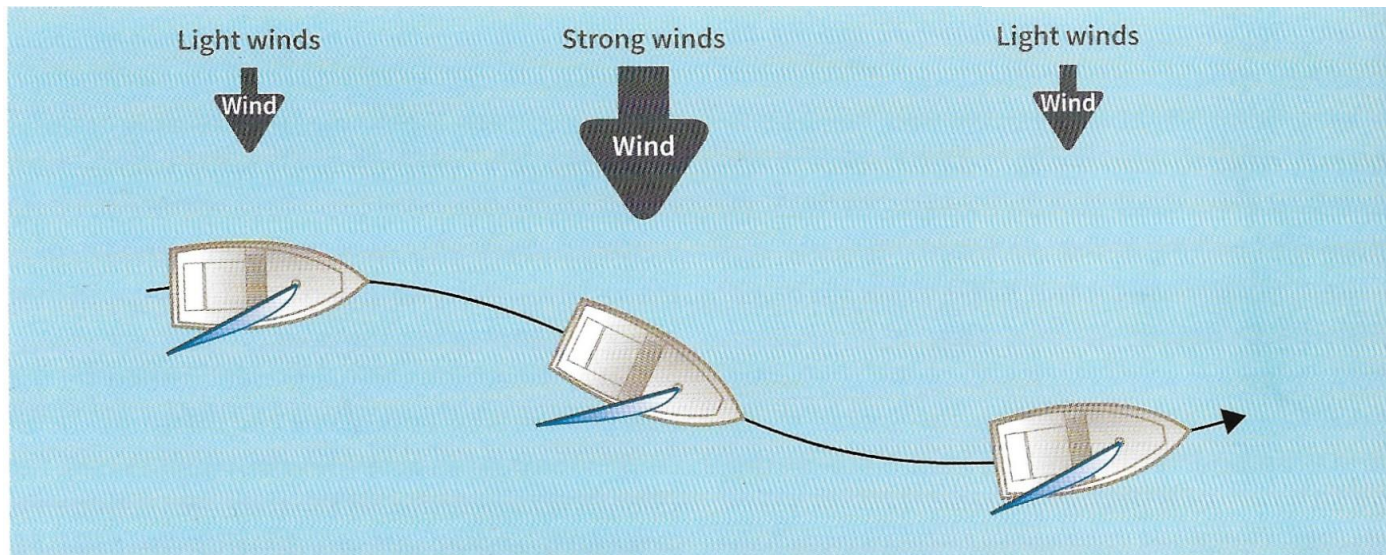
Downwind Strategy



Soaking

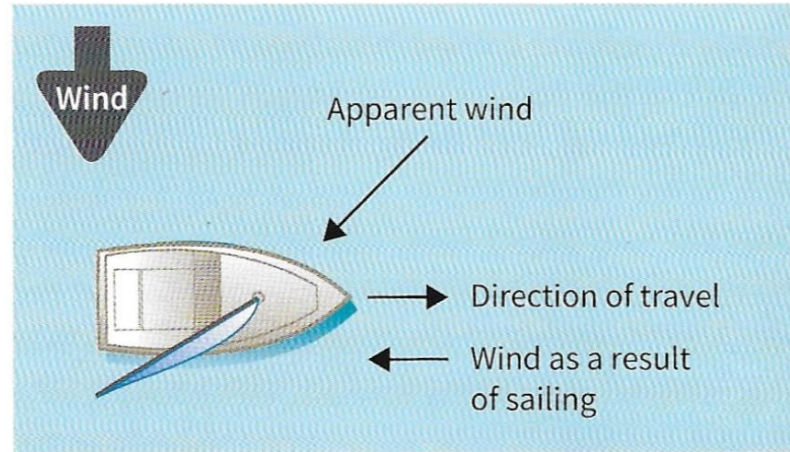


Steering for speed

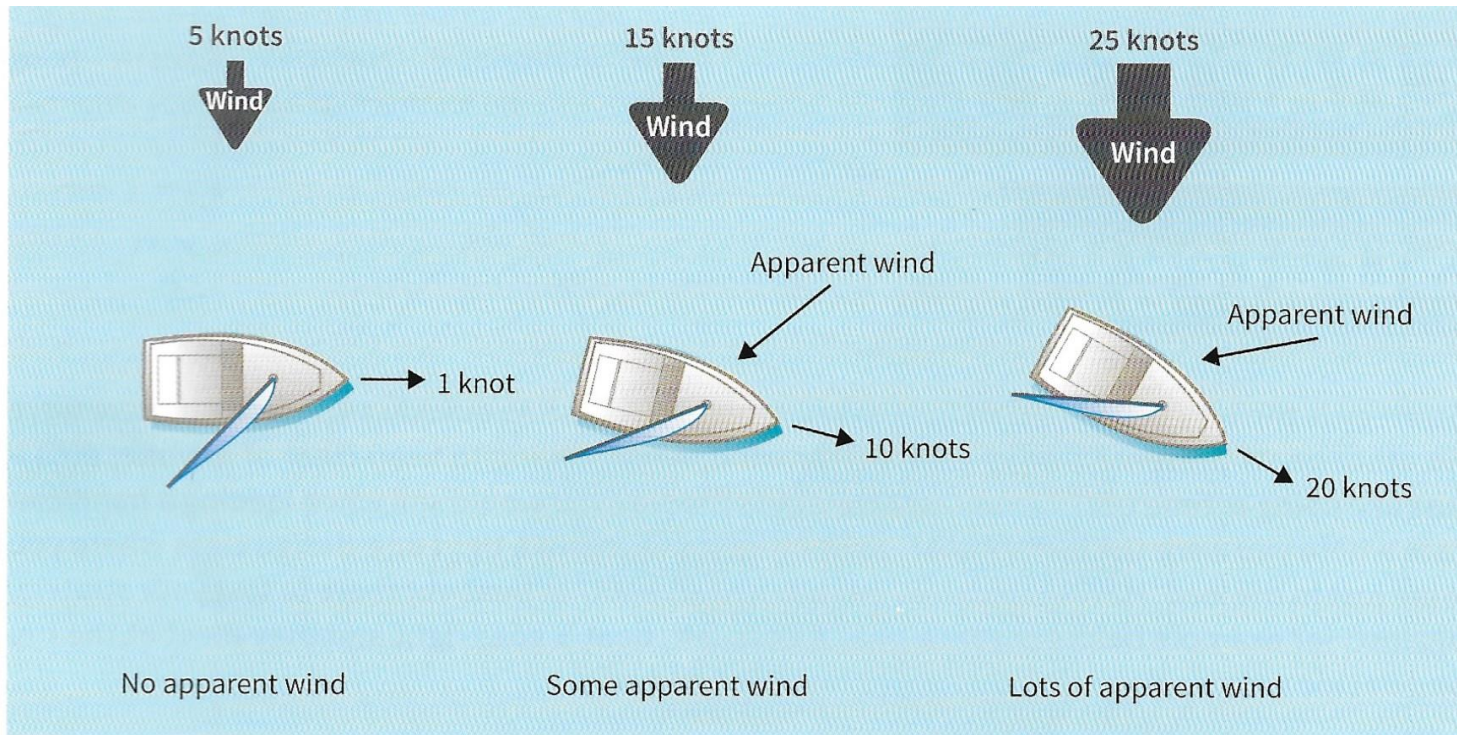


Going high in the lulls and low in the gusts

Apparent Wind



Apparent wind

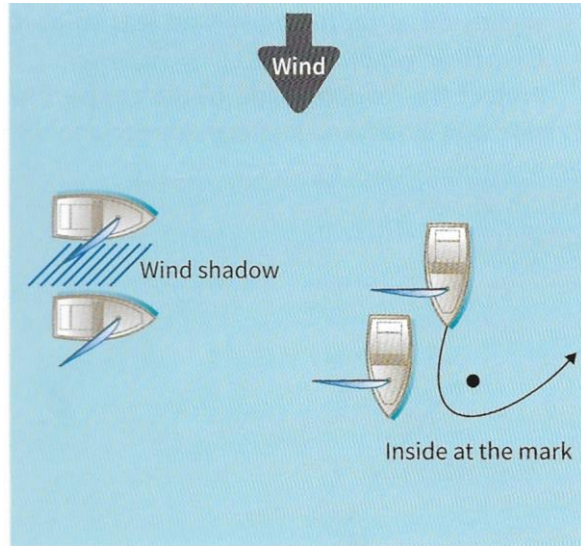


Apparent wind increases as the wind speed increases

Downwind Tactics

- Unless you have a large lead then you are influenced by boats behind you
- You need clean air when you round the mark
- Defending:
 - Sailing fast is often the best tactic.
 - One short sharp luff is better than a long slow one where you sail extra distance
- Attacking:
 - You have 3 choices ...

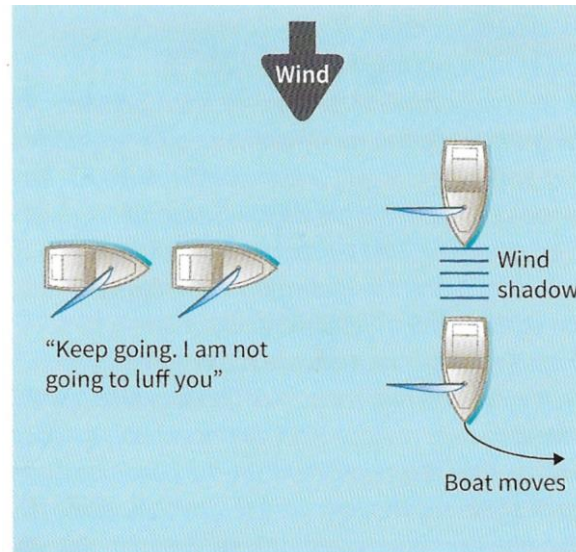
Downwind Tactics



Overtaking to windward

Overtaking to windward:

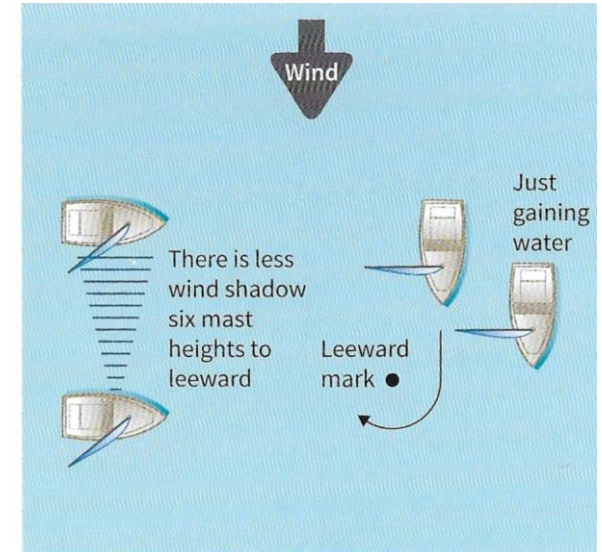
- Establish an overlap by covering the leeward boat. Don't get into a luffing battle.
- Get room at the windward mark



Going straight to the mark

Sail as fast as you can:

- If you are behind someone, they may move
- On a reach, encourage the boat in front to keep going rather than go high



Overtaking to leeward

Overtaking to leeward:

- Go under boats that are sailing too high or get water at the leeward mark
- Give plenty of space to leeward so not in too much wind shadow



Questions?

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Rule Infringements

- Turns - 360° buoy, 720° boat
- Tacks and gybes, lots of roll
- Centreboard down, kicker off
- Body movement, main sheet



Questions?

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Further Reading / Viewing

- List of books used in these presentations:
 - Tactics Made Simple, Coach Yourself To Win, Training To Win – Jon Emmett
 - From Back To Front - Clive Eplett
 - The Rules In Practice 2017-2020 – Bryan Willis
- Jon Emmett videos (20): Search YouTube for:
 - 1. Tactics Made Simple
 - through to (note the dot and space after the number)
 - 20. Tactics Made Simple
- Jon Emmett webinars: Search YouTube for:
 - Coach Yourself to Win part 1
 - Coach Yourself to Win part 2