



SB20 RACE TRAINING

Shane Hughes

**North Sails Ireland
RYA & ISA Race Coach**



SB20 Webinar Program:

SB20 Training Agenda:

Tuesday 12th May

- **Preparation - planning your program/campaign efficiently**
- **Upwind focus (Trim & Setup, Kinetics/weight movement to improve performance, onboard communications)**
- **Focus on tacks - what elements feed into the perfect tack**
- **Windward mark rounding's and sets - straight set or gybe set? Which to go for and why inc. rules discussion**
- **Virtual Regatta (3 races)**

Tuesday 19th May

- **Downwind focus (Trim and setup, Kinetics / weight movement, onboard communications)**
- **Focus on gybes - what elements feed into the perfect gybe**
- **Leeward mark rounding's and drops - Windward, leeward and Kiwi/gybe drops inc. rules discussion**
- **Virtual Regatta (3 races)**

Tuesday 26th May

- **Rig Tune & Sail Trim for light, medium and strong winds**
- **Starting - strategies and rules**
- **Virtual Regatta (3 Races)**

Jib Leech comparison



Mainsail Twist comparison



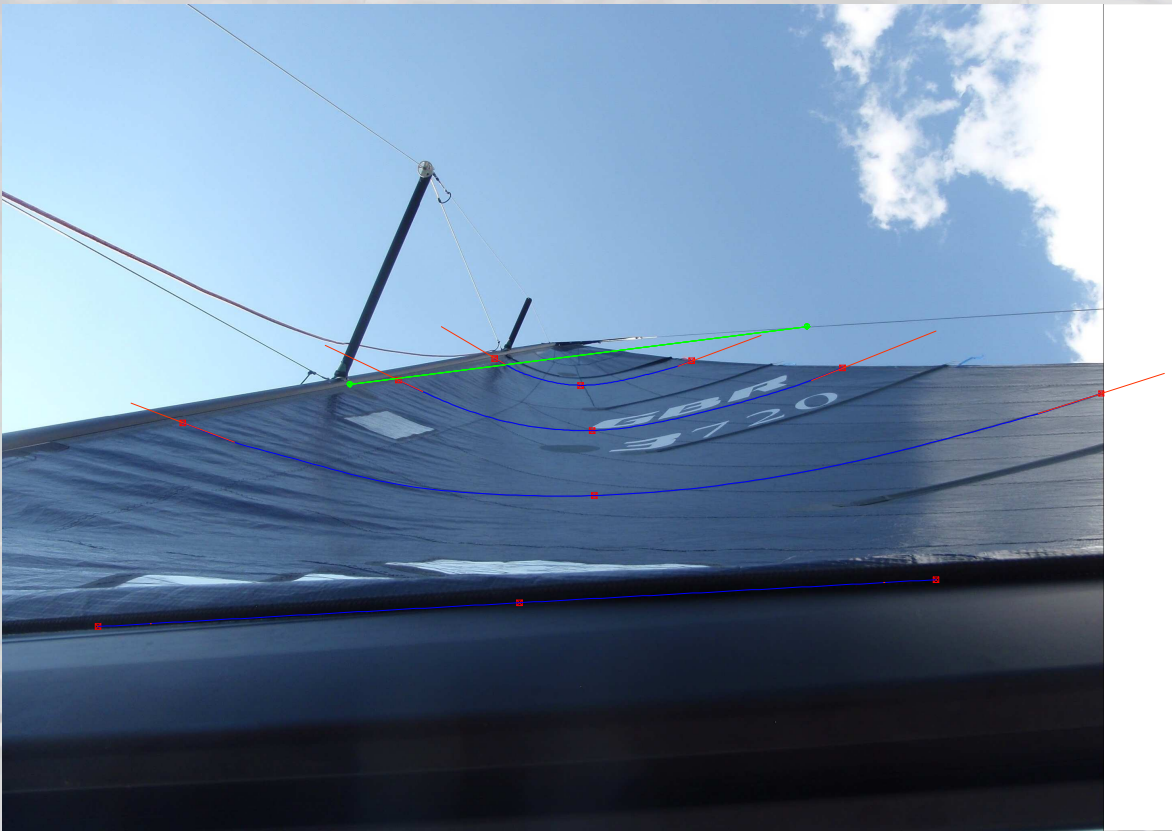
Mainsail Twist comparison



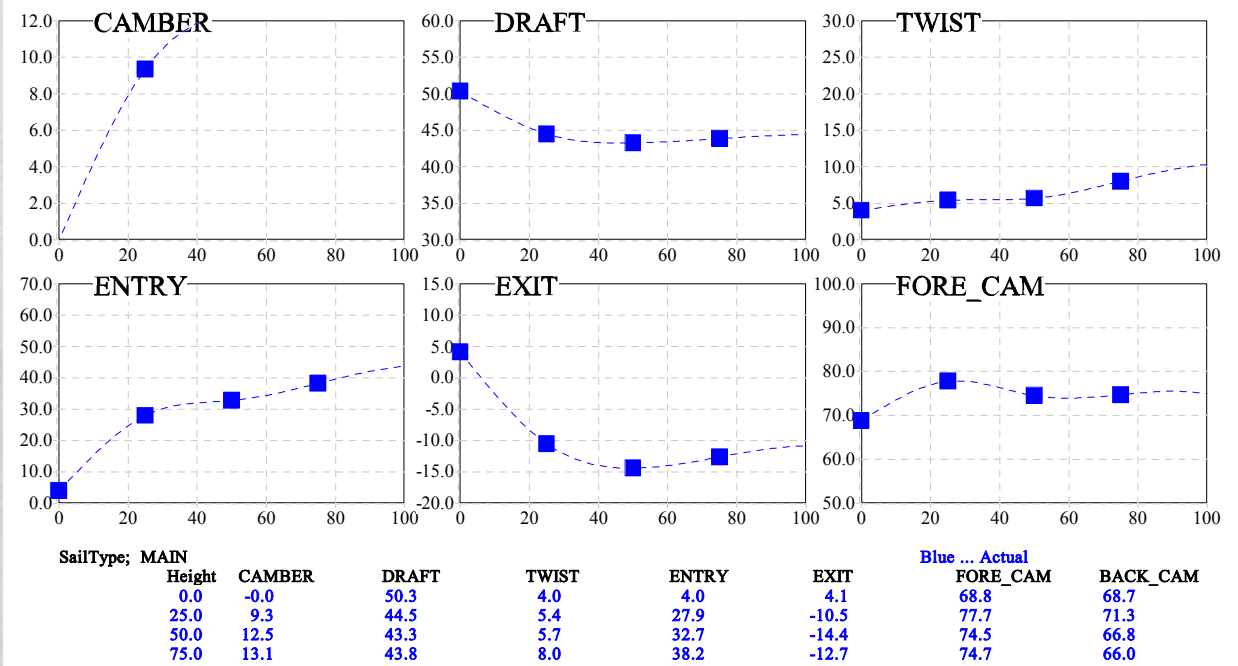
Mainsail Scan analysis

Advanced Sail Analysis Software

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Rake Analysis

