

PRE-RACE BRIEF



SAILING INSTRUCTIONS & NOR

FORECAST (wind/sea state/current)

SAIL SELECTION PLAN

RIG TUNE DISCUSSION/PLAN

GOALS FOR THE DAY



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

SAIL REVIEW (designs & shapes)

RIG SET UP AND HOW THE SAILS SET ON THE RIG TUNING

RESULTS DISCUSSION

WHAT WAS LEARNED



