

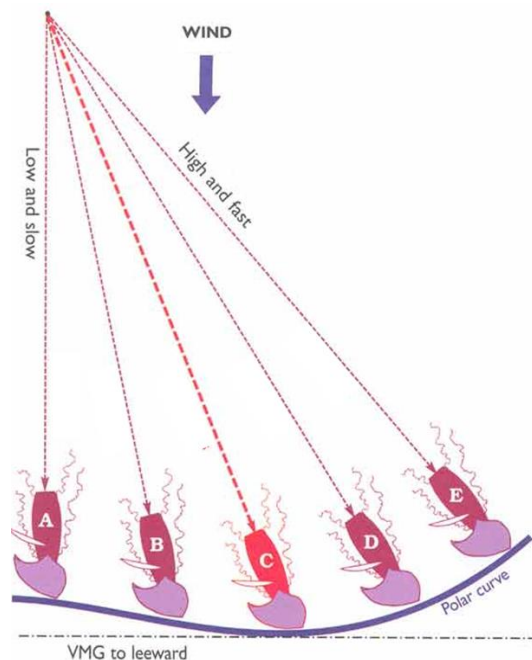
# OKOBOJI YACHT CLUB SAILING SCHOOL

## RACING NEWSLETTER



This newsletter is dedicated to a couple areas of focus that, our downwind game and speed.

### SITUATIONAL AWARENESS IN YOUR DOWNWIND GAME: "IT'S ALL EASY DOWNHILL..."



We starting our discussion in class last week talking about the lessons learned in starting and upwind strategies when in large fleets. We went through the process, procedures and breaking down of big fleet lines, as well as sailing upwind to the lay lines in big fleets. Boat position is critical to your final standings and to give you the best advantage.

Sailing downwind is more an art of understanding speed and course distance travelled; what we call VMG. Being aware of the course, its marks and how skew and shifts can place you ahead or behind your competition is critical. There are some pointers in the attached YouTube link that all our teams, Helmsman and Crew, should be aware of while they are working down the course.

The link below is a great video on downwind strategy course from the International Sailing Academy. It has a specific focus on Lasers, but its general technical information will help all our sailors, Opti and X alike, in how to approach an upwind mark and how to get to the leeward mark faster.

Link at: [https://www.youtube.com/watch?v=jAfCU5\\_lvt8&feature=push-u&attr\\_tag=OqfglSEf16SHkYt5-6](https://www.youtube.com/watch?v=jAfCU5_lvt8&feature=push-u&attr_tag=OqfglSEf16SHkYt5-6)

### RACING CLINICS: CRARY IS FOCUSED ON X MARKING THE SPOT!

#### Tactics and Regatta Prep for Inlands.

Will Crary is back with us this week so that means **NO Opti Race class this week** as only two have signed up for the course this week.

This WBYC's pro instructor has been devoting years to the development of his X program technically, strategically, AND with the commitment to excellent crew work ... something we have been preaching here.

*"WHILE MY JOB ON THE BOAT IS IMPORTANT, WITHOUT A GREAT CREW I COULD NOT BE SO SUCCESSFUL. SUSIE VOLTZ HAS BEEN CREWING WITH ME FOR FIVE YEARS."*



With multiple X Championships and a growing program in the 420, his resume has a great fit for our next stage of advancement that will support our OYC TEAM in developing speed and execution.

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### ONLY SPEEDY HAS A STRATEGY:

To implement your strategy and/ or pull off boat-on-boat tactics you need to have boat speed. To have boat speed, we need a rig that us set up correctly for the conditions and have proper trim for the point of sail.

Over the last week our staff has been working on rig tuning and setup. We have reviewed about 1/2 the boats in the fleet. We are always available to help those who continue to experience issues.

In addition, I have modified a tool, see attached, I use when sailing my programs that reminds me and the crew of what is going to be instore for the race when it comes to trim. It's a great way to get to the initial settings quickly so you can fine tune and finesse boat trim for top speed.



### Tuning Guide Example to help keep your program organized:

**X** Basic Setup  
N/S X Class  
April 2015

The X Class is to be sailed flat once the wind is above 5 MPH. Do no heal the boat to windward, it is very slow.

MPH / KTS	RIG		MAIN					JIB			CENTERBOARD	Basics																
	Mast Rake	Shrouds	Outhaul	Vang	Downhaul Car (subject to rig type)	Cunningham	Sheet - Shape	Lead	Jib Luff	Jib Trim			Lead	Jib Luff	Jib Trim													
1.15 1																												
0 0																												
1 1	21' - 0"	Loosen	1"	Loose	Car Above Black Band	Wrinkle - NONE	Boom to Corner	1 FWD	Wrinkle 1/2"	Loose	Neutral, BASE Position	Wrinkle	Loose	DOWN	Drifter													
2 2																												
3 3																												
5 4		Snug																										
6 5																												
7 6																												
8 7	20'-11"	Snug	1/2"	Moderate	Car at Top of Black Band	Smooth if unable to hike to flat	Parallel	BASE Position	JUST Smooth to slight wrinkles	Trim on and keep telltale flowing aft	1 - 2 FWD	Smooth	Loose and reduce Twist	DOWN	Medium													
9 8																												
10 9																												
12 10																												
13 11																												
14 12	20'-10 1/2"	Snug	Tight	Tight	Car at Bottom of Black Band	ON Hard Upwind	Parallel	BASE Position	Tight and Smooth	TIGHT!	Neutral, Base Position	Tight and Smooth	TIGHT!	UP In Chop 3-4"	Medium Heavy													
15 13																												
16 14																												
17 15																												
18 16																												
20 17	20'-10"	Snug	0	Vang Sheeting	Car at Bottom of Black Band	OFF Downwind	NO PINCH	1-2 BKWD	Tight and Smooth	SAIL JIB	1-2 BKWD	Tight and Smooth	SAIL JIB	UP 4-5"	HEAVY													
21 18																												
22 19																												
23 20																												
24 21																												
25 22																												

Information gathered from: <https://northsails.com/sailing/en/resources/x-boat-tuning-guide>

### UPCOMING RACING EVENTS: GET SIGNED UP!

- Inlands X & Opti, Delevan, WI [July 26 - 29 and July 31 - August 1](#)
- Interlake, White Bear, MN [August 5 - 6, 2017](#)
- Blue Chip, Cedar Lake, WI [August 11 - 12, 2017](#)