



MRSC

Start Racing Programme

Aims: To introduce novice sailors to racing at the club

The series will be run by experienced club racers, with support from training.

Each session will start with a workshop on the subject of start racing, and then move to the water for racing itself. The structure of the course will be informal with the objective of learning racing and having fun.

The purpose of the series is to inspire club members, and to give them the knowledge and confidence required to join in club racing on a more regular basis.

The syllabus to be followed (not in any particular order) is as follows:

Start Racing

Why Race

Social, Make new friends and Improve skills etc.

Physical Preparation

Understands physical preparations, stay hydrated, protection from the elements etc.
Has knowledge of personal and club safety rules

Racing Rules

An introduction to the racing rules of the club, and an understanding of the basic right of way rules.
The difference between handicap and class racing

The course

Understanding of the different course types, and how to sail them

Boat Handling

How to make best use of 5 essentials as crew and helm
How to round marks
Boat types

Starts

Has knowledge of transits
Understands the basics of starting, signals, timing etc

Boat Preparation

Has knowledge of how to rig a racing dinghy
Has knowledge of availability of class tuning guides

Boat speed

Understands how to alter sail controls both round the course and for differing conditions

Teamwork

Understands the requirements to develop a good partnership

Strategy and Meteorology

Obtain and understand a simple weather forecast

Has knowledge of clear air, gusts and lulls

Tactics

Has knowledge of basic boat on boat situations

The programme for this season is listed below:

Please note that the club programme states a reporting time for harbour starts of 1.5 hours before start time, the scheduled timings below are 2 hours before the start, this is to allow time for the workshops to take place.

Session	Date	Start time
1	18th April	3:00:00 PM
2	2nd May	3:00:00 PM
3	16th May	2:00:00 PM
4	30th May	2:30:00 PM
5	13th June	1:00:00 PM
6	27th June	1:00:00 PM
7	11th July	12:00:00 PM
8	25th July	12:00:00 PM

This course is for members with their own boats, if you have a double hander and you are attending on your own, we would like to use a “buddy up” system and get someone to sail with you. This will also allow those that are not yet confident sailing on their own to get out on the water and learn.

From time to time we may swap things around and get an instructor on board with you to give some practical advice and guidance.

Please don't be put off if you are on your own, part of the fun of racing is making new friends, and the social side of sharing your experiences in the club house after the race.

Hopefully we will see lots of you taking up the challenge to Start Racing

Regards

The training team