



Comments and Details

Craft

Comments

Next Recommended Level

Balance

Demonstrate optimal body posture in varying conditions **Further Development Required**
 Performing Consistently

Tue Jan 10, 2017

Adjust heel/boat balance to assist with acceleration Further Development Required
 Performing Consistently

Demonstrate optimal body position to minimize weather helm in varying conditions Further Development Required
 Performing Consistently

Use heel to assist with manoeuvres Further Development Required
 Performing Consistently

Adjust body position and trim to board to promote planning & surfing Further Development Required
 Performing Consistently

Sail Trim

Trim leech profile for optimal height & power in all conditions Further Development Required
 Performing Consistently

Trim sails for conditions using all available sail controls Further Development Required
 Performing Consistently

Sheet to maintain correct boat balance in all conditions Further Development Required
 Performing Consistently

Depower using sail controls, steering and sheeting Further Development Required
 Performing Consistently

Direction

Steer to keep telltales flying 90% of the time in all conditions Further Development Required
 Performing Consistently

Steer boat to promote planing and surfing Further Development Required
 Performing Consistently

Competition

Participate in a 1-2 day local regatta Further Development Required
 Performing Consistently

Head Up

Head up around a mark Further Development Required
 Performing Consistently

Settle into upwind mode within 30 seconds of heading up Further Development Required
 Performing Consistently

Adjust all sail controls in correct order when heading up to promote optimal exit speed Further Development Required
 Performing Consistently

Demonstrate a tactical leeward mark rounding (wide/close) Further Development Required
 Performing Consistently

Bear Off

Perform a bear away set around a mark Further Development Required
 Performing Consistently

Perform a gybe set around a mark Further Development Required
 Performing Consistently

Adjust all sail controls in correct order while bearing off in order to promote optimal exit speed Further Development Required
 Performing Consistently

Demonstrate a tactical windward mark rounding Further Development Required
 Performing Consistently

Settle into downwind mode within 30 seconds of bear away Further Development Required
 Performing Consistently

Bear off and duck another boat while beating Further Development Required
 Performing Consistently

Tack

Tack on a header Further Development Required
 Performing Consistently

Tack on command and at 30 second intervals, without flogging jib Further Development Required
 Performing Consistently



Perform at least one double tack on a closed upwind course Further Development Required
 Performing Consistently

Select an appropriate spot to tack in choppy conditions Further Development Required
 Performing Consistently

Gybe

Gybe on command and at 30 second intervals, without flogging jib Further Development Required
 Performing Consistently

Gybe on a lift Further Development Required
 Performing Consistently

Perform at least one double gybe on a closed downwind course Further Development Required
 Performing Consistently

Select a wave and gybe while surfing Further Development Required
 Performing Consistently

Stop

Perform emergency stops in various conditions Further Development Required
 Performing Consistently

Use a transit to stop on a start line Further Development Required
 Performing Consistently

Go/Accelerate

Accelerate out from a mark Further Development Required
 Performing Consistently

Accelerate off of a start line with a start sequence (using flags) Further Development Required
 Performing Consistently

Accelerate from a stop when lined up with other boats Further Development Required
 Performing Consistently

Slow Down

Use more than one method to sail slowly Further Development Required
 Performing Consistently

Hold boat within 1 boat length of mark for 20 seconds Further Development Required
 Performing Consistently

Seamanship

Describe how cirrus, stratus, & cumulus clouds affect weather Further Development Required
 Performing Consistently

Tune rig each day for the training conditions Further Development Required
 Performing Consistently

Tactics/Strategy

Describe persistent, oscillating, and geographical wind shifts Further Development Required
 Performing Consistently

Identify the favoured end of the start line while sailing Further Development Required
 Performing Consistently

Identify major factors affecting tide and current Further Development Required
 Performing Consistently

Describe the rules in sections 2C & 2D of the rules Further Development Required
 Performing Consistently

Describe how to trim to apparent wind Further Development Required
 Performing Consistently

Physical Literacy

Participate in a daily physical warm up prior to training Further Development Required
 Performing Consistently

Mental Training

Set skill/process based goals for training and racing sessions Further Development Required
 Performing Consistently

Maintain a written log book throughout training Further Development Required
 Performing Consistently

