

CANSail 3

Instructor: _____

Student: _____

Balance

-
- Balance fore and aft in varying conditions
- Heel to assist with steering and helm balance
- Combine balance, steering, and sheeting for balance

Sail Trim

-
- Sheeting to maximize speed and manage power in all directions
- Adjust sails using vang, cunningham, and outhaul
- Depower using sail controls
- Depower using steering and sheeting

Direction

-
- Steer to keep telltales flying 90% of the time
- Sail by the lee for 5 minutes without gybing
- Steer, trim, and balance for a proper upwind course

Head Up

-
- Head up around a mark
- Match sheeting to rate of turn
- Adjust foils and balance boat to head up
- Demonstrate a tactical rounding (wide/close)

Bear Off

-
- Bear off around a mark
- Match sheeting to rate of turn
- Balance boat to bear off
- Demonstrate wide/close and close/wide roundings
- Adjust foils when bearing off

Tack

-
- Tack to clear air when covered
- Tack on command and at 1 minute intervals
- Tack into a clean lane
- Tack onto a layline
- Roll for optional speed during tack

Boat Type: _____

Next Level: _____

Gybe

-
- Gybe on command and at 1 minute intervals
- Gybe to clear air when covered
- Gybe onto a layline
- Roll for optimal speed during gybe

Stop

-
- Stop at a mark and on command
- Reach to a stop and sail backwards
- Identify and stop on a line between two marks

Go/Accelerate

-
- Adjust sheeting & balance to accelerate in different conditions
- Accelerate from a line between marks
- Accelerate at the end of a 2 minute countdown

Down-Speed

-
- Sail at different speeds while beating/reaching/running
- Slow boat by dragging stern, over-steering & backing main

Seamanship

-
- Secure dinghy and spars on roof racks or a trailer
- Evaluate potential hazards at a new sailing venue
- Tune the base setting of your training boat

Tactics/Strategy

-
- Identify lifts and headers, communicate shifts to partner
- Demonstrate understanding of parts 1, 2A and 2B of the rules

Physical Literacy

-
- Play games/activities to promote endurance & flexibility

Mental Training

-
- Set skill/process based goals for training and racing sessions
- Maintain a written log book throughout training
- Participate in a club race or training camp at a local club

Comments