



# Start Racing Training

Our start racing training targets **beginner / intermediate** level **helms** and **crews** to develop your racing skills to feel confident to participate at club level race events.



## Training Aims

- To provide you with the fundamentals of getting off the start line and round the course.
- Improve your racing technique and knowledge for racing at club level.

## Why do we need “start racing” training?

- It can be quite intimidating for new helms and crews to get involved in club racing as it appears complicated and confusing.
- By providing “start racing” training in a mixture of theoretical and practical sessions in small bite sized chunks, we will help build your knowledge and confidence to join in with the racing events.

# “Start Racing” Example Training Content

Boat  
Handling

Sail  
Trim

Basics of  
Race Starts

The First  
Beat

Tacking &  
Gybing

Race  
Strategy

## “Start Racing” Training Methods

### Theoretical

Classroom based training of racing strategy and techniques.



### Practical

Practise of theory on the water under instruction from experienced helms or crews.



### Supporting

Video footage of practical sessions.

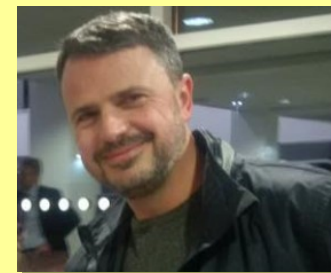


Online tutorial videos

YouTube

# How can I join “Start Racing” training?

- Contact the “Start Racing” co-ordinator Tony Geary.
- E-mail – [tony.j.geary@talk21.com](mailto:tony.j.geary@talk21.com)



## “Start Racing” FAQ’s



**Question** - Does it cost anything to participate? **Answer** – No cost to participate.

**Question** - Is it open to children? **Answer** – The Cadet Class offers start racing training for children (Contact - Jamie Whittle, [jamiwhitvet@gmail.com](mailto:jamiwhitvet@gmail.com)). Alternatively you contact Tony above we can decide which training best suits the specific situation.

**Question** – Do I need to be a member of Waldringfield Sailing Club to participate? **Answer** – This training is for our existing members or people who are in the process of joining the club.

**Question** - How long is the training? **Answer** – Approx. 2 hours per session.

**Question** - When does the training take place? **Answer** – Saturday morning on scheduled dates in the calendar.

**Question** – Do I need sailing experience to participate? **Answer** – Helms should have attended the start to sail course or have some sailing experience, crews require no experience to participate. Participating in the “Start Sailing” or “Go Sailing” events are a good way to build up basic sailing experience and understanding.

**Question** – Could I get involved in racing if I do not have a boat of my own? **Answer** – Yes, we can help you match up with Helms or Crews looking to go racing or borrow a club boat to try out your newly acquired skills.