Sail MV Racing Syllabus

BRONZE

Craft: Tera & Feva

Students will know:

1. Portsmouth yardstick handicap system
2. On the water forecasting
3. Sail shape and sail control effects
4. Protest protocol
5. Race preparation
6. 1st beat/ holding a lane
7. Use of a spinnaker (symmetric V asymmetric)

Students will understand:

1. Racing rules
2. Different starts
3. Boat set up
4. Scoring systems
5. 3 thirds jibing (spinnaker)

Students can demonstrate:

1. Trigger Pulls
2. Line Bias and start set up
3. React correctly to shifts up wind
4. Sailing by the lee
5. Trapezoid course (mark rounding)

SILVER

Craft: Tera & Feva

Students will know:

1. Synoptic charts
2. Use of NOAA charts
3. Regatta preparation
4. Strength and mobility training
5. Use of video and GPS data
6. Constructive performance reviewing

Students will understand:

1. Application of weather forecast to individual race and a regatta
2. Tidal preparation and in-race tactics
3. Shore side boat set up
4. Sail shape control (4^{th} corner)
5. Warmups/warm downs
6. Basic jury protocol

Students can demonstrate:

1. Start setup (slippage, line positioning, leeward gap)
2. Lee bowing
3. Boat and Boat VS Boat on-fleet tactics
4. 3 thirds jibing (spinnaker)
5. Boat care
6. Protest experience

GOLD

Craft: Feva

Students will know:

1. Shipping forecast
2. Campaign preparation
3. Class recognition and registration
4. Measurement process
5. Self-evaluation – evaluating others
6. Personal development (progression into larger dinghies)

Students will understand:

1. Recognition of frontal systems, and tactical advantages
2. Up wind assessment = downwind tactics
3. Sailing in pressure downwind
4. On the water nutrition
5. Sailing Psychology
6. Risk / reward assessment

Students can demonstrate:

1. Start setup: Lay lines, clearing to windward
2. Application of tactical preparations
3. Threat identification, tactical malleability
4. Gybe set / Gybe drop (kiwi drop)
5. Defending a side
6. Up wind lifts