



## Europe Training 16<sup>th</sup>/17<sup>th</sup> February 2002

### Saturday AM

#### Boat Rigging

- What to watch out for
- Mast measurement

#### Boat Familiarisation

- Follow my leader
- Tacking on Whistle
- Gybing on Whistle

### Lunch

#### Backwards Tacking

- On-Land Ex with Chairs and Rope

### PM

#### Light Wind Sailing

- Five Essentials

#### Backwards Tacking

Small race at end

### De-Brief

Sum up day  
Points to work on for Sunday  
Look at Tacking Video  
Class Assoc

### Sunday AM

#### Fitness

- Running
- Sit-ups
- Press-ups

#### Tuning

- C of E etc
- Wind forces

#### Boat familiarisation

#### Starting

### Lunch

Plans for Year

Gybing

### PM

Racing

Swapping about

### De-Brief

Sum up weekend  
Boat allocation  
Packing up ways