

SYSTEM SAILING

SAILING WITH NUMBERS

FOUNDATION | THE BOAT



THE BOAT

With a systematic approach to the maintenance and care of your boat, you can ensure your gear isn't holding you back. With a solid foundation, your performance and experience on the water will be an accurate reflection of your skills and growth. It's truly the key to success and enjoyment on the water.

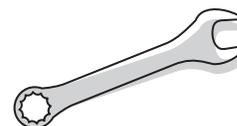
THE FOUNDATION



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 first playbook to document and log elements of your boat, including age, number of days used, and the condition. 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](https://www.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.

MAINTENANCE LOG



YEAR: _____ BOAT: _____

UNDERWATER

CONDITION NOTES

<input type="checkbox"/> KEEL	WIDTH OF TRAILING EDGE _____
<input type="checkbox"/> RUDDER	WIDTH OF TRAILING EDGE _____
<input type="checkbox"/> BOTTOM FINISH	AGE _____
<input type="checkbox"/> PROPELLER	AGE _____
<input type="checkbox"/> CENTER SEAM	
<input type="checkbox"/> SCUPPERS	
<input type="checkbox"/> TRANSOM	
<input type="checkbox"/>	

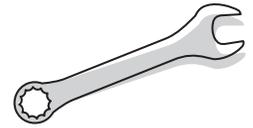
DECK & HULL

CONDITION NOTES

<input type="checkbox"/> HULL	
<input type="checkbox"/> SET UP / LAYOUT	
<input type="checkbox"/> DECK FINISH	AGE _____
<input type="checkbox"/> STANCHIONS & DECK LINES	AGE _____
<input type="checkbox"/> MARKS	
<input type="checkbox"/> SHEET BAGS	
<input type="checkbox"/>	
<input type="checkbox"/>	



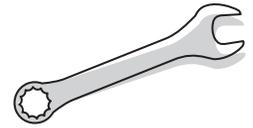
MAINTENANCE LOG



HARDWARE	CONDITION NOTES
<input type="checkbox"/> WINCH SYSTEMS	
<input type="checkbox"/> CLEATS & STOPPERS	
<input type="checkbox"/> BLOCKS	
<input type="checkbox"/> TRACKS	
<input type="checkbox"/> MAST & HARDWARE	
<input type="checkbox"/> RIGGING HARDWARE	
<input type="checkbox"/> BOOM & VANG	
<input type="checkbox"/> TILLER / WHEEL	
<input type="checkbox"/> INSTRUMENTS & GAUGES	
<input type="checkbox"/> WINDEX	
<input type="checkbox"/> SPINNAKER POLE / SPRIT	
<input type="checkbox"/>	



MAINTENANCE LOG



LINES	NO. OF DAYS / AGE	CONDITION NOTES
HALYARD	<input type="checkbox"/>	
	<input type="checkbox"/>	
SHEETS	<input type="checkbox"/>	
	<input type="checkbox"/>	
CONTROL LINES	<input type="checkbox"/>	
	<input type="checkbox"/>	
SPARE / OTHER	<input type="checkbox"/>	
	<input type="checkbox"/>	



INVENTORY CHECKLIST



DOWN BELOW

CONDITION NOTES

<input type="checkbox"/>	

COMMON EQUIPMENT: Spare parts, spare lines, radios, anchor, tools, sail repair kit, safety gear, docking gear, boat hook, etc.



SAILS



MAINSAILS	NO. OF DAYS / AGE	INSPECTION DATE		CONDITION / SERVICE WORK NOTES
			<input type="checkbox"/>	
			<input type="checkbox"/>	
			<input type="checkbox"/>	

HEADSAILS	NO. OF DAYS / AGE	INSPECTION DATE		CONDITION / SERVICE WORK NOTES
			<input type="checkbox"/>	

DOWNWIND SAILS	NO. OF DAYS / AGE	INSPECTION DATE		CONDITION / SERVICE WORK NOTES
			<input type="checkbox"/>	



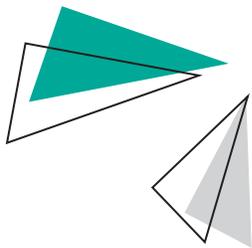
SAIL SHAPE PHOTOS: Document sail shape at least annually. These photos not only helps when is comes to troubleshooting performance issues, they can also enable your sailmaker to recut your sails to extend their lifespan.



OTHER NOTES







SYSTEM SAILING

SAILING WITH NUMBERS

FOUNDATION | THE CREW



THE CREW

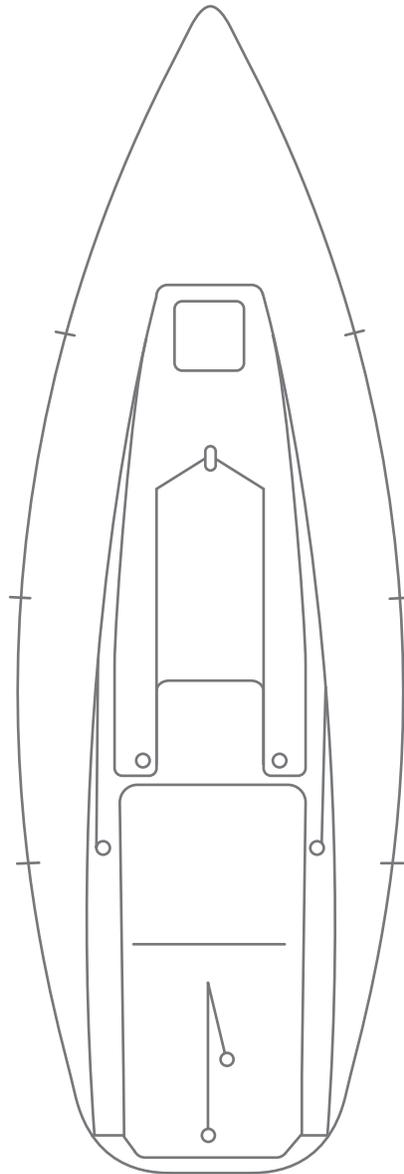
No matter how many people are onboard, who is onboard, or what kind of sailing you're doing, it's important to lay the groundwork for a fun and stress-free sail. The best way to ensure success is with clear communication, and a clear understanding of everyone's roles.

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: _____

ROLE: _____

KEY RESPONSIBILITIES: _____

ROLE: _____

KEY RESPONSIBILITIES: _____

ROLE: _____

KEY RESPONSIBILITIES: _____

ROLE: _____

KEY RESPONSIBILITIES: _____



ROLE DEFINITIONS

ROLE: _____

KEY RESPONSIBILITIES: _____

ROLE: _____

KEY RESPONSIBILITIES: _____

ROLE: _____

KEY RESPONSIBILITIES: _____

ROLE: _____

KEY RESPONSIBILITIES: _____

ROLE: _____

KEY RESPONSIBILITIES: _____



BOAT SET-UP & TEAR DOWN



SET-UP

TEAR DOWN

CREW		

NOTES _____



UPWIND



LIGHT AIR

HEAVY AIR

CREW			

NOTES _____



DOWNWIND



LIGHT AIR

HEAVY AIR

<i>CREW</i>			

NOTES _____





LIGHT AIR

HEAVY AIR

CREW			

NOTES _____



JIBE



LIGHT AIR

HEAVY AIR

CREW	LIGHT AIR	HEAVY AIR

NOTES _____



TOP MARK



LIGHT AIR

HEAVY AIR

CREW			

NOTES _____



SPINNAKER SET

LIGHT AIR

HEAVY AIR

CREW			

NOTES _____



SPINNAKER DOUSE



LIGHT AIR

HEAVY AIR

CREW		

NOTES _____



ADDITIONAL



MANEUVER:

MANEUVER:

CREW		

NOTES _____



ADDITIONAL



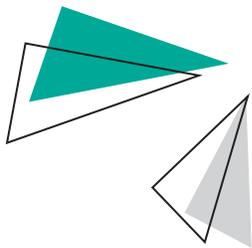
MANEUVER:

MANEUVER:

CREW		

NOTES _____





SYSTEM SAILING

SAILING WITH NUMBERS

FOUNDATION | PLANS & GOALS



THE PLAN

“A goal without a plan is just a wish,” so the famous quote goes. It’s just as applicable to what you want to do with your sailing program. Whether it’s as big as a bucket-list trip or as simple as mastering starts this season, the first step is to identify your goal and make a plan to get there.

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 planning and goal setting playbook to clearly communicate where you want to go and create a clear plan to get there. This playbook was designed to be flexible to allow you to make it your own and 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.

SET YOUR ULTIMATE GOAL



WHAT IS YOUR ULTIMATE GOAL?

What is it that you and your team want to achieve in the long-run? This is where you dream big—realistic, but big. Ultimate goals are often a bit complex with lots of moving pieces, which is why workbooks like this are great for organizing the elements and making an action plan.

ULTIMATE GOAL: _____

DETAILS/NOTES

PRO TIP

CREATE YOUR ULTIMATE GOAL AS A TEAM

If you're the boat owner or team captain, you might have a very clear goal in mind. However, sitting down with your team and agreeing as a team on what your ultimate goal should be goes a long way to making it everyone's goal and not just yours.



SHORT-TERM GOALS



BREAK DOWN YOUR ULTIMATE GOAL INTO 5 SHORT-TERM GOALS

Decide on five key short-term goals that will go into achieving your ultimate goal and list them below. Since your ultimate goal isn't meant to be achieved in one season, these goals don't have to be either. List them in the order they should be accomplished. Once you've identified the short-term goals, evaluate your situation for this season (crew availability, schedule, resources, etc.) and decide with your team what you can realistically accomplish this season, and **circle it**. Don't worry if you only circle number one! If it's helpful, you can also add target dates below each goal.

1	2	3	4	5
<hr/> <hr/> <hr/> <p>DESCRIPTION:</p>				

DATE: _____ DATE: _____ DATE: _____ DATE: _____ DATE: _____

COMPLETED COMPLETED COMPLETED COMPLETED COMPLETED



INDIVIDUAL CREW GOALS



OBJECTIVES FOR EACH CREW

Each crew member should also identify their goals for the season. These include goals for personal growth and goals that help achieve the goal. Print out a worksheet for each crew member.

NAME: _____

ROLE/POSITION: _____

TOP 3 GOALS

--	--	--

PLAN

--

ACTION ITEM CHECKLIST:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



CALENDAR



MONTH:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



COMMUNICATIONS PLAN

MASTER SCHEDULE PLAN

PLAN FOR COORDINATION

PLAN FOR LAST MINUTE UPDATES

NOTES

TO-DO

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



TASK CHECKLIST

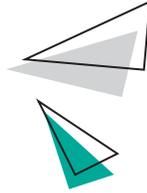


TASKS

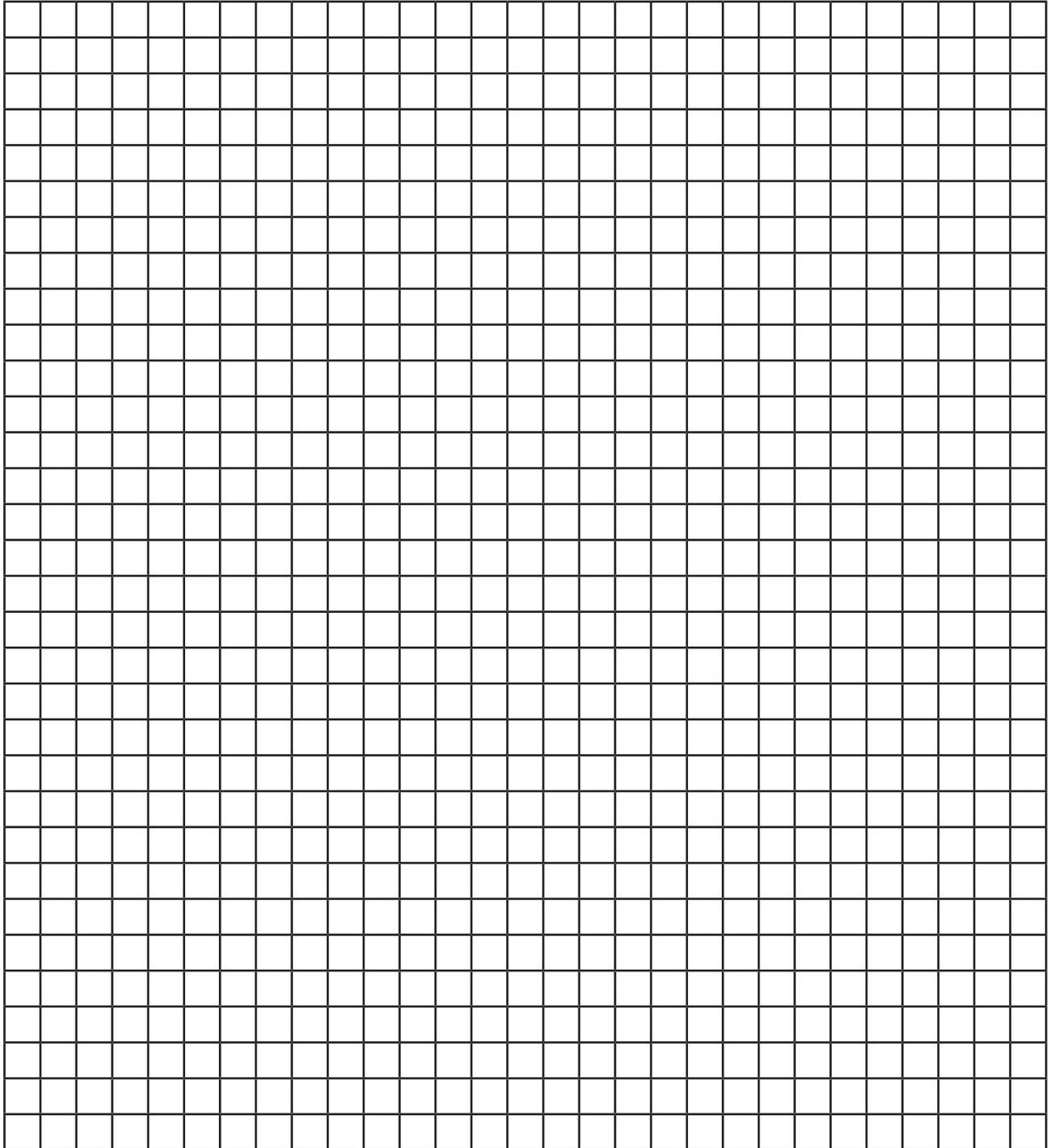
OWNER _____
NOTES _____



CROSS-OVER CHART

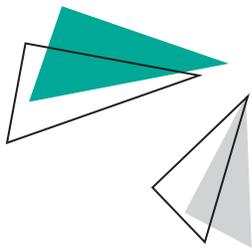


TRUE WIND ANGLE



TRUE WIND SPEED

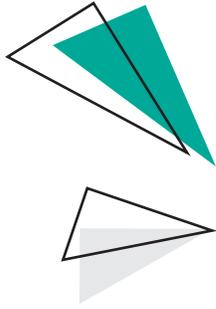




SYSTEM SAILING

SAILING WITH NUMBERS

SETTINGS & TUNING



THE NUMBERS

Creating a system of measurement tools on your boat is key to being able to reproduce settings and get a good handle on what works and what is fast in a variety of conditions. Let's get started.

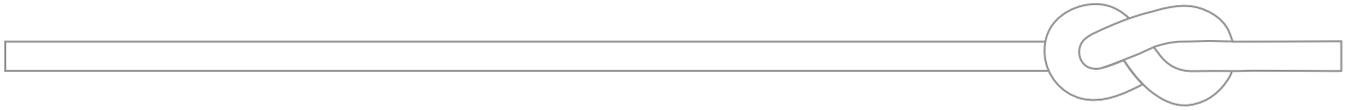
THE FOUNDATION



HOW TO USE THIS PLAYBOOK

The Settings & Tuning Playbook is designed to help you take an organized and systematic approach to the settings on your boat. Use the charts and diagrams in this playbook to log what works so it's easy to repeat. This playbook was designed to be flexible to allow you to make it your own and 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.

HALYARDS



HALYARD: _____

DESCRIPTION: _____



HALYARD: _____

DESCRIPTION: _____



HALYARD: _____

DESCRIPTION: _____

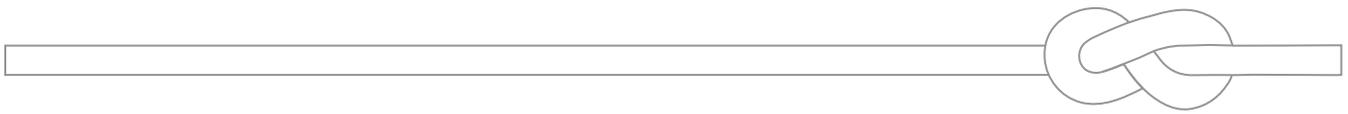


HALYARD: _____

DESCRIPTION: _____



SHEETS



SHEET: _____

DESCRIPTION: _____



SHEET: _____

DESCRIPTION: _____



SHEET: _____

DESCRIPTION: _____



SHEET: _____

DESCRIPTION: _____



SAIL CONTROL CHART



HALYARDS

SHEETS

UPWIND

(TWS)	MAIN	HEADSAIL					MAIN	HEADSAIL			
0 TO 4											
5 TO 6											
6 TO 8											
8 TO 10											
10 TO 12											
12 TO 14											
14 TO 18											
18 TO 20											
20 TO 23											
24 TO 26											
26+											

HALYARDS

SHEETS

DOWNWIND

(TWS)	MAIN	SPINN					MAIN	SPINN			
0 TO 4											
5 TO 6											
6 TO 8											
8 TO 10											
10 TO 12											
12 TO 14											
14 TO 18											
18 TO 20											
20 TO 23											
24 TO 26											
26+											

SAIL CONTROL CHART



UPWIND

	(TWS)	BACKSTAY	CUNNINGHAM	OUTHHAUL	TRAVELER	BOOM VANG	JIB LEAD			
0 TO 4										
5 TO 6										
6 TO 8										
8 TO 10										
10 TO 12										
12 TO 14										
14 TO 18										
18 TO 20										
20 TO 23										
24 TO 26										
26+										

DOWNWIND

	(TWS)	BACKSTAY	CUNNINGHAM	OUTHHAUL	TRAVELER	BOOM VANG				
0 TO 4										
5 TO 6										
6 TO 8										
8 TO 10										
10 TO 12										
12 TO 14										
14 TO 18										
18 TO 20										
20 TO 23										
24 TO 26										
26+										

TUNING GUIDE

BOAT NAME: _____

DATE: _____

TWS

UPPERS

LOWERS

UPPERS

LOWERS

Knots

Turns from base

Turns from base

Tension

Tension

0 TO 4							
5 TO 6							
6 TO 8							
8 TO 10							
10 TO 12							
12 TO 14							
14 TO 18							
18 TO 20							
20 TO 23							
24 TO 26							
26+							

BASE SETTINGS

CALIPER #'S	UPPERS	LOWERS	HEADSTAY	RAKE	PREBEND AT SPREADERS
PORT	_____ mm	_____ mm	_____ mm		
STARBOARD	_____ mm	_____ mm	_____ mm	Headstay Tension	
LOOS GAGE #			_____ mm		

**Use Calipers to measure distance between turnbuckles once rig is set up at base for repeatability. Record here on this chart.



