

## Thomas Chaix

Lassinagh  
The Spa  
Tralee  
Co Kerry  
086 1725256

[www.tcsailingcoach.com](http://www.tcsailingcoach.com)

[thomas@tcsailingcoach.com](mailto:thomas@tcsailingcoach.com)



### GBSC : Regatta fleet debrief

First of all, I want to congratulate every sailors for a great weekend... You were very enthusiastic and your smiles surely contributed to a successful weekend despite the high winds and the little sailing we ended up doing.

The corrected results have been published on the IODAI website and congratulation once more to all the prizes winner.

Now here are a couple of key advice and skills to work on after the weekend :

- Listen when instructions are given, your learning will be better and you will get more fun out of it when sailing.
- Take your time to prepare your boat. This is 50% of a successful day afloat
- The most important ties are the 3 corners. 5 ties!
- Have a read on how to set up a sail (look on RCYC website or mine)
- **PULL YOUR SAIL IN! if it is the only thing you remember I'll be happy**

Upwind you need to be going as close as possible to the wind with the sail full. To achieve this you need to get your sail above the back corner of your boat.

- Never let the tiller (or extension), nor the main sheet slip out of your hands.

Remember the technique demonstrated ashore. Tiller extension on your knees to allow both hands to be close together.

- Hiking : the "bum hiking" is better than just getting the shoulders out!
- Downwind, don't let your sail out too much and keep looking at your burgee to avoid an unwanted jibe
- Sit on the side of the boat. Don't kneel in the middle!
- Practice makes perfect!



*This photo just shows you a very good hiking position and the sail well pulled in condition very similar to what you had in Galway*

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*On this photo, you can see Patrick just finishing his tack. He is on his feet! Not his knees! and he did not use that much tiller.*



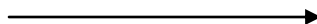
*On this photo, you can see Patrick just finishing his Jibe. He is on his feet! Not his knees!*



*Sail out downwind, but not too much! Tiller extension at the universal joint and weight back.*



*And always take the time to set your boat back ashore*



Have fun

Thomas  
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