



## Comments and Details

Craft

Comments

Next Recommended Level

## Balance

Maintain optimal fore/aft balance when sailing  Further Development Required  
 **Performing Consistently** Sat Dec 16, 2023

Minimize weather helm at all times while sailing  Further Development Required  
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Use body weight to initiate all boat handling manoeuvres  Further Development Required  
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## Boat Handling

Perform all balance/sail trim manoeuvres in most effective sequential order  Further Development Required  
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## Sail Trim

Perform appropriate tuning exercises & adjust for conditions; compare with other boats  Further Development Required  
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Trim sails to keep leech telltales 2/3 flying  Further Development Required  
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Describe how to trim sails for apparent wind  Further Development Required  
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Describe how pre-bend affects luff and leech profiles  Further Development Required  
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## Direction



Last evaluated by **Emma Dale** at  
**Kingston Yacht Club**  
on **Sat Dec 16, 2023**

Sail downwind for maximum speed and for minimum distance & change mode as conditions require  Further Development Required  
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Use body weight to drive through high and low modes  Further Development Required  
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## Head Up

Head up and tack around a mark in a race  Further Development Required  
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Demonstrate a tactical rounding during a race  Further Development Required  
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## Bear Off

Perform bear away at a mark while racing  Further Development Required  
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Perform a gybe at a mark while racing  Further Development Required  
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## Tack

Tack to perform a close cover while racing  Further Development Required  
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Tack to perform a loose cover while racing  Further Development Required  
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Tack to duck another boat while racing  Further Development Required  
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Perform a double tack to lay a mark & on a start line in a race  Further Development Required  
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## Gybe

Gybe from reach to reach	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
Perform a double gybe to lay a leeward mark	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
Select a wave to gybe on while surfing	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023

## Stop

Stop to leeward of another boat on a start line	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
Find a hole and stop on a start line with over 5 boats	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023

## Go/Accelerate

Maintain bow out position prior to accelerating off of a line	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
Cross start line within 3 seconds of start	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023

## Slow Down

Slow down to avoid a leeward mark pinwheel	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
Hold position for 1 minute at a start line	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023

## Seamanship

Participate in a mock protest	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
Describe purpose of postponement, abandonment, flags S, & C	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023

Evaluate rig settings and adjust while sailing	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
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Describe how mast butt position affects rake	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
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Describe how wind flows over a sail	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
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Make a window repair on a sail	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
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Explain weather, lee, & neutral helm	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
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## Tactics/Strategy

Crew initiate tactical decisions upwind (in a double handed boat)	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
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Helm initiate tactical decisions downwind	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
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Form a strategic plan to incorporate wind, geography, & tide	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
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Defend position on a reach, a run, and a leeward mark	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
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Exonerate yourself from a penalty while racing	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
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## Physical Literacy

Participate in a daily physical warm up prior to training	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
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## Mental Training

Set skill/process based goals for training and racing sessions	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
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Maintain a written log book throughout training	<input type="radio"/> Further Development Required <input checked="" type="radio"/> <b>Performing Consistently</b>	Sat Dec 16, 2023
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Participate in a regional or provincial regatta

- Further Development Required
- Performing Consistently**

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## Competition

Participate in a regional training camp

- Further Development Required
- Performing Consistently**

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Participate in a regional or provincial regatta

- Further Development Required
- Performing Consistently**

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