

# NAVIGATE THE WORLDS LIKE A PRO

Master the Top 5 Challenges of Major Regattas



Photo by Mick Knive Anderson

# AGENDA

- Housekeeping
- Introductions
- Top 5 Challenges of Big Regattas
  1. Boat and Team Prep
  2. Starts and Making Gains
  3. Mark Roundings and Sets
  4. Unpredictable Conditions
  5. Pacing Yourself
- Questions and Answers

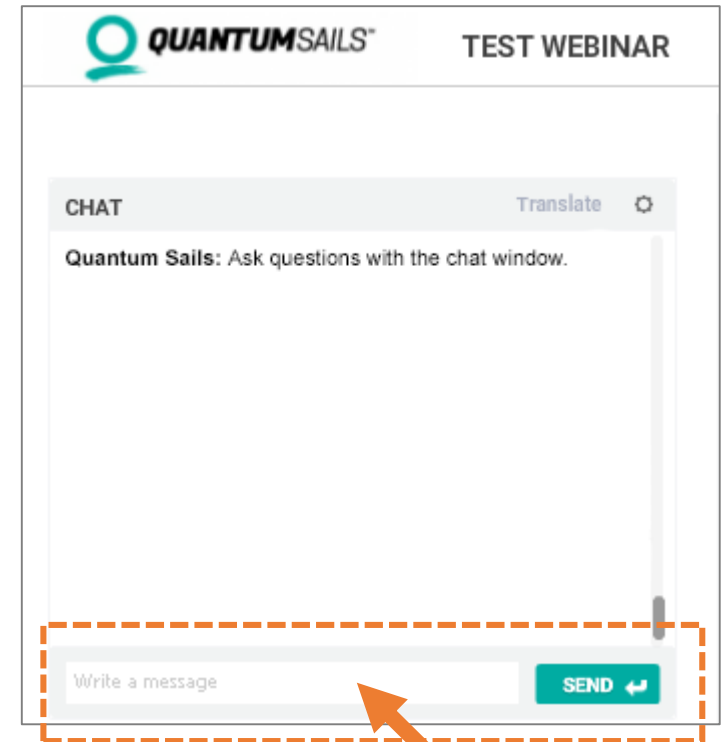


# HOUSEKEEPING

## Use the chat window to:

- Ask presenters or myself questions.
- Get help with technical issues.
- Send any comments.

*After the webinar we will email all registrants a recording of the webinar and answer any questions we weren't able to get to during the webinar.*



Type questions here!

# SPEAKERS



## **CHRIS RAST**

*2015 Melges 24 World Champion and Quantum Sails Melges 24 Expert*



## **SCOTT NIXON**

*Quantum Sails Director of Offshore One Design and Melges 24 Class Expert*

# ***TOP 5 CHALLENGES OF MAJOR REGATTAS***

# 1. BOAT AND TEAM PREP

## Regattas are won before they even start

- Show up prepared and organized.
- Discuss important details, schedule and expectations with your team.



## Come clean

- Come with a clean boat.
- Clean it each day before racing.

## Practice is key

- Especially if you don't normally sail together as a team.
- Sail with faster teams than yourself.
- Take a break before the event starts.



# 2. STARTS AND MAKING GAINS

## It's a process

- You need to do things early to make sure you are ready for the race.
- Goal is to sail straight for 5 minutes without tacking.

## Making gains

- Leeward gates are only real option to gain (or lose) big points.
- Set up your rounding early.
- Round a clean gate and sail straight without tacking.



# 3. MARK ROUNDINGS AND SETS

## Roundings

- Avoid the high risk moves.
- Try not to round overlapped so you have options.



## Sets

- Plan a normal VMG rounding, a high set (to protect the high lane) or a gybe-set (head for the left side looking downwind).
- Exit at the leeward gates early so you can set up your approach in the big fleet where lanes are critical.



# 4. *UNPREDICTABLE CONDITIONS*



## **Do your research**

- Learn about seasonal weather patterns and conditions, tides, and currents.
- Ask locals or call the area sail loft.

## **Be prepared**

- Mother nature is unpredictable, don't plan on patterns always ringing true.

## **Safety first**

- Always sail within your and your team's limits.

# 5. PACING YOURSELF

## It's a marathon, not a sprint

- Take it easy early when off the water.
- Make sure Niki Beach and the Miami nightlife does not wipe you out early in the week!



## Conserve energy

- Try to get at least a ½ day off before day one of racing.
- Hydrate, eat well and avoid the sun when possible.
- Use lots of sunscreen and protective clothing.

# RECAP



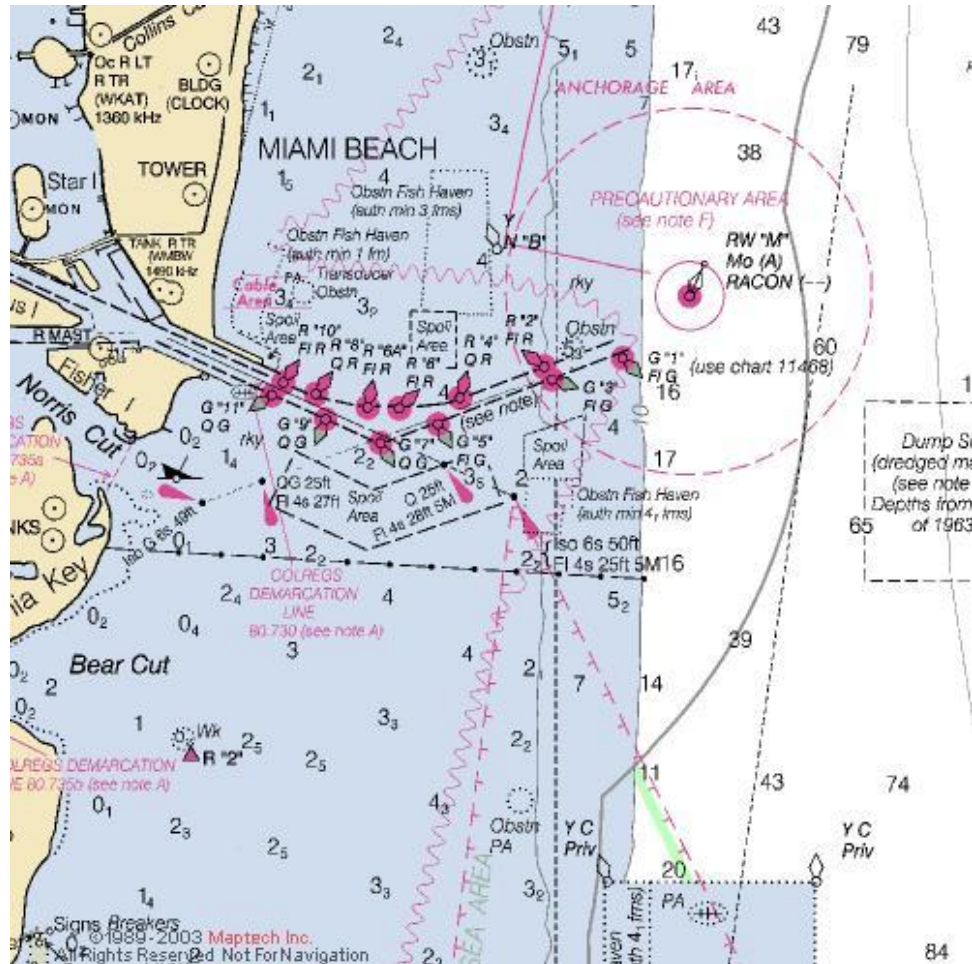
## ***THE TOP 5 CHALLENGES OF MAJOR REGATTAS***

- 1. Boat and Team Prep**
- 2. Starts and Making Gains**
- 3. Mark Roundings and Sets**
- 4. Unpredictable Conditions**
- 5. Pacing Yourself**

# ***QUESTIONS & ANSWERS***



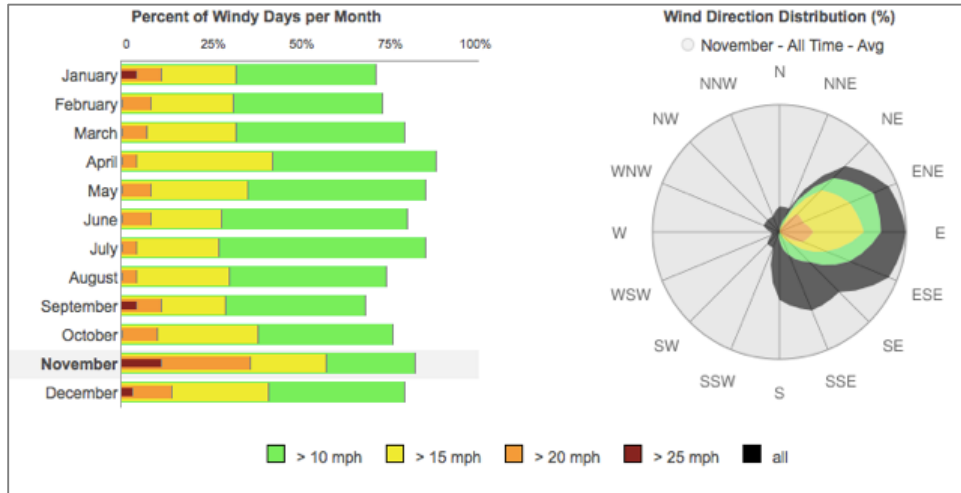
# MIAMI SAILING



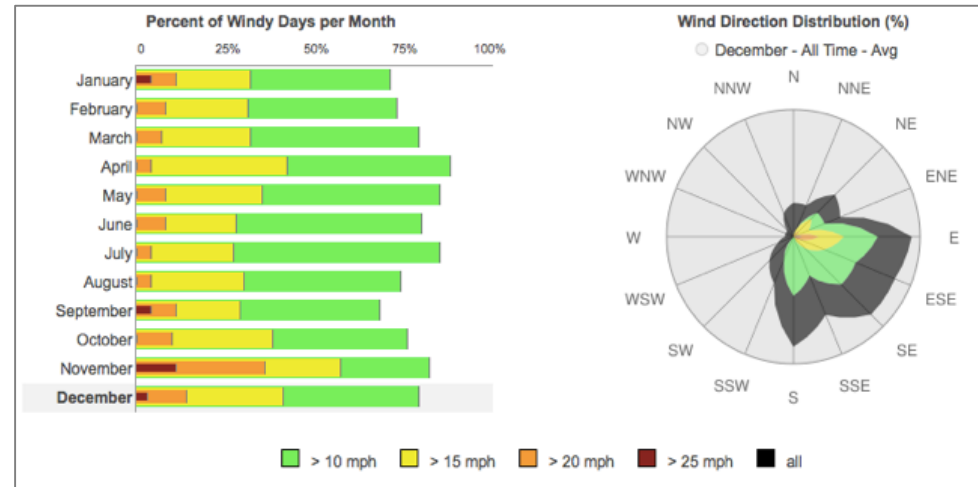


# MIAMI WIND CHARTS

## NOVEMBER



## DECEMBER



# THANK YOU



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