

Atlantic Highlands Yacht Club



Attention Sailors

SAILBOAT RACING CLASS NOTICE

For both Skippers and Crew

This class is for sailors who want to try racing their boats, crewing on "other peoples boats" or just want to improve their knowledge of the sport, the **Atlantic Highlands Yacht Club** Race Committee is offering a racing course to get you started. The course includes classroom instruction as well as on-the-water training on the race boats at the club.

The course is free!

The course will include:

- **Crewing on a Race Boat** The different crew positions and their responsibilities,
- **Boat and Sail Trim -** How to trim the sails and the boat for maximum speed and safety.
- **Racing Tactics and Strategy -** The racing rules and how to use them.
- **Helmsmanship -** The critical job for making the boat go fast.
- **Safety-** The most important part of Yacht Racing
- **Navigation-** How to find your way around the race course

The course will consist of 3 classroom Sessions from 6:30 PM until 9:30 PM (with a break for pizza, drinks and meeting other sailors!) followed by 3 sailing sessions also starting at 6:30 PM. There will also be opportunity for another classroom session for on navigation at the end of the course.

Schedule:

Thur 4/29	Classroom	Introduction to Racing and Boat Optimization
Thur 5/6	Classroom	Sail Trim: Making the Boat go fast
Thur 5/13	Classroom	Racing Rules and Tactics
Thur 5/20	Boat Practice:	Crew Positions & Mechanics of Maneuvers
Thur 5/27	Boat Practice:	Basic Maneuvers and Sail Changes
Thur 6/3	Boat Practice:	Sail Trim - Performance Optimization.

Sign up for this program by calling or emailing before 4/27/2010:
Bob Behringer 732-571-0559 or E-mail to rebehringer@comcast.net