



## Comments and Details

Craft

Comments

Next Recommended Level

## Balance

Balance fore and aft in varying conditions  Further Development Required  
 **Performing Consistently** Tue Jun 27, 2023

Heel to assist with steering and helm balance  Further Development Required  
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Combine balance, steering, and sheeting for balance  Further Development Required  
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## Sail Trim

Sheeting to maximize speed and manage power in all directions  Further Development Required  
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Trim to keep leech telltale(s) flying 2/3 of the time  Further Development Required  
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Adjust sail controls (vang, cunningham, outhaul, bridle) for desired sail shape  Further Development Required  
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Depower using sail controls  Further Development Required  
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Control heel using steering and sheeting  Further Development Required  
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## Direction

Steer to keep telltales flying 90% of the time  Further Development Required  
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Sail by the lee for 2 minutes without gybing  Further Development Required  
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Adjusts body positioning, heel steering and sail trim for proper upwind course  Further Development Required  
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## Head Up

Head up around a mark  Further Development Required  
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Match sheeting to rate of turn  Further Development Required  
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Adjust foils & balance boat to head up  Further Development Required  
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Demonstrate a tactical leeward mark rounding (wide/close)  Further Development Required  
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## Bear Off

Bear off around a mark  Further Development Required  
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Match sheeting to rate of turn  Further Development Required  
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Use appropriate balance to facilitate a bear away  Further Development Required  
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Demonstrate wide/close & close/wide roundings  Further Development Required  
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Adjust foils when bearing off  Further Development Required  
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## Tack



Tack away when covered by another boat(s)	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Tack on command and at 1 minute intervals	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Tack into a clean lane	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Tack onto a layline	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Roll for optimal speed during tack if possible	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023

## Gybe

Gybe on command and at 1 minute intervals	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Gybe away when covered by another boat(s)	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Gybe onto a layline	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Roll for optimal speed during gybe	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023

## Stop

Stop at a mark and on command	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Reach to a stop and sail backwards	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Identify and stop on a line between two marks	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023

## Go/Accelerate

Adjust sheeting & balance to accelerate in different conditions	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
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Accelerate from a line between marks	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Accelerate at the end of a 2 minute countdown	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
<u>Slow Down</u>		
Sail at different speeds while sailing upwind	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Sail at different speeds while sailing downwind	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Slow boat by dragging stern, over-steering, & backing main	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023

## Seamanship

Secure dinghy and spars on roof racks or a trailer*	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Evaluate potential hazards at a new sailing venue	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Tune the base setting of your training boat	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023

## Tactics/Strategy

Identify lifts and headers, communicate shifts to partner	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
Demonstrate understanding of parts 1, 2A, & 2B of the rules	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023

## Physical Literacy

Play games/activities to promote endurance & flexibility*	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Tue Jun 27, 2023
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## Mental Training



Last evaluated by **Mansell Styles** at  
**Kingston Yacht Club**  
 on **Tue Jun 27, 2023**

Set SMART goals prior to training/racing  Further Development Required  
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Maintain a written log book throughout training  Further Development Required  
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### Compete

Participate in a club race or training camp at a local club  Further Development Required  
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