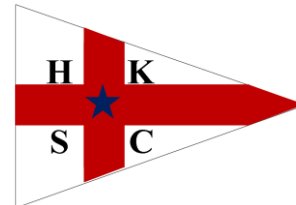




**HORNSBY KUR-ING-GAI PCYC SAILING CLUB**  
Postal Address: 94 George Street, Hornsby NSW 2077  
<http://www.hpcyc.yachting.org.au/>  
[hornsbysailing@gmail.com](mailto:hornsbysailing@gmail.com)



## 2<sup>nd</sup> Year Sailors (and beyond...)

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### An Information Package:

Thankyou for (considering) sailing with us again next season, as a small community run club we have a few ways in which you as 2<sup>nd</sup> season beginner families can assist. Following are some guidelines to help transition into race and regatta ready sailors, as always if you have any concerns please speak with a committee member. The following is summarised in simple flow chart over page.

### Skippers/crew and Club Boats:

- **1<sup>st</sup> season beginners** have full access to club boats, and skipper/crew combinations are determined via the training coordinator if not previously organised.
- **2<sup>nd</sup> season sailors** have access to available club boats in the morning with priority given to 1<sup>st</sup> season beginners – provided the club boat maintenance fee is paid.
  - 2<sup>nd</sup> season sailors are expected to have organised in the latter half of their first year with other beginners/sailors suitable skipper/crew combinations for the following season.
    - 2<sup>nd</sup> year sailor families are encouraged to facilitate much of this skipper/crew combination as experience has shown it will be more beneficial for all parties.
      - The club will assist (where necessary) in finding a skipper or crew.
  - 2<sup>nd</sup> season sailors are encouraged to investigate purchasing their own boat to sail and 10:00 race train and afternoon race in. Club boats may be available for use at 9:30 or 10:00 but often there will be 1<sup>st</sup> year beginners who have priority.
    - If this is an issue please speak to a committee member and a resolution is sure to be found.

### What to look for in a Skipper/Crew Combination?

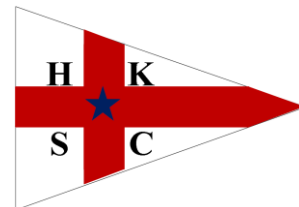
- The combination must get along socially (at least somewhat).
  - Do you think you can go a whole season with the other person?
- Are you both committed to every week of sailing? If not, then what?
- Do the parents of the skipper or crew have similar views in their commitment to sailing at our club?

### About the Club Committee:

By making it this far you have shown resilience in sailing from a club with scarce modern amenities. Why not show more resilience and volunteer to be a committee member for next season? As you have seen we are a comparatively small club that runs on the voluntary contributions of its members!

Happy sailing,

HKSC Committee



## 9:30 BEGINNER TRAINING

### PRE-REQUISITES – COURSE AIMS

- You can at least swim, otherwise no sailing experience required
- Rigging a sailing dinghy (parents must be present to assist with manual handling aspects)
- Capsize / recover safely
- Boat handling
- Basic rules of sailing
- Skipper/crew working together to balance the boat
- Tack and gybe safely and confidently
- Reaching around two marks (hotdogs)
- Rounding marks safely
- Sailing upwind to a top mark
- Running downwind to a bottom mark
- Reaching to a wing mark
- Get in the right position to make the boat go faster (boat trim)
- Spinnakers will not be expected to be rigged or set (but may be later in the course)
  - Spinnaker/kite work
    - Set kite
    - Drop kite
    - Gybe with kite

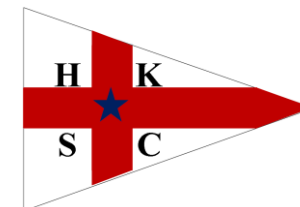
## 10:00 RACE SKILLS TRAINING

### PRE-REQUISITES – COURSE AIMS

- Competent in all 9:30 beginner aims
- Advanced tacking and gybing
  - Roll tacks
  - Float kite
- Basic Racing Rules
- Boat Handling
  - Forward-to-stern boat trim (sit forward)
  - High wind – Hiking
  - Keep a flat boat – main control + angle to wind
  - Low wind – Lean to leeward
  - Rounding marks tightly
    - Rounding marks inside
  - Variable wind – hiking and leaning in-board together
- Downwind lines
  - Clear air
  - “Hunting” gusts
- Foil control (board up/down)
- Race start
  - First over – then what
  - Last over – how to catch up
- Learn sequence and recalls (flags, horns etc.)
- Over early – how to fix
- Practice starts – get over start line quickly
- Strategy and tactics
- Race strategy
  - Identify wind shifts and pressure, what to do?
  - What are my competitors doing?
    - How can I get in front?
    - How can I keep them behind me?
- Sheet work - main and jib
- Spinnaker work
  - At speed / fine trimming (tweakers)
- Upwind principles
  - Gusts & oscillating shifts
  - Veering of breeze due to land
  - Veering of breeze due to weather pattern



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1st year or no sailing ability

**9:30 - rigged**

- Club boats available full time
- Crew matching largely facilitated by HKSC
- No formal racing program
- Skill & familiarity development based training (fun)

2nd year or some sailing ability

**9:30 - rigged**

- Club boats possibly available
- Crew matching may be facilitated HKSC
- No formal racing program
- Skill & familiarity based (fun)

**10:00 - rigged**

- Crew matching may be facilitated HKSC
- No formal racing program, with race training occurring

**Afternoons - 12:30**

- Club boats available in afternoons
- Crew matching undertaken by individuals.
- Formal racing program

3rd year or some sailing ability

**10:00 - rigged**

- Crew matching may be facilitated HKSC
- No formal racing program, with race training occurring

**Afternoons - 12:30**

- Crew matching undertaken by individuals.
- Formal racing program