



Jim Young's
DINGHY RACING CLINIC
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Basic Elements

On-shore

Boat setup

Details; lines, blocks

Board and rudder leading and trailing edges

Mast rake

Basic spinnaker work

On-water

Tacking

Helmsman actions

Crew actions

Jibing

Helmsman

Crew

Spinnaker set and drop

Intermediate Elements

Mark roundings

Starts

Basic speed issues; balance, sail trim

Short-course racing, rules

Advanced Elements

Lay lines

Tactics

More speed ~ luff and leach control, boom position

Racing

The single most important element in sailing is boat handling, the ability to tack and jibe quickly and smoothly, and is the one element that I most emphasize to sailors at all levels.

Jim Young