

SB20 Ireland

Training 9th-16th April

Supported by ISA



Supporting Club: Howth Yacht Club



Mark Rhodes Racing Strategy Clinic

<http://www.timeonthewater.co.uk>

Open to all boats competing in the Howth Spring Warmer.

*Cost: €100 per boat, payable to SB20 Class Assoc.
(in addition to race entry fee which is payable to HYC)*

RSVP using the booking form below.

<https://docs.google.com/forms/d/1jFnbKzcumnOTXRaLrSPEwYy7vQ2M1uFhB-rJ1H8t2Fg/viewform?embedded=true>>Loading...</iframe>

All queries to: Jimmy Dowling 0877167167 - jamesdowling101@gmail.com

Program

Areas covered:

- The three segments of the first beat (The Law of Before)
- Creating a starting priority list = creation of strategy = start
- 5 key areas to position at the start (with additional one extra)
 - Double tacking – How, why, when
 - Fleet / boat control – How, why, when, where

Coaching will take place during racing – outside assistance will be permitted – VHF essential.
This is an ideal opportunity to clarify your thinking on these areas with simplified sailing decisions,
and a perfect way to start your racing season.

During the days racing Mark will provide key information to help you around the course
and work on your weaknesses.

Each day will be wrapped up with a video / photo debrief and an opportunity to learn how the race panned out.

Access to key videos and a detailed report of the points looked at
and learnt will also be accessible a couple of days after the training.