PRE-RACE BRIEF

u	SAILING INSTRUCTIONS & NOR		
			_
	FORECAST (wind/sea state/current)		
_	FORECAST (WITH, Sed State/Current)		
	SAIL SELECTION PLAN		
			_
	RIG TUNE DISCUSSION/PLAN		
_	THE TOTAL DISCOSSION/T LAN		
	GOALS FOR THE DAY		
			_
		<u> </u>	



POST RACE DEBRIEF

	REVIEW STARTS
	UPWIND SET UP AND SPEED
	TACTICAL DECISION MAKING ANALYSIS
	MARK ROUNDINGS
	SAIL PIC REVIEW (on & off the boat pics)
	DOWNWIND SET UP AND SPEED
_	
	BOAT HANDLING REVIEW
	SALL DEVIEW (docions & change)
_	SAIL REVIEW (designs & shapes)
	RIG SET UP AND HOW THE SAILS SET ON THE RIG TUNING
	RESULTS DISCUSSION
	WHAT WAS LEARNED



ADDITIONAL NOTES

