



North U.

J109 Starting Clinic

Sunday, June 21, 2015

@ Block Island Race Week

Pre-Brief: 10:30 – 11:30

Sailing: 12:30 – 3:30pm

Debrief: 4:30pm – 6:00pm

What you will learn:

Starting well in a big fleet is a special challenge, and recovering from a bad start is even harder. This clinic will focus on techniques and provide practice for starting on a crowded line.

Training Process:

Prior to the clinic

We will circulate two documents:

Starting Techniques for Big Fleet Starts

- What's different in a big fleet start
- Setting Up: Crowding, Timing
- Approaches and Positions
- Creating, holding and defending a space
- Acceleration techniques and timing
- Holding a lane off the line
- Crew Organization: 360° View
- Communications: Clear and Concise
- Starting Trim vs Straight-Line Trim
- Know the Rules
- Common Errors: Wrong Way I & II, more

Clinic Drills and Procedures

- Overall Plan:
 - 3 Rolling starts to a short race on the 3rd start
 - Repeated 4 times for a total of 12 starts
- Race to a ladder rung
- Assigned Approaches/ Assigned Positions

At the Clinic

Pre-Brief (attendance not required) 10:30-11:30

- At Block Island Maritime Institute
next to Dead Eye Dick's Seafood Restaurant, 218 Ocean Ave
- Whiteboard discussion of big fleet starting tips and techniques
- Review of on-the-water plans

On the Water 12:30-3:30

- 3 Rolling 5 minute starts.
 - Start 1: Hold lane, race to ladder rung (~1 min)
 - Start 2: Hold lane, race to ladder rung (~1 min)
 - Start 3: ~ 15 minute Windward Leeward Race
Round pin as leeward mark
- REPEAT this "3 Rolling Starts" 4 times
- On-the-Water Coaches will provide live feedback over VHF
- We will also be shooting video on the water and from a drone for later review

Debrief and Video Review 4:30-6:00

- At Block Island Maritime Institute
next to Dead Eye Dick's Seafood Restaurant, 218 Ocean Ave
- Review Video
- Observations
- Q & A

The clinic will be conducted by North U Director Bill Gladstone

Fees and Registration

\$200/ Boat. Register at www.NorthU.com

Comments: Questions?

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