

Fast Cat Fleet Training

Day 1

Sat 23rd April, HW 11.36hrs, height 9.1m

08.00hrs : arrive to prepare boats

09.00 to 10.00hrs : theory and plan for the day

10.30 to 12.30hrs : on the water practice

Fundamentals of rigging boomed catamaran (& Nacra 6.0)

Mast rake

Diamond wire tension

Mast bend

Mast rotation

Rig tension

Dagger/center board effect.

3 x W's Weight/Wind/Water

First Sailing Day :

Mainsheet control.

Sailing in line, no overtaking

Tight 360's.

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### Day 2

Date tba.

tba hrs : arrive to prepare boats

tba hrs : theory and plan for the day

tba hrs : on the water practice

Second Sailing Day :

Mainsheet Control

All points of sail

Boat balance/trim

Individual races on tiny course, 50 yards max with three buoys, timed, one starts every minute