



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



“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). 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.