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- Latest publications
- MNA specific licences
- Future resources



**Training And
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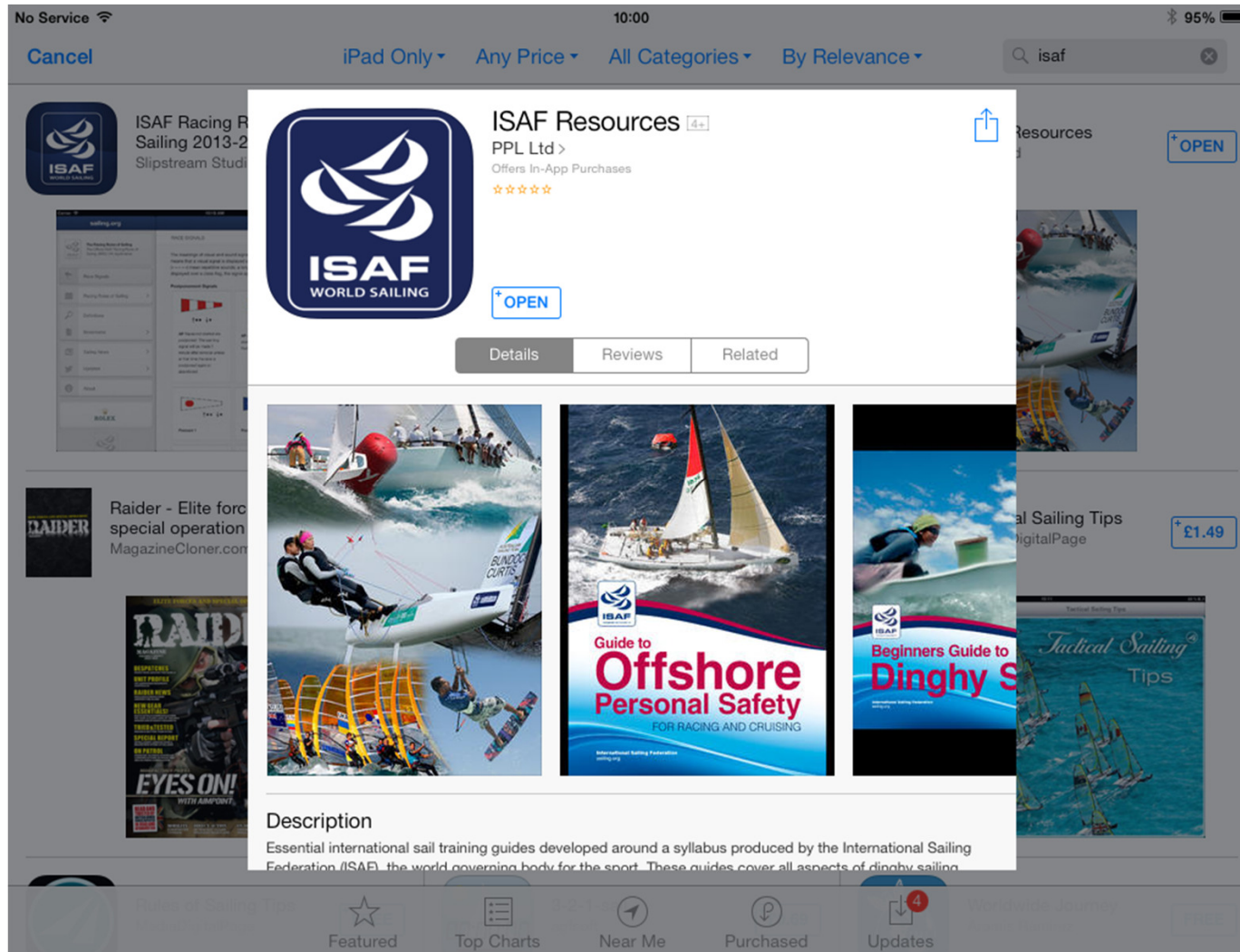


- Link: www.sailing.org/shop
- +44 (0) 2380 635 111
- Volume orders – training@isaf.com
- **Current resources:**
 - Coaching Fundamentals
 - Beginners guide to Dinghy Sailing
 - Performance Training Exercises
 - Beginners guide to Kiteboarding
 - Guide to Yachting – Crewing
 - Offshore guide to personal survival
 - Waterproof notebook
 - Whistle / lanyard
 - Course plotter

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ISAF Resources APP – iOS Devices



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ISAF Performance Training Exercises

CHAPTER 5

Upwind mapping

► Aim

To understand the importance of a pre-race strategy.

► Objectives

To observe current and wind shift patterns, understand the influences that other boats may have on preferred strategies, and to track the positioning strategies of competitors.

► Outcome

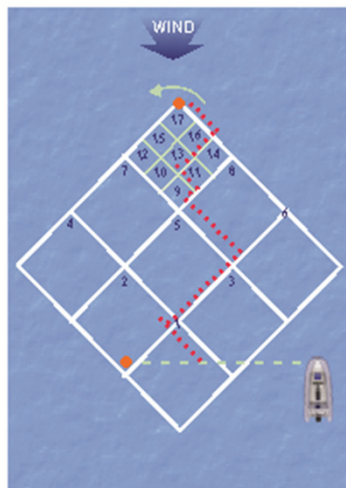
The ability to revise and adapt a strategy.

Part 1

- Ask participants prior to the start what their strategy is for the upwind leg, and plot this on a whiteboard (right). Once the race has finished, participants draw their actual course on the grid, discuss any differences, and explain the reasons behind their decisions making.
- When there are a number of participants, record their answers while out on the water, ready to play back later when they plot their own course on the whiteboard.

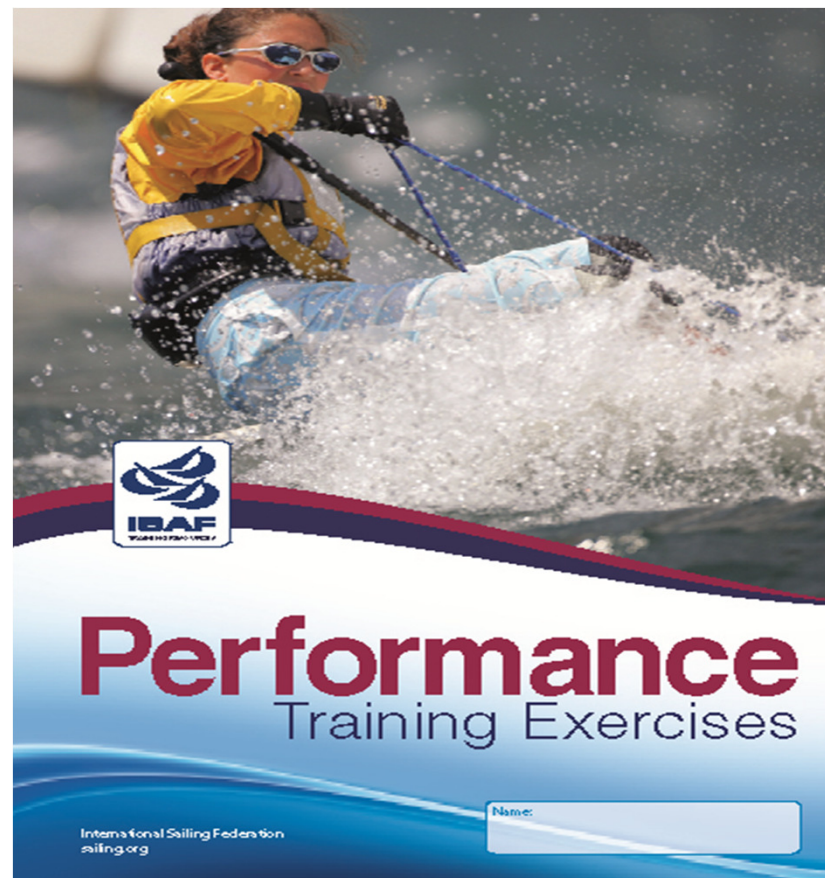
Part 2

- Pair up boats and ask sailors to memorise the course taken by an opposing boat during the upwind leg.
- Get them to map the upwind course of others and discuss observed outcomes.



▼ Sailor's suggestion

This is an idea also used for two crews to review their performances after a local club race or even at a regatta.

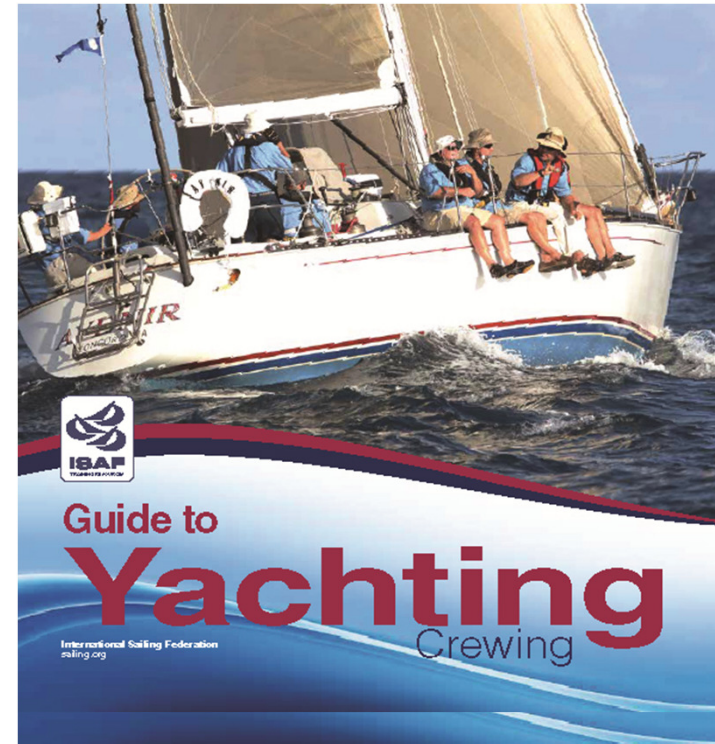




ISAF Guide to Yachting - Crewing



- 1st publication of a 3 book series now available to purchase.
- Development of ‘Guide to Yachting’ series supported by the Korea Sailing Federation (KSAF).
- ‘Navigation / Chart work’ and ‘Inshore Skipper’ publications due for release in 2015



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- Long-term return for ISAF
- Includes design costs



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Future resources:

- Pre-course handbook (Coach Level 1, 2 and 3)
- Guide to Windsurfing
- Guide to Multihull sailing
- Guide to Coach Boat handling techniques
- Class-specific training guides i.e Laser, RS:X, SL16
- Advanced sailing techniques (inc Trapeze / Spinnaker)
- Guide to Match / Team Racing
- Online training videos (Technique)



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