



Down Hill Sailing



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National Cadet Coach





Warm 'em
up first
Adam

~~Johnny and the perfect Hill~~
~~Sail and rig tuning made easy~~
Written by:
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Spinnakers

Down Wind Sailing

- **Recap- The Fundamentals**
- **Introducing Mr Spinnaker**
- **The bare necessities of life**
- **The undiscovered resource?**

Those fundamentals (part 1)

[Fundamental one: The wind must come into the rig , flow over the rig , and exhaust from the rig.

[Fundamental two: power is generated by turning the wind away from it's original course by the rig.


[Fundamental three: power is released by not turning the wind away from it's original course by the rig.

Same Old Same Old!

- [The 4th Corner
- [20 Units



20 Units?

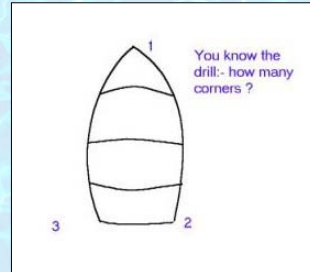




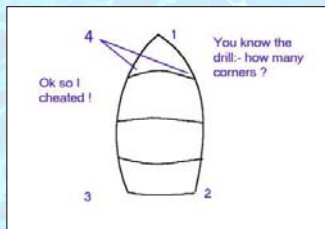
The Fourth Corner?



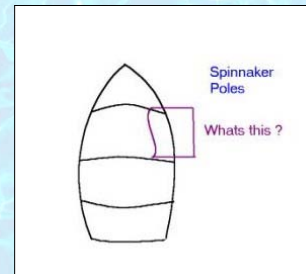
The Hunt 4 the 4th Corner



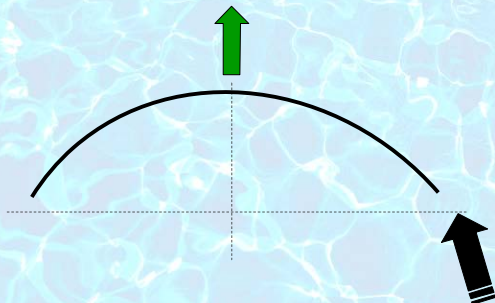
The Hunt 4 the 4th Corner



The 'T' Zone & Flutter Test



Creating The Power????



Tools of the trade

Mr. Tell Tale



You don't love me anymore!

Get the bag out Adam!



The Language Of Luff!

Connecting the vertical and horizontal cambers



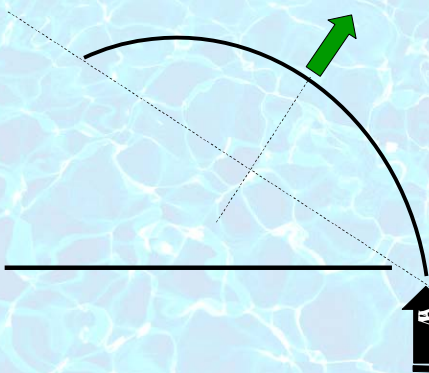
Pole Height Right



Pole Height Too Low

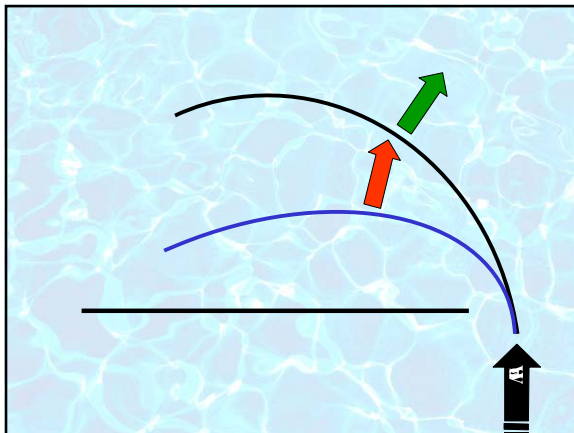
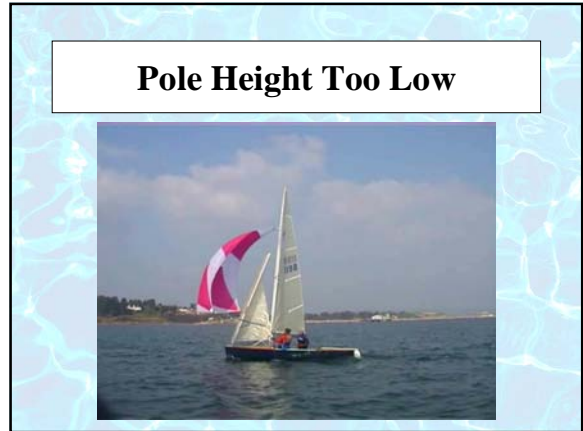
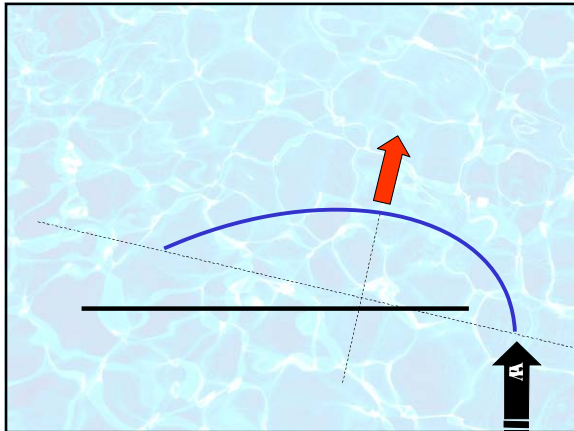


Pole Height Too High



Pole Height Right

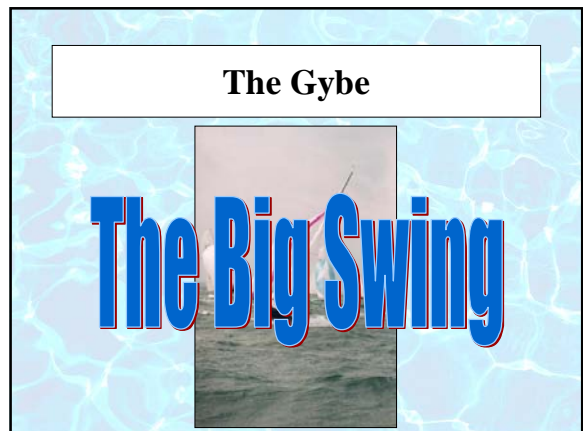




The spinnaker trim checklist
Set & Trim (4 steps to success)

- **Rule 1 : Right direction** (to the next mark?)
- **Rule 2: Pole angle = burgee > 90** (refer rule 1)
- **Rule 3: Flutter test, check the zone** (refer rule 1)

Note: Tickle trimming (sheet x 2 = pole)
How Often?



The Drop!



You What? Communication



The Take Home Messages

- The importance of the vertical shape and its relationship to the cross section (getting the force arrow forward)
- Getting around the course under control (The 3 tricks)
- Communication (course & speed)
- The 5p rule