



Comments and Details

Craft

Comments

Next Recommended Level

Balance

Demonstrate optimal fore/aft body position at all times while sailing Further Development Required Performing Consistently

Crew directs balance and trim for helm while beating Further Development Required Performing Consistently

Demonstrate optimal body position in all conditions Further Development Required Performing Consistently

Move body and trim to promote planning and surfing Further Development Required Performing Consistently

Sail Trim

Sailors switch between proper course, pinching and footing to maximize upwind Further Development Required Performing Consistently

Sailors consider wind, wave, and tide/current to choose for downwind bearing to maximize VMG 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

Head Up

Head up around a mark Further Development Required Performing Consistently

Head up and tack around a mark Further Development Required Performing Consistently

Adjust all sail controls in correct order to head up Further Development Required Performing Consistently

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

Bear Off

Identify opportunities for bear away and gybe sets at 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 to bear off Further Development Required Performing Consistently

Demonstrate a tactical rounding Further Development Required Performing Consistently

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

Tack

Tack to perform a close cover Further Development Required Performing Consistently

Tack to perform a loose cover Further Development Required Performing Consistently

Tack and duck another boat Further Development Required Performing Consistently

Perform a double tack to lay a mark 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 Further Development Required Performing Consistently

Gybe on a lift Further Development Required Performing Consistently

Perform a double gybe to lay a mark Further Development Required
 Performing Consistently

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

Stop

Stop to leeward of another boat Further Development Required
 Performing Consistently

Find a hole and stop on a start line Further Development Required
 Performing Consistently

Go/Accelerate

Accelerate from a reach and from irons Further Development Required
 Performing Consistently

Accelerate off of a start line in a race Further Development Required
 Performing Consistently

Line up on a beat with a tuning partner and accelerate Further Development Required
 Performing Consistently

Slow Down

Identify an opportunity to sail slowly at a leeward mark Further Development Required
 Performing Consistently

Hold position on a start line for 30 seconds Further Development Required
 Performing Consistently

Double tack on a start line Further Development Required
 Performing Consistently

Seamanship

Identify gradient and thermal wind Further Development Required
 Performing Consistently

Evaluate geographical and tidal effects at a new sailing venue Further Development Required
 Performing Consistently

Evaluate rig settings and adjust while sailing 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 the direction of current while sailing 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

Competition

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