



Advanced Racing

Mental Preparation

Has knowledge of process and outcome goals

Physical Preparation

Understands importance of hydration and nutrition – pre, during and post race.

Understands effects of sleep deprivation

Boat Preparation

Understands how to improve foil finish, optimise boat to class rules, use a tuning guide.

Understands how to check trailers – wheel bearings, legality and safety prior to travelling

Boat Handling

Understands importance of teamwork and coordination, how to race train by oneself.

Understands principles of steering with sails and balance and demonstrate these principles in taking penalty turns.

Boat speed

Understands relevance of sail controls and effects on the sail

Understands how to change 'gears' in different conditions while on the water

Understands how to vary the tuning guide for different conditions and how to create own tuning guide and post race analysis sheet.

Teamwork

Understands effective race analysis and race and training goals

Can communicate effectively and can react to changing circumstances.

Strategy and Meteorology

Can create a race strategy prior to going afloat based on weather forecast, tide tables etc

Racing Rules

Has good knowledge of the racing rules

Can sail by racing rules.

Tactics

Has knowledge of holding a lane upwind, boat on fleet tactics, attacking and controlling situations.

Understands boat on group tactics, overtaking and defending tactics, covering, different approaches to marks and when to gybe or bear away set.

Starts

Understands pre start rules

Can protect a gap to leeward, hold the boat on the line (hovering), use transits.

Has knowledge of various start sequences, recall signal and starting penalties.