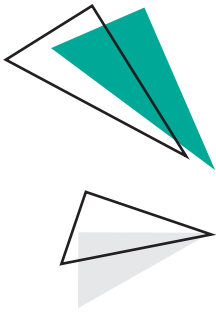


# SYSTEM SAILING

*SAILING WITH NUMBERS*

FOUNDATION | 1.2 THE CREW



# THE CREW

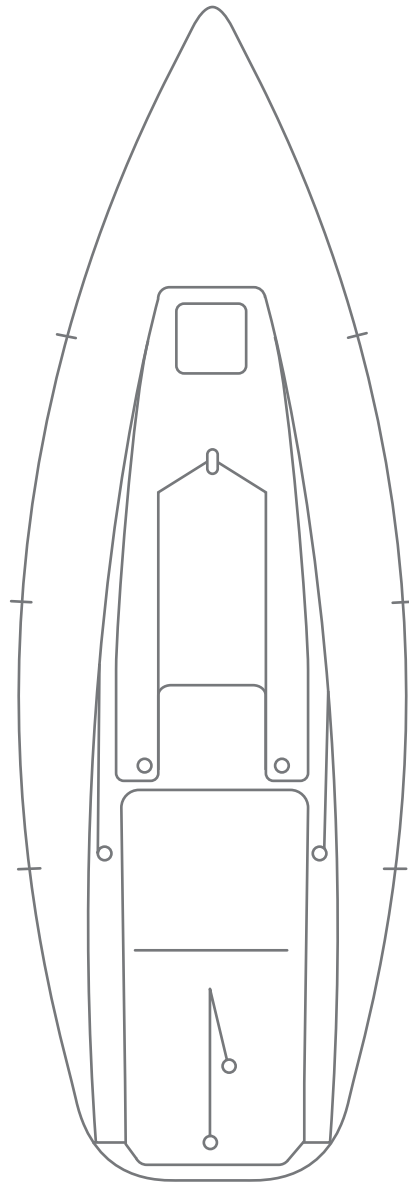
No matter how many people are onboard, who is onboard, or what kind of sailing you're doing, it's important to lay the groundwork for a fun and stress-free sail. The best way to ensure success is with clear communication, and a clear understanding of everyone's roles.

## THE FOUNDATION



## HOW TO USE THIS PLAYBOOK

The Foundation Playbooks in this series are designed to help you take an organized and systematic approach to your boat, team, plans, and goals. Use this crew playbook to document and log the roles on your boat and their responsibilities during maneuvers. This playbook was designed to be flexible to allow you to make it your own to best suit your program. For best results, use this as a companion to Quantum's System Sailing series with Wally Cross on QuantumSails.com. Whatever kind of sailing you're doing and wherever the wind may take you, we hope you will find this to be a helpful resource to improve your enjoyment on the water.



Use the diagram above to label each position and to show the approximate location where each one operates on the boat. Being clear about crew positions allows for maneuvers to run more smoothly, which leads to all around better sailing!



# ***ROLE DEFINITIONS***

**ROLE:** \_\_\_\_\_

KEY RESPONSIBILITIES: \_\_\_\_\_

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**ROLE:** \_\_\_\_\_

KEY RESPONSIBILITIES: \_\_\_\_\_

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**ROLE:** \_\_\_\_\_

KEY RESPONSIBILITIES: \_\_\_\_\_

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**ROLE:** \_\_\_\_\_

KEY RESPONSIBILITIES: \_\_\_\_\_

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**ROLE:** \_\_\_\_\_

KEY RESPONSIBILITIES: \_\_\_\_\_

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# ROLE DEFINITIONS

**ROLE:** \_\_\_\_\_

KEY RESPONSIBILITIES: \_\_\_\_\_

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**ROLE:** \_\_\_\_\_

KEY RESPONSIBILITIES: \_\_\_\_\_

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**ROLE:** \_\_\_\_\_

KEY RESPONSIBILITIES: \_\_\_\_\_

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**ROLE:** \_\_\_\_\_

KEY RESPONSIBILITIES: \_\_\_\_\_

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**ROLE:** \_\_\_\_\_

KEY RESPONSIBILITIES: \_\_\_\_\_

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# ***BOAT SET-UP & TEAR DOWN***



**SET-UP**

**TEAR DOWN**

<b>CREW</b>		

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# UPWIND



**LIGHT AIR**

**HEAVY AIR**

<b>CREW</b>			

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# DOWNWIND



**LIGHT AIR**

**HEAVY AIR**

<b>CREW</b>			

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_







**LIGHT AIR**

**HEAVY AIR**

<b>CREW</b>			

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# JIBE



**LIGHT AIR**

**HEAVY AIR**

<b>CREW</b>			

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# TOP MARK



**LIGHT AIR**

**HEAVY AIR**

<b>CREW</b>			

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# SPINNAKER SET



**LIGHT AIR**

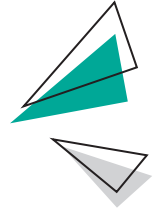
**HEAVY AIR**

<b>CREW</b>		

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# SPINNAKER DOUSE



**LIGHT AIR**

**HEAVY AIR**

	LIGHT AIR	HEAVY AIR
CREW		

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# ADDITIONAL



**MANEUVER:**

**MANEUVER:**

<b>CREW</b>		

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# ADDITIONAL



**MANEUVER:**

**MANEUVER:**

<b>CREW</b>		

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

