



## The Aim

- A good start
- Consistently
- No matter what the line is like or what competitors throw at you

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## Starting – The Basics

What makes a good start?

- Correct end for fastest time to the windward mark
- Correct end for strategy
- Close to line at start time
- Moving at full speed at start time

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## How To Get The Perfect Start

- Work out the line bias
- Decide on your best upwind strategy and relate this to the line
- Get your time and distance right as you approach the line
- Accelerate so you are at full speed at the gun

Easy – We should end here!

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## What Makes a Perfect Start Difficult?

1. It can't be line bias

Lots of easy methods to work it out:

- Compass
- Head to wind in middle of line
- Sailing both ways along the line
- Sailing close-hauled from one end

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## What Makes a Perfect Start Difficult?

2. It can't be strategy

Loads of good books on strategy and wind

Most race courses are fairly easy to predict and if they aren't it's fairly difficult for anyone to get it right.

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## What Makes a Perfect Start Difficult?

### 3. It can't be time and distance

You can practise this on your own until you get it perfect and just check it before the start for the conditions



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## What Makes a Perfect Start Difficult?

### 4. It can't be acceleration

We can practise triggering, accelerating and getting into the groove quickly



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## Why is Starting so Difficult?

- Your competitors!

They want to start where you want to start and they want you to have a bad start

It's not often that you know something they don't about the best place to start so they will get in the way

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## What Should You Do About The Competition?

Starting with other boats!

- Control them
- Reduce your risks while maximising any advantage

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## Winning An End

- The best start theoretically will always be at an end
- Ends are likely to be crowded if there is a large advantage
- Less crowded if the advantage is smaller and competitors want to reduce the risk of a bad start

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## Winning The Port End

- The starboard control approach
- The port late attack



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## Winning The Starboard End

- Hover and control – time and distance (or the sitting duck)
- Poaching – the late drop in
- Port tack approach – tack and hold up

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## Winning The Middle

Any situation where you have boats either side of you

- Reduces the risk by moving away from the ends
- But increases risk because need to defend both sides
- Risk of being rolled
- Risk of being leebowed



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## Hovering And Opening a Gap

The bread & butter of starting

- Holding station takes practice
- How can you hold position?
- How quick do you drift?
- Can you improve?



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## Defending The Gap

- Bearing down – dialling them out
- Don't make the gap too big and tempting
- Beware of the double tack
- Rules – a double tack where the starboard boat dials down – rights & wrongs / tactics

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## Avoiding Being Rolled

- How close to the line?
- Position to the windward boat
- The double tack
- The trigger – The Bang



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## Port Tack Approach

- Poaching a late gap



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## Communication

- Video



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## Acceleration

- Traction control



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## Holding a Lane

- When can you get your first tack in?



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## Escaping From a Bad Start



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## Practising Starts

- Get some techniques that work and stick with them
- Practise the same approach and manoeuvres until you can pull them off every time

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## Exercises

- Double U
- 3 boats – windward middle and leeward
- Port tack poaching
- Biased lines and windward marks
- No tacking/gybing in last 30 seconds
- Start goes anytime between 15 seconds early or late

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## Winning The Start

- Know where is best to start
- Weigh up the competition – what will they do?
- Consider the risks – which to avoid and which are worth taking
- Have set moves for different types of starts
- Practise them till you can pull them off every time
- Control the opposition

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Any Questions?

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