

Flying Fifteen Fleet Training Notes

Compiled by Nick Taylor and Geoff Floyd, following the Training Day held in October, 2017

General Notes on Boat Handling, Trim etc.

Sail control

Keep main sail flat in light winds by ramming the mast forward

As it gets windy, keep the mast in neutral to promote pointing.

Keep the jib flat by sheeting the jib foot fairly hard. In light airs (when the crew comes off the side deck), ease the sheet by ca. 1cm. Watch the tell tail through the main window - it should be streaming straight.

Steering

Don't push the tiller outside the boat or over the tanks. (The rudder acts as a very effective brake.)

Heel the boat to help turns:

- To leeward when rounding up
- To windward when tacking / bearing away

Smooth wide mark rounding on down-wind Mark. You should be tight to the mark as you round, so as not to lose distance to leeward. (*'Wide in – Tight out'*)

On rounding the leeward mark, let the boat roll to leeward, helm stands up against tanks, easier to pull in sheet, then sit down and power away. Sheet main in quickly, crew can help with kicker if necessary.

Vary tacking speed: in light airs, momentum carries boat round in smooth slow tack and takes boat upwind. (Tacking in waves different).

Boat trim and Controls

In chop or waves (especially), crew and helm should stay close together (to minimise the pitching moment)

Heel the boat to windward down-wind to keep the helm neutral.

Help each other to get the sails set quickly

On a **run**, drop pole and keep pulling it back. The spinnaker foot should not be too tight and the leach clew should be near the forestay. Most boats do not drop pole enough when going from reach to run.

In light winds, head up if necessary to keep the spinnaker filling and the boat moving.

On spinnaker **reaches** in strong winds, de-power main by taking kicker off completely and Cunningham on. Both helm and crew should move well back (helm right out near transom) to keep rudder in water.

On a **beat**

- in light winds (when crew in middle of boat), ram mast 20 mm forwards to flatten sail. Do not move mast back until crew back on side.
- In strong winds rake mast back, then ram back 1 cm from neutral to aid pointing.

Tactics

Before the start, check if windward mark is to left or right. Which end of line is closest to windward mark?

Crew should be looking out of boat on start, if leeward boat is footing, let helm know. Important to get speed and clear air to move up fleet. If leeward boat is heading up, tighten kicker and head up too.

Watch for wind shifts indicated by upwind boats in other fleets. Very little use of compass on lake, but useful to note compass heading at windward mark compared to previous beat to decide on bear away or gybe when going on to run.

Keep communicating. Is helm keeping on wind? If not let him know.