



Your Job as “Crew”

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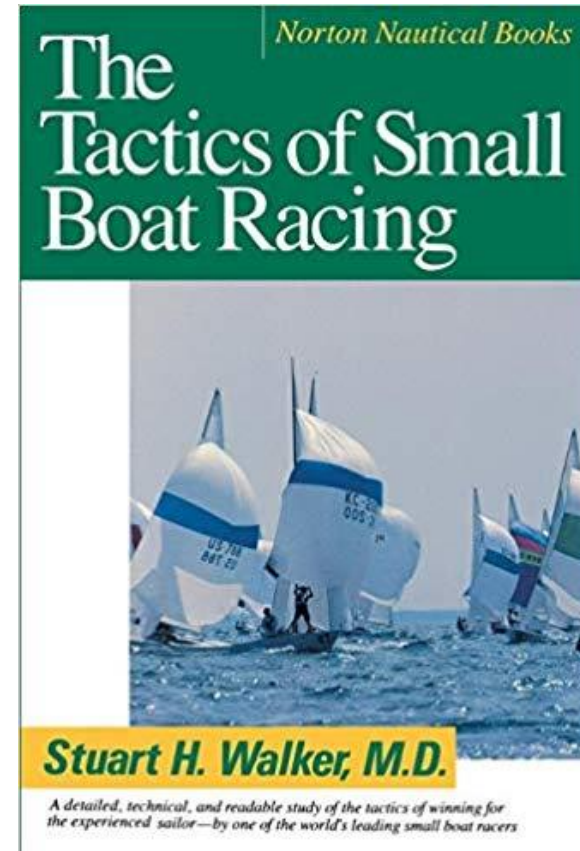


3 Key Elements

- **Communication is Key!**
- **Practice**
- **Enjoy the excitement and just the pleasure of being out on a boat**

Getting Ready for the Season to Start

- Education:
 - Sail Trim
 - Tactics
- Get involved in the upkeep of the boat.
- Stay in Touch.



Stuart H. Walker, M.D.

A detailed, technical, and readable study of the tactics of winning for the experienced sailor—by one of the world's leading small boat racers

Pre-Race Ashore

- Tides and the predicted weather conditions.
- Talk over the race strategy.
- Be Ready to go for today's conditions (gear, water, tools).



On the Mooring & Setting Up Getting the Boat

- Make sure things are in order (cotter pins, sheets, the sails).
- Rigging the Boat (learn all the steps to getting the boat off the mooring).
- Give the sides/bottom a quick scrub.
- Be prepared to go out and rig the boat yourself if your skipper is running late.

Practice

- Practice: Tacks, Jibes, setting the whisker Pole!
- Repetition builds confidence and gets you prepared for **today's** conditions.
- Boat handling is key to being able to make tactical maneuvers.



On the Water Before the Start

- Play with the boat's trim and provide your thoughts on what feels fast and any changes that should be made.
- What is the starting plan?
- Getting the starting sequence timing and calling it out for the skipper.
- Locating the Marks of the Course.
- You're the eyes and ears for your skipper!



During the Race

Communication is Key! How are we doing, who is around, changes that you want to make (that is a job that you both share as a team).

- Where's the Mark? Any signs of what the wind is doing? Which side of the course looks better?
- How do we stand strategically with the close competition (Can we pass clear ahead? should we tack to cover? are we in a controlling position?).
- Searching for lanes when tacking up through the Harbor
- How's our boat performing relative to others.
- Any changes you make in the sail trim and your weight position.

After the Race:

I Hope you have fun!

- Think about what worked best today and any changes that could be made.
- Relish the satisfaction of improving on your boat handling and teamwork.
- Just enjoy the good sail that allowed you to escape dealing with the bills and other household chores.

Maybe even enjoy a good beer!





Further Discussion??