

STARTING



2016

A GOOD START

Thank you for wanting to learn how to start.

I've created this little guide to help you achieve the repeatable starts and perfecting your starts and simplify the maneuvers for you and the team.

This is in highlight of the many years in professional sailing

I've seen many frantic and turbulent starts, often leaving the crew feeling inadequate and guilt over a start that could have been handled with ease and simplicity.

I've created this guide to help you perfect and achieve repeatable starts as well as simplify the maneuvers for you and the team.

“Repeatability is a critical factor in continuous improvement and the ultimate success of the process within organizations.”

ELEMENTS IN A GOOD START

Before we get to the actual maneuvers its important to state the obvious that training and preparation are important to obtain the good start

Before heading out on the water you would of course make sure everything needed for a start is on the boat.

The team needs to know their positions and their jobs.

The right sails are ready to be hoisted and the rig tune is done.

Then you get in to the actual start and you need to think more specifically on how to create/make your start

I've pointed out the important starting processes that always need to be done before any start of the day.

In the workshop we will be digging in a little deeper on the Big Bag of Tricks.

- Research
- Repeatable Process
- Practice
- Big Bag of Tricks (high build, defend, double tack, 270, Go)
- Hey that's right, only 5 maneuvers in starts

A GOOD START

Remember if you communicate your plan to the crew and teach them the simple terms of a start, you'll never need to scream or explain during a start!

I'm walking you through an easy start with a high build, then to the 3 other moves of the "Big Bag of Tricks". Finally the training setup for the starts, which I like to do every time I'm setting up for a race.

Before you get confused, just relax. A start should never consist of more than 4 moves.

Big Bag of Tricks:

- **High build** (accelerate close to maximum speed with a small apparent wind angle)
- **Double tack** (often down speed tacks in closed confinements) "Escape Route"
- **Defend** (bear down to stop an oncoming port boat from lee-bowing) "Escape Route"
- **270°** (bail out of a tight start) "Escape Route"
- **Go** (Yes, if you don't go full speed, you will be late)

EASY START

To start this guide I'm explaining the "Easy start"

First you must know, what the "Easy Start" is and how to get it.

An easy Start is a start were you are not challenged by you competitors and therefor the only move you need is the High Build.

As I walk you thru this easy start you will notice a research and a timed loop element.

These will not be repeated later but will always be expected to be performed during a start.

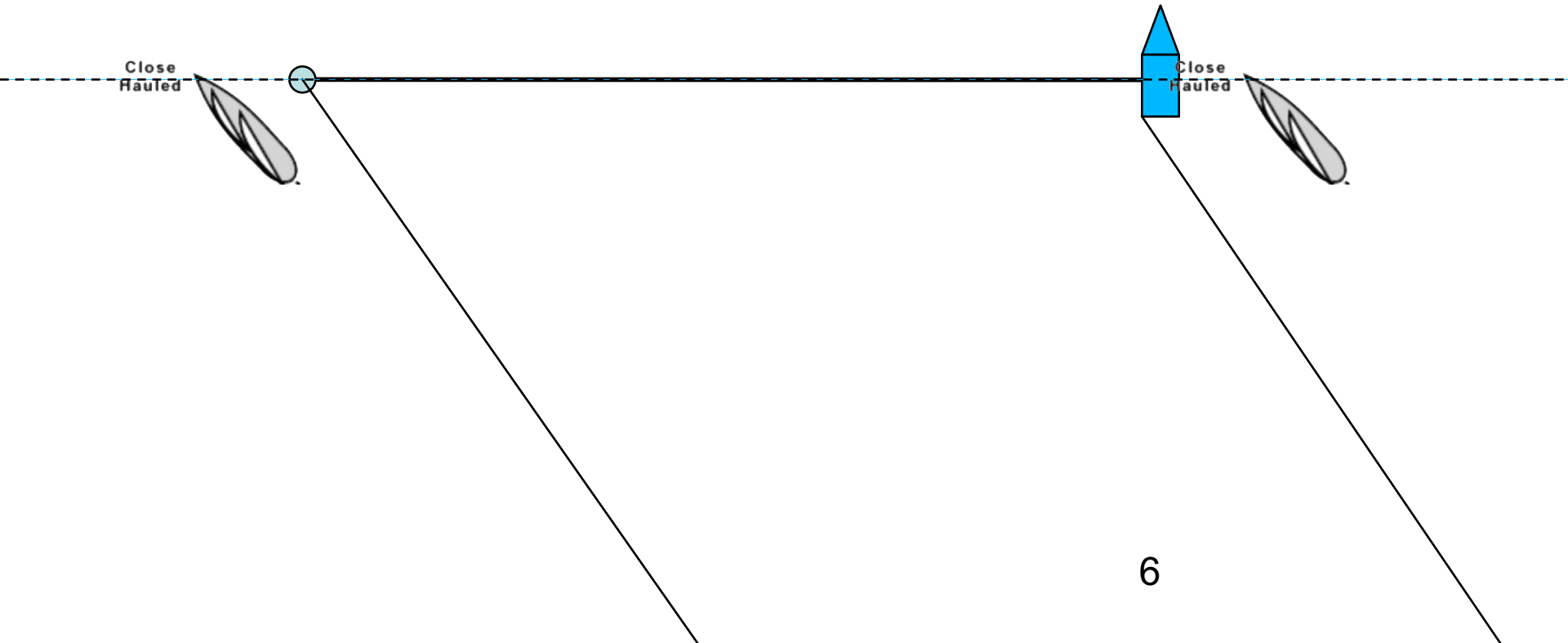
Research is in short where you figure out the Preferred Position for your start (During the slides I'll explain).

Timed loop is used for you to burn time before and always end up in a repeatable position for the start.

EASY START

Step 1: 7-4 minutes before start

- Research - Ping (at speed)



EASY START

Step 2: 5-4 minutes before start

- Research - Where to start? (Decide your preferred position)
- Beam Reaching at the preferred position

Head To Wind
(In Irons)



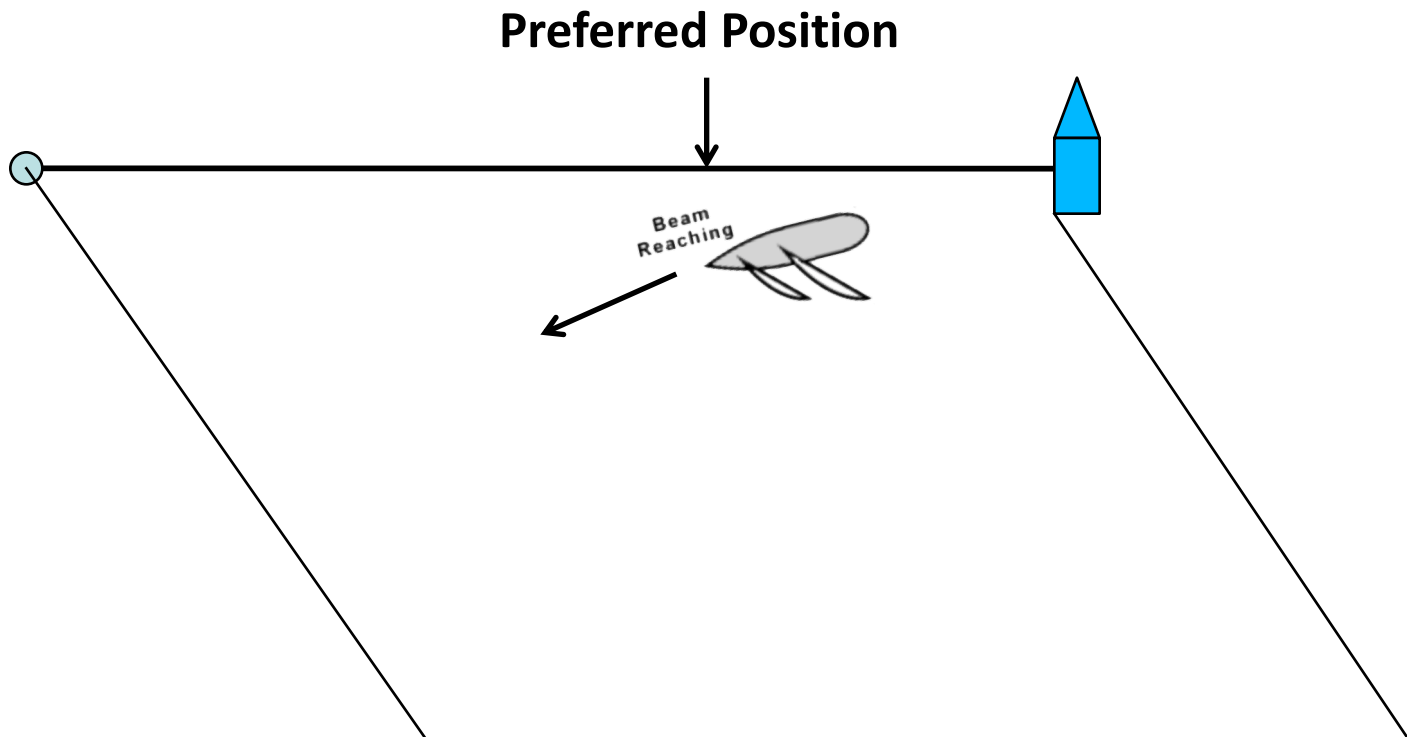
Head To Wind
(In Irons)



EASY START

Step 3: 3 minutes before start

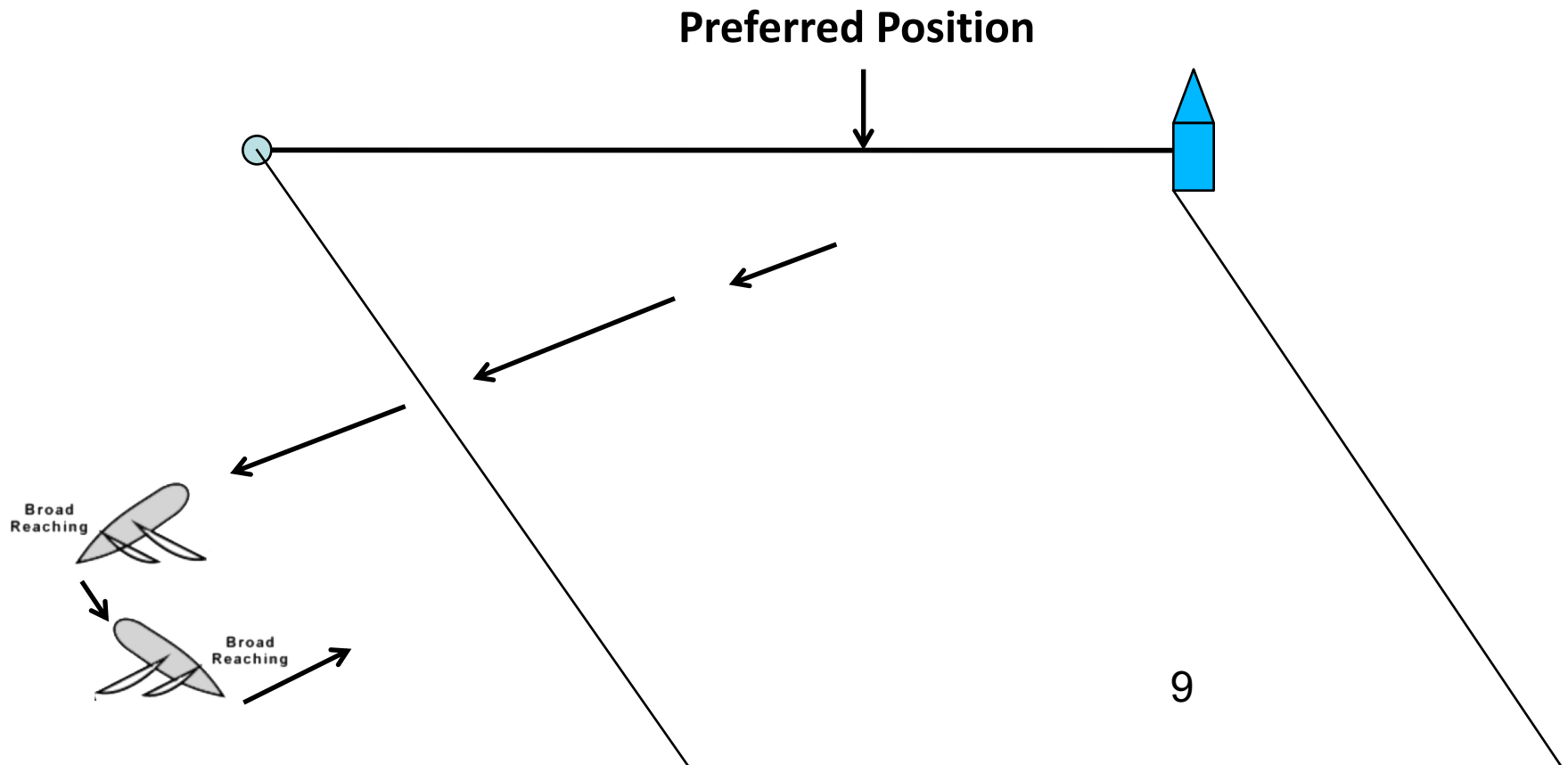
- Beam Reaching at the Preferred Position to start Timed Loop



EASY START

Step 4: 2 minutes before start

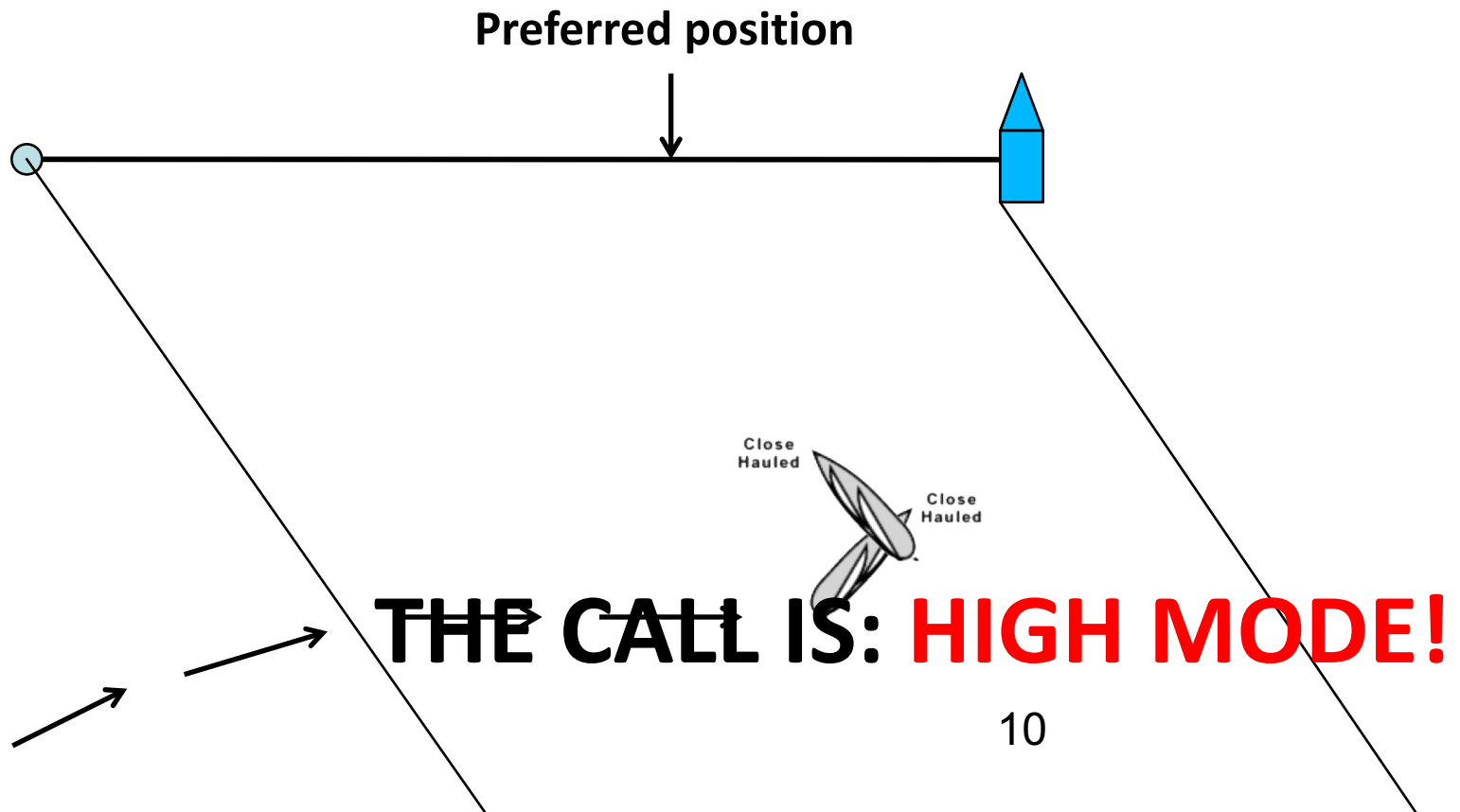
- In bigger fleets this is where you pick your opponents for the start.



EASY START

Step 5: 1 minute before the start

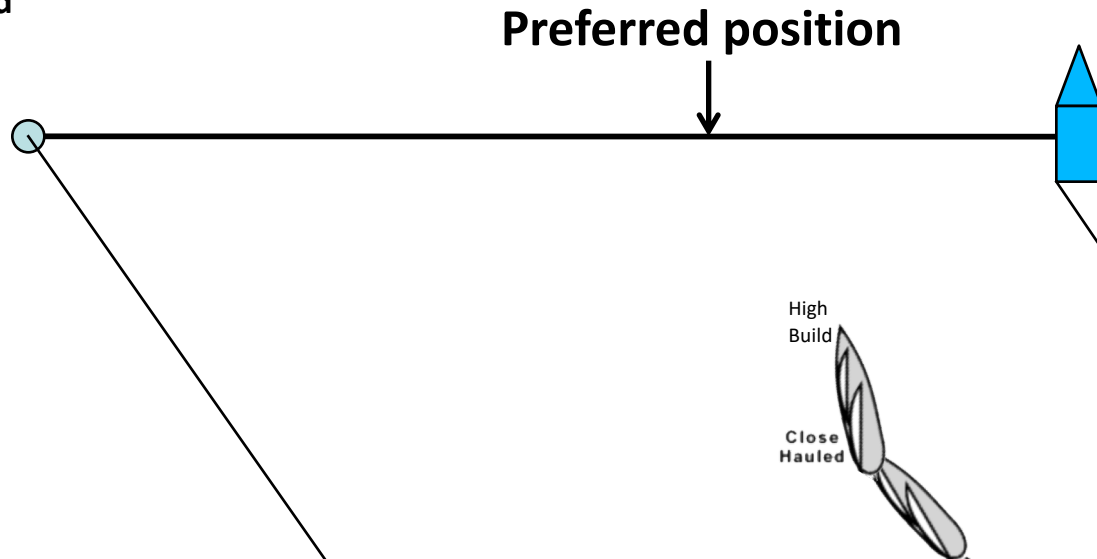
- Important to communicate the exit angle of this tack.



EASY START

Step 6: 40 seconds before the start

- Its easy to estimate your Time on Distance from this point
- With more boats around this is when the Bag of Tricks needs to be opened

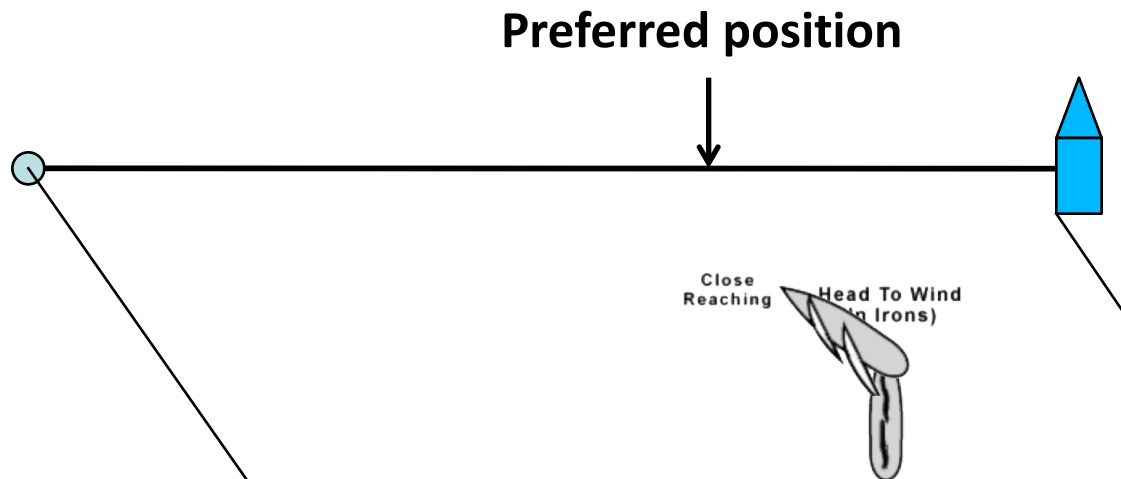


THE CALL IS: HIGH MODE!

EASY START

Step 7: 20 seconds before the start

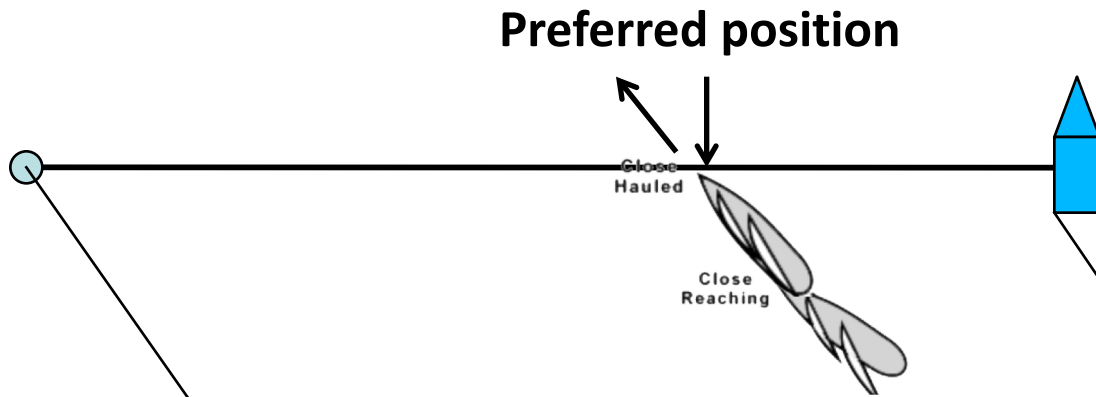
- Time on Distance.



THE CALL IS: GO!

EASY START

Step 8: Start



THE CALL IS: GO GO GO!

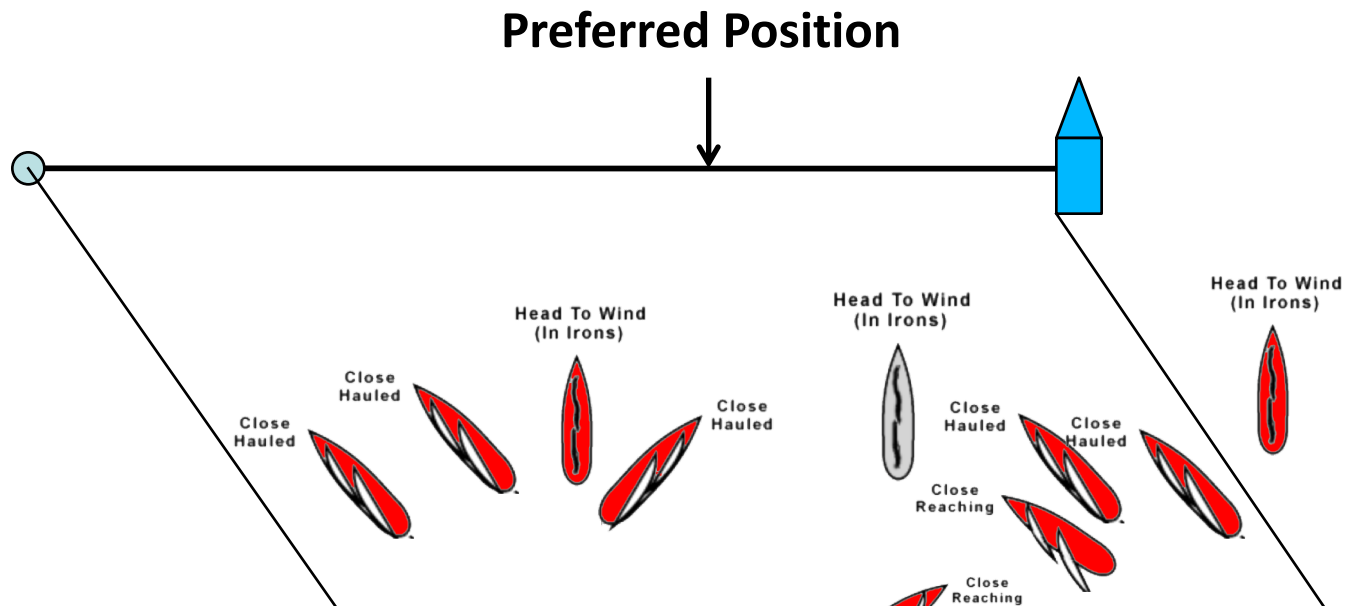
THE BAG OF TRICKS

The problem is now that you are never going to be alone on the starting line and you will be pushed by other boats and teams, but if you can minimize your mistakes the positioning of the boat will be a lot easier for driver and tactician.

The next paragraph is an explanation on how to cope when other boats push you and the few simple exits of potential bad starts.

DEFEND

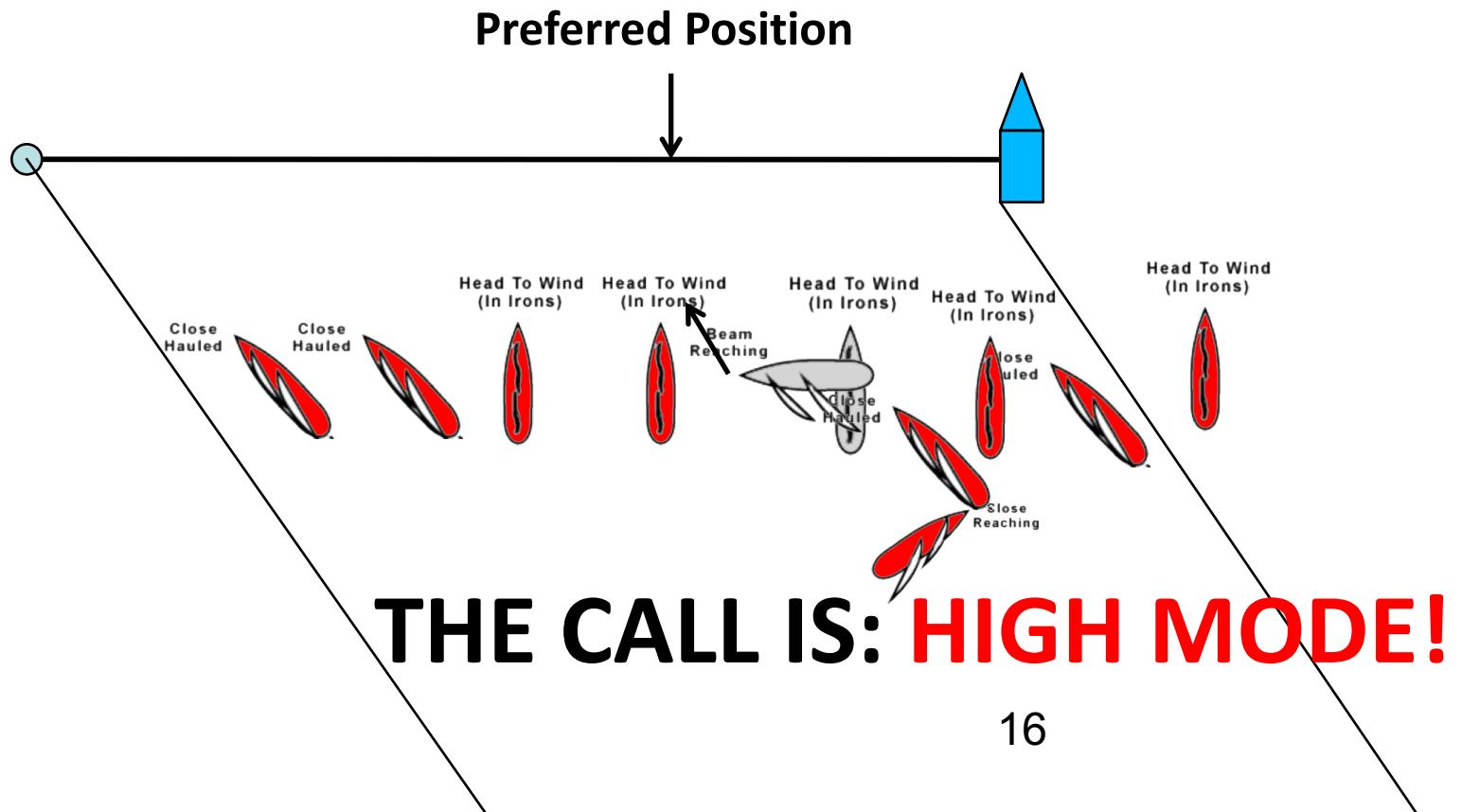
Step 1: 40 seconds to start



THE CALL IS: DEFEND!

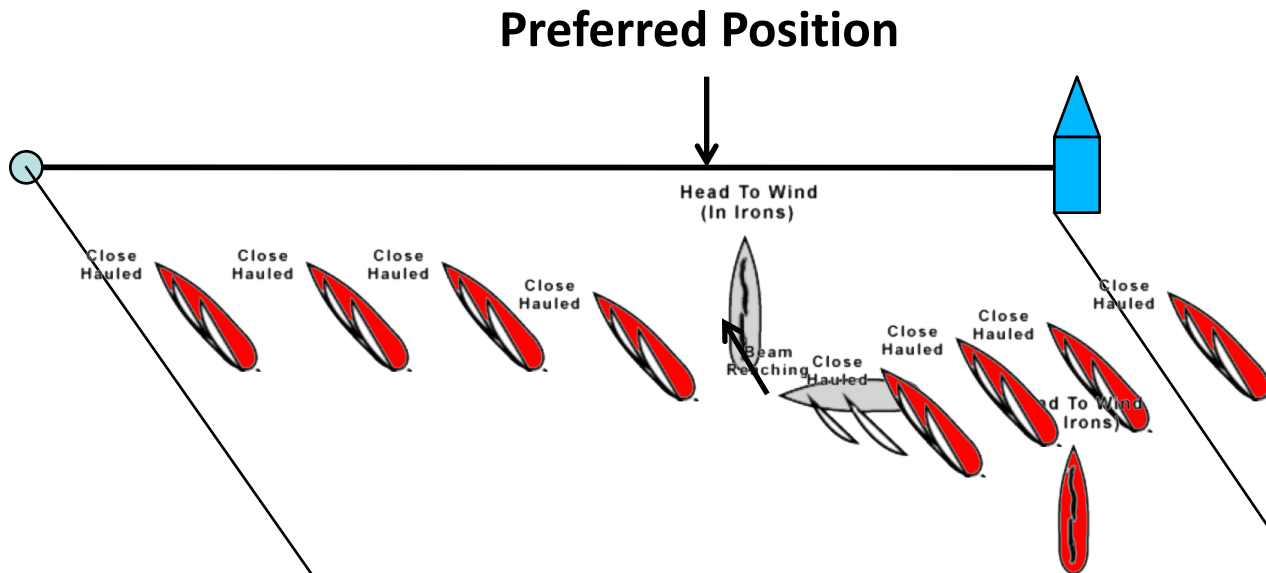
DEFEND

Step 2: 35 seconds to start



DEFEND

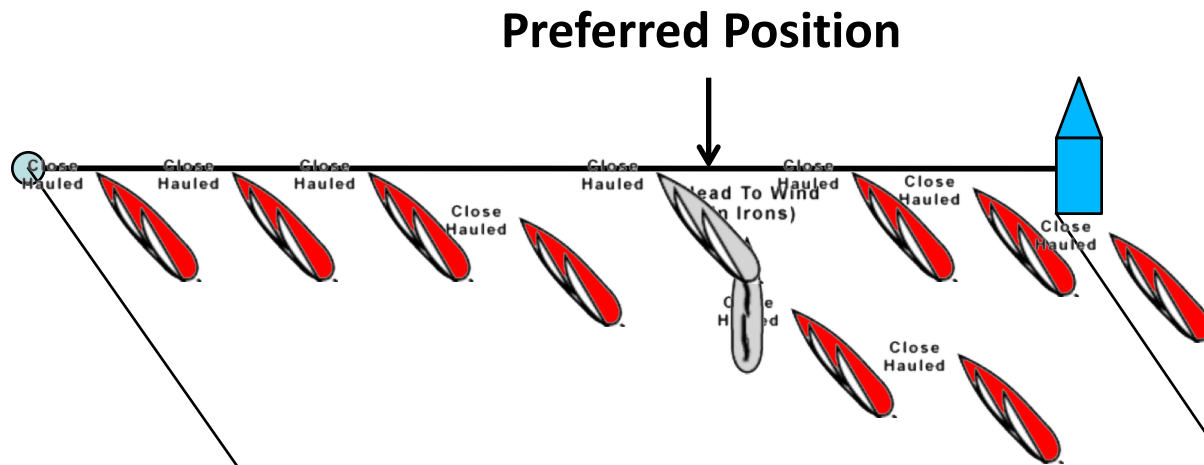
Step 3: 20 seconds to start



THE CALL IS: GO!

DEFEND

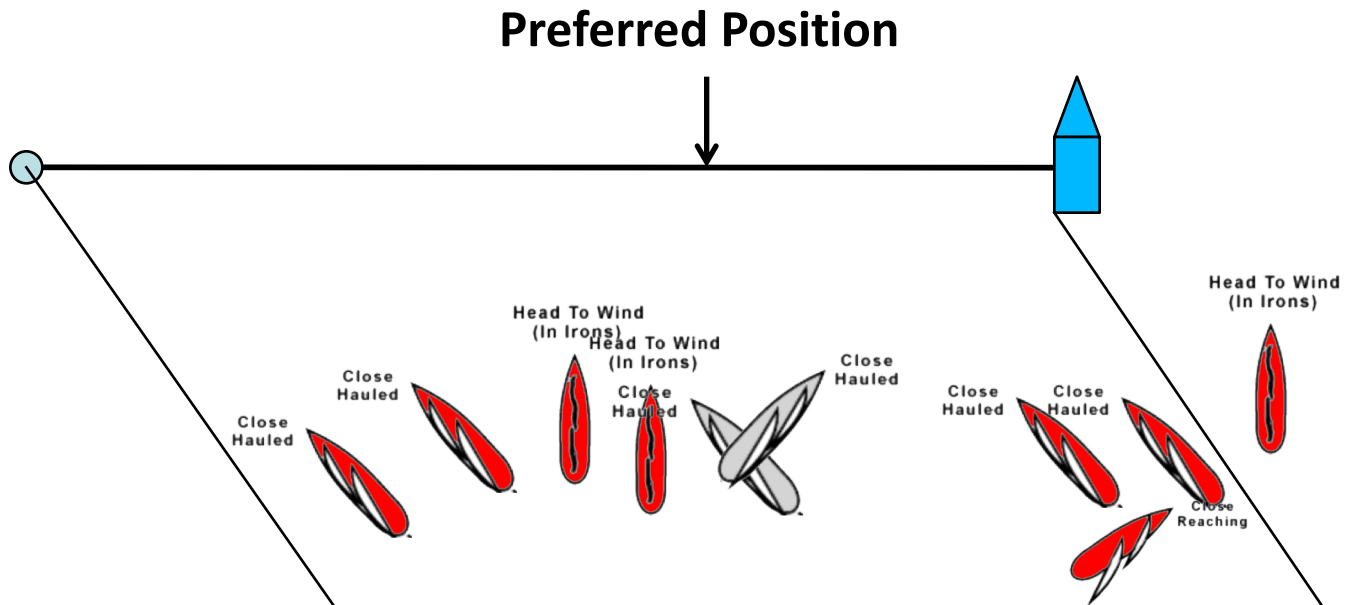
Step 4: Start



THE CALL IS: GO GO GO!

DOUBLE TACK

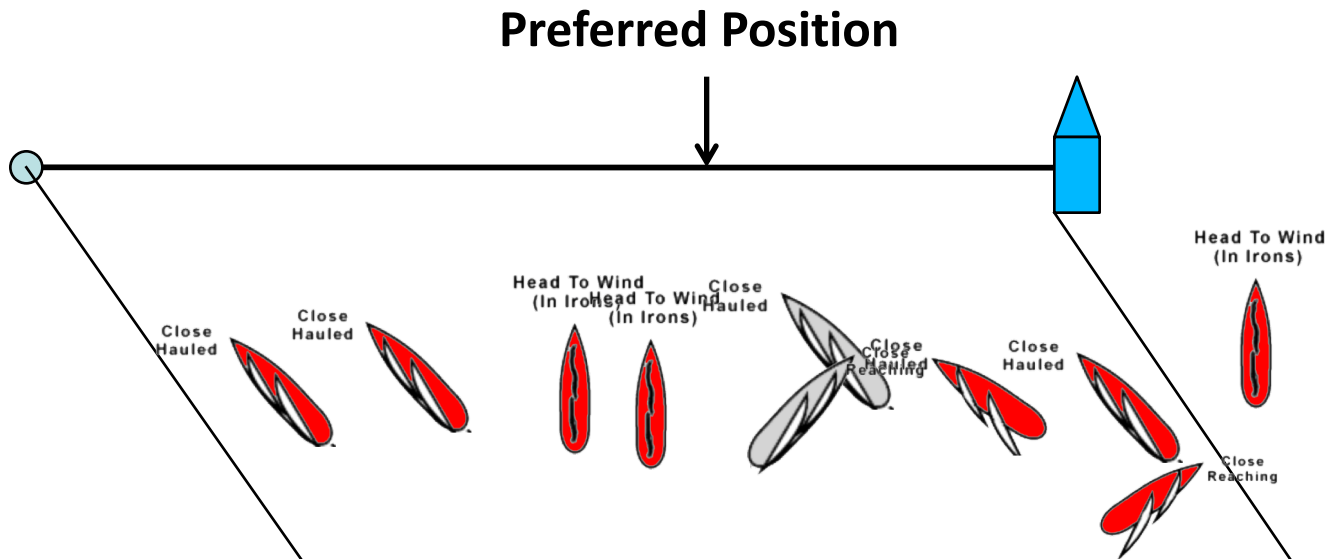
Step 1: 40 seconds to start



THE CALL IS: DOUBLE TACK!

DOUBLE TACK

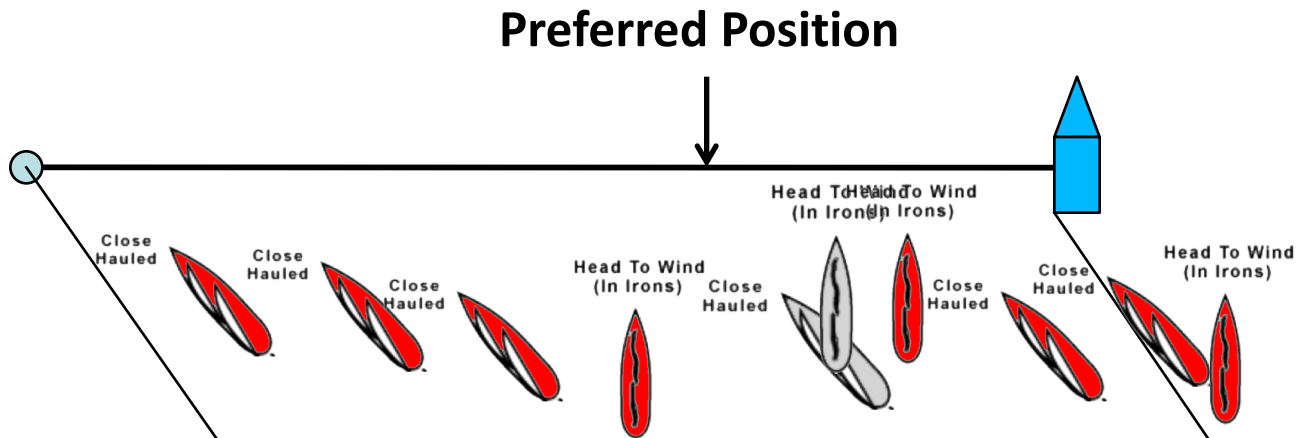
Step 2: 35 seconds to start



THE CALL IS: HIGH MODE!

DOUBLE TACK

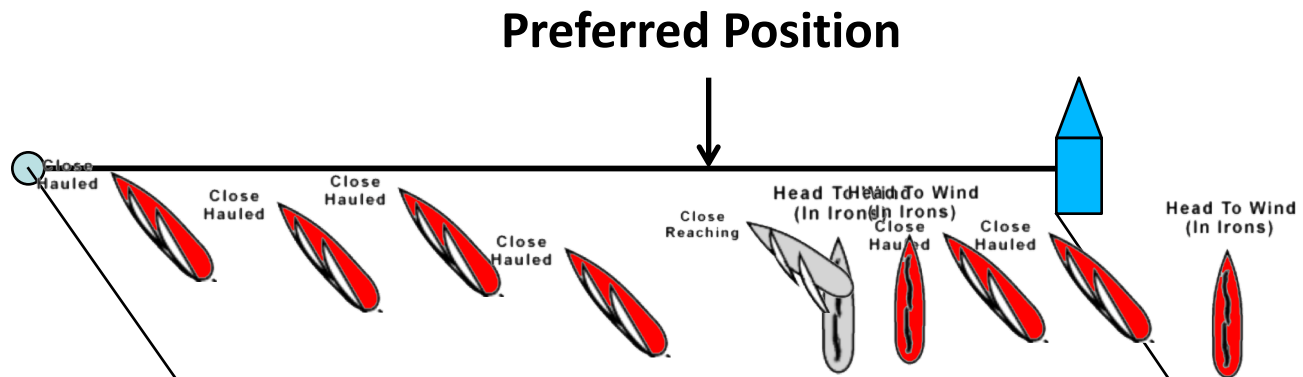
Step 3: 20 seconds to start



THE CALL IS: HIGH MODE!

DOUBLE TACK

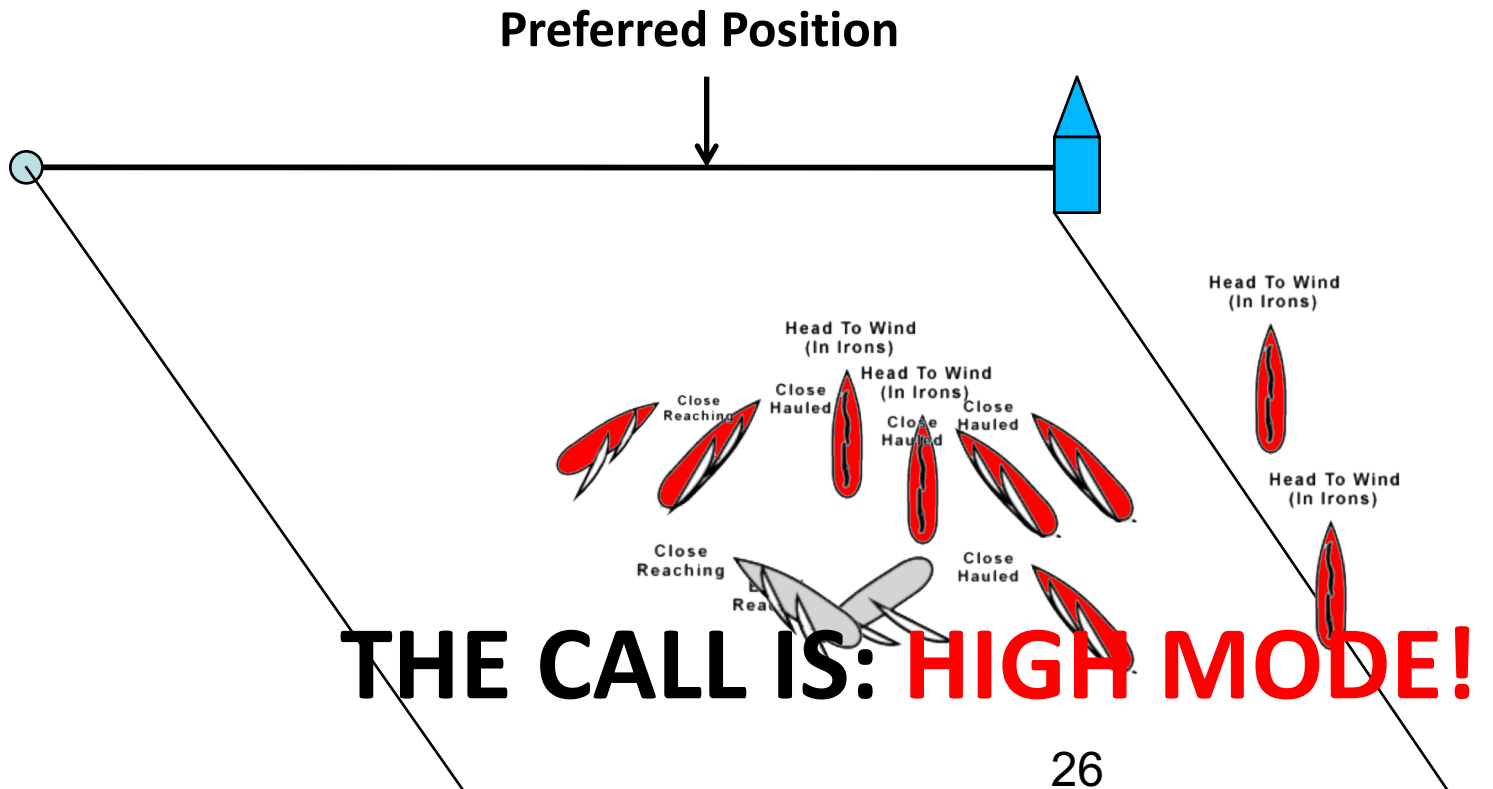
Step 4: 10 seconds to start



THE CALL IS: GO!

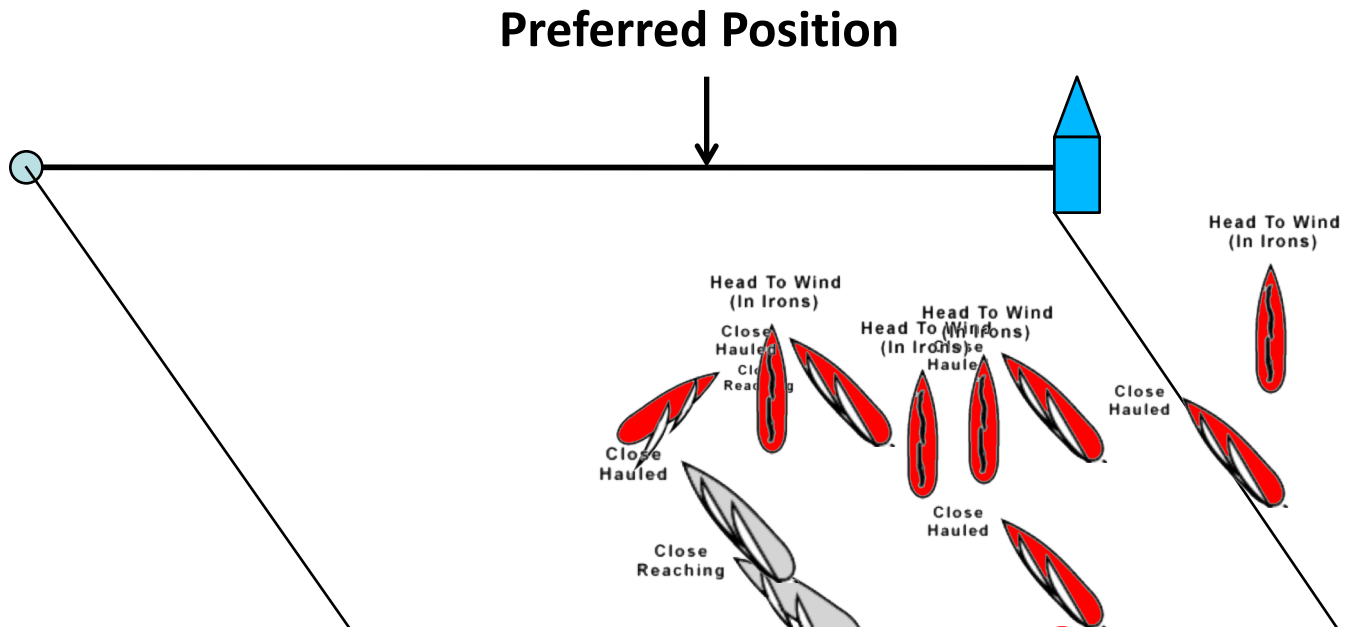
270°

Step 3: 50 seconds to start



270°

Step 4: 40 seconds to start



THE CALL IS: GO!

PRACTICE

The way you implement the Good Start, is to practice, practice, practice!

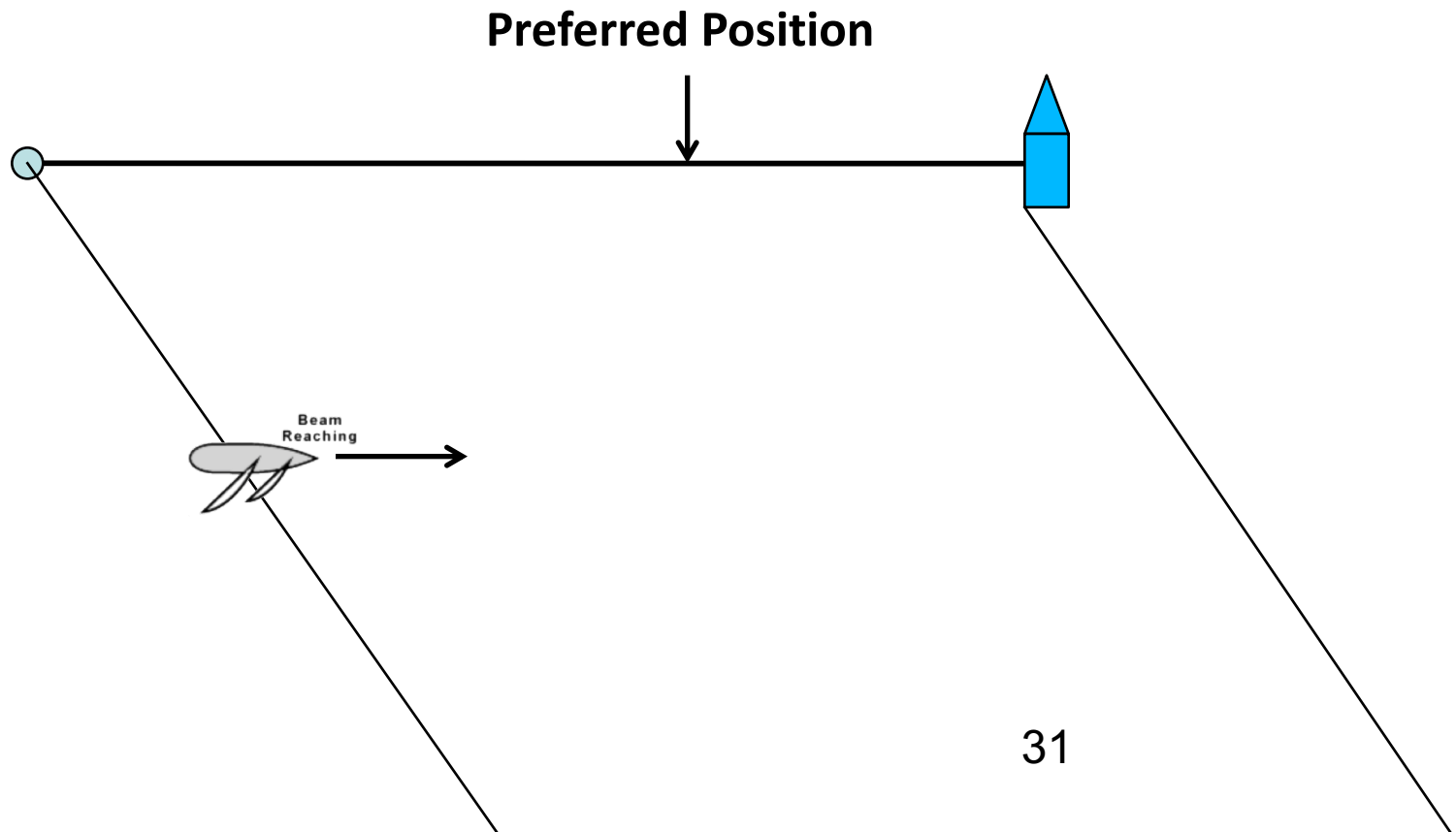
Remember you don't "get" a Good Start; You create/make a Good Start.

Teach you crew the Bag of Tricks, so it wont come as a surprise in the actual race.

Next is what I like to do every time I go out and a good way of getting ready for racing right before the first start.

PRACTICE

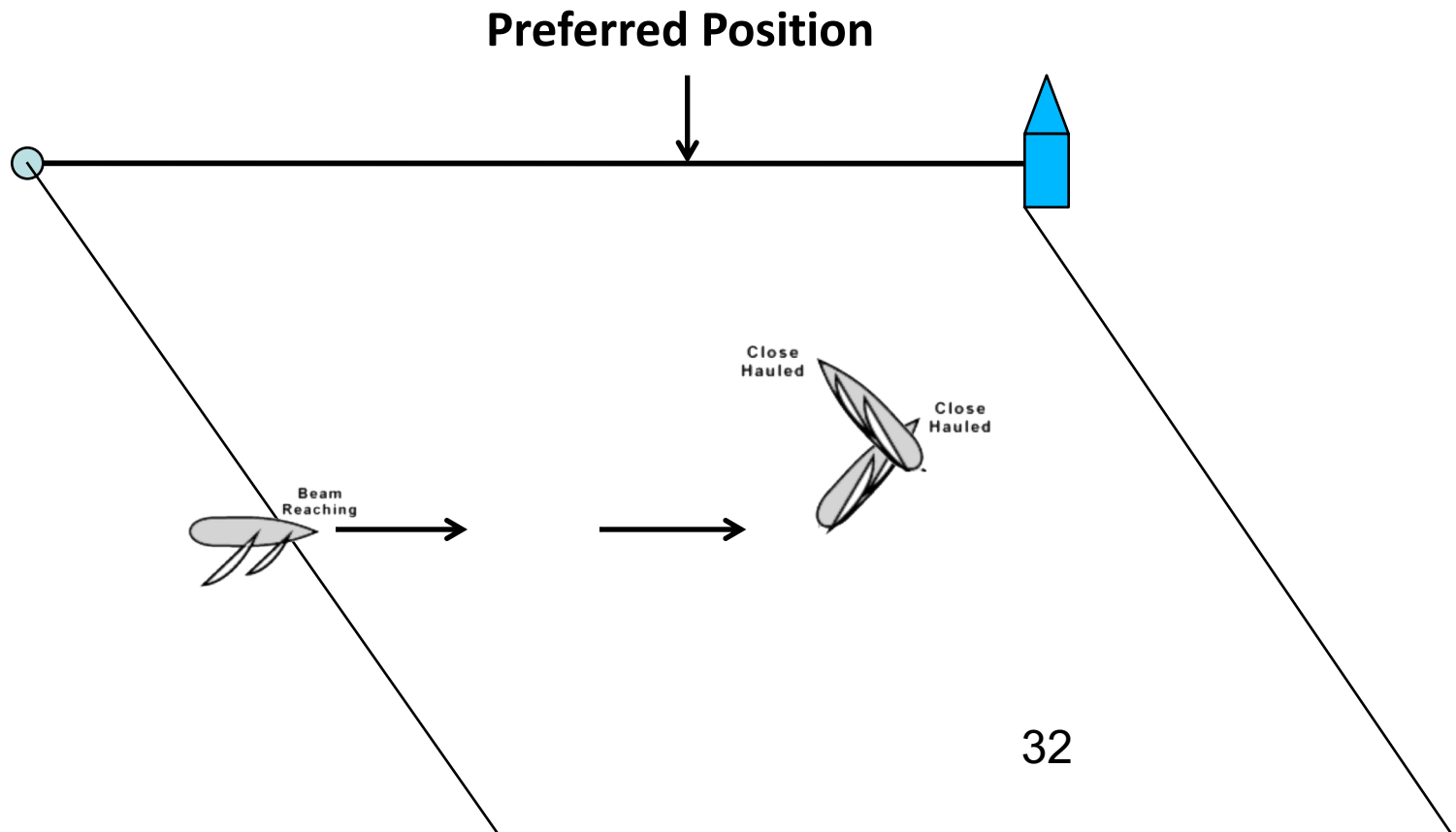
Step 1: 6 minutes (2 minutes to start)



PRACTICE

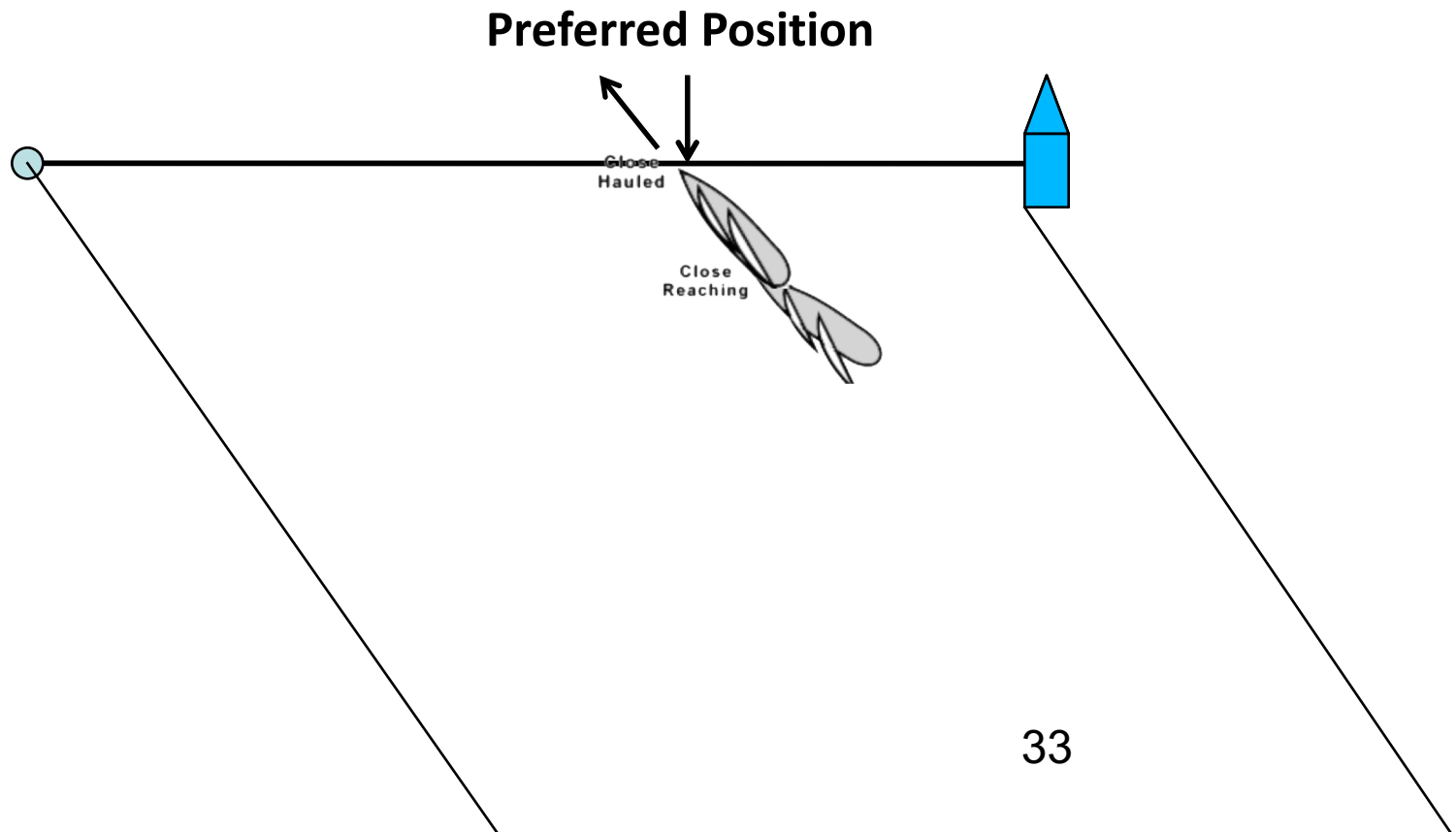
Step 2: 5 minutes (1 minutes to start)

•This is the training scenario where the tactician/driver calls Defend, 270 \oplus , Double Tack or High Build.



PRACTICE

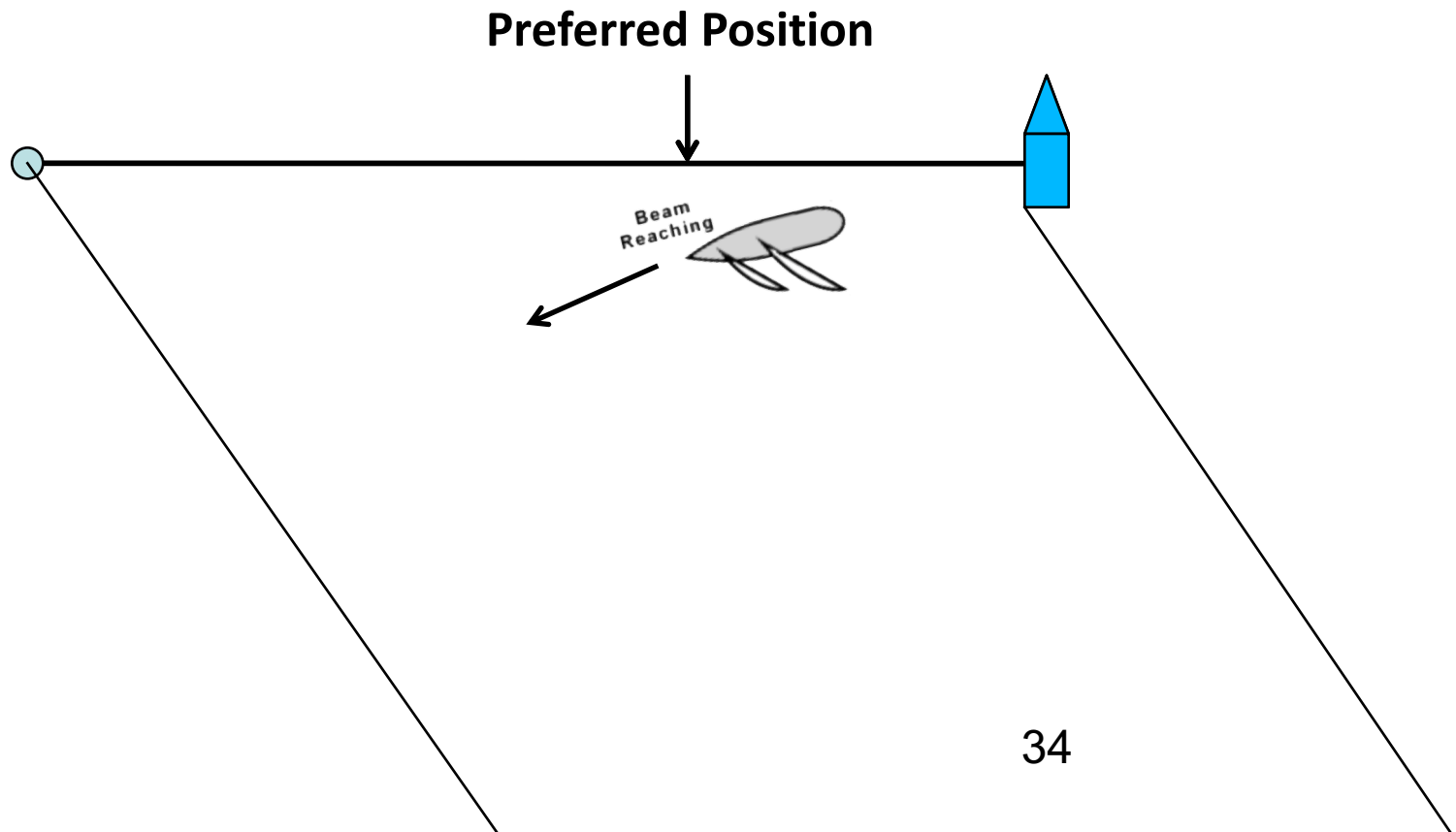
Step 3: 4 minutes (start)



PRACTICE

Step 4: 3 minutes (3 minutes to start)

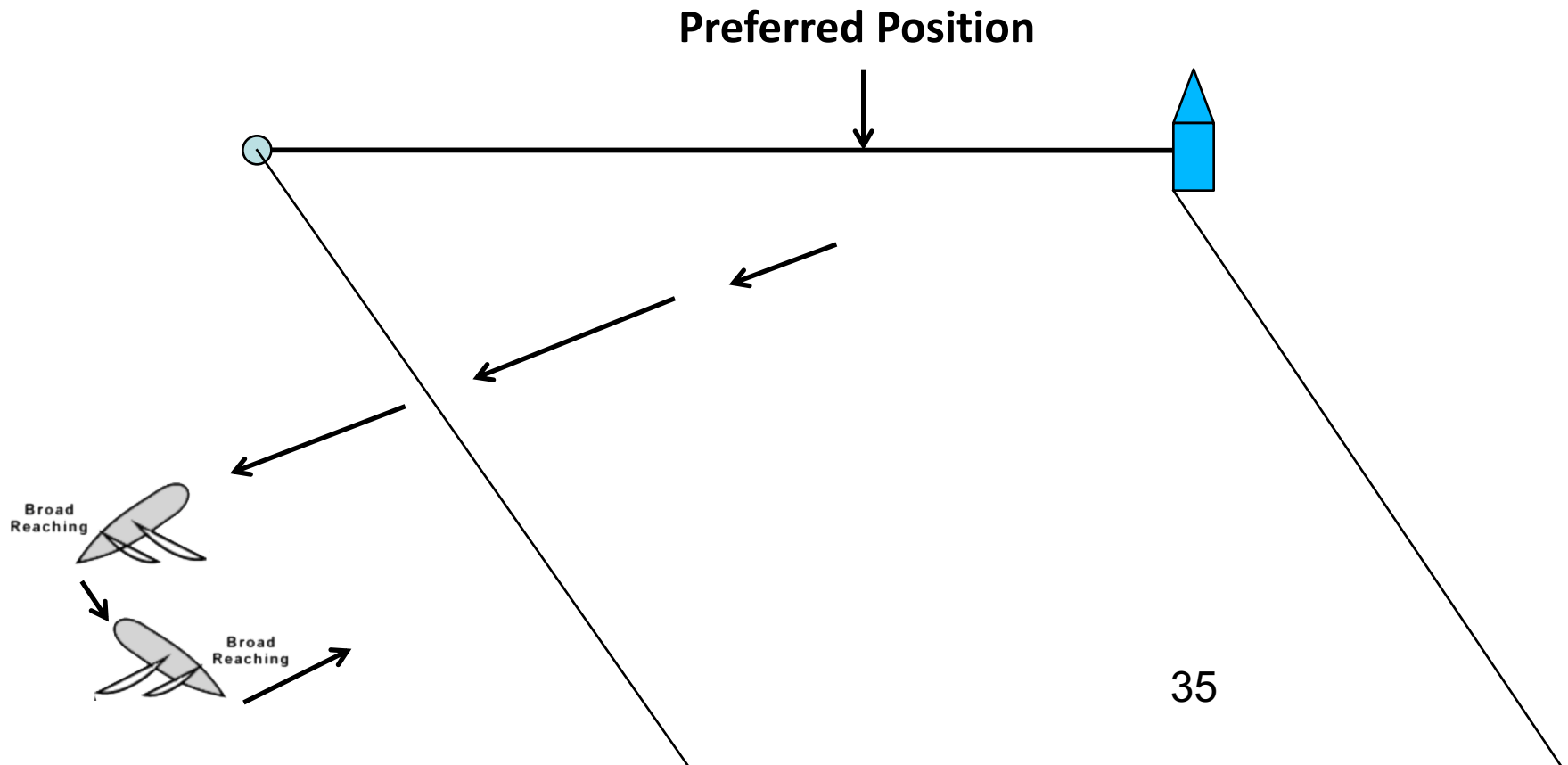
- Repeat the Easy Start Procedure



PRACTICE

Step 5: 2 minutes before start

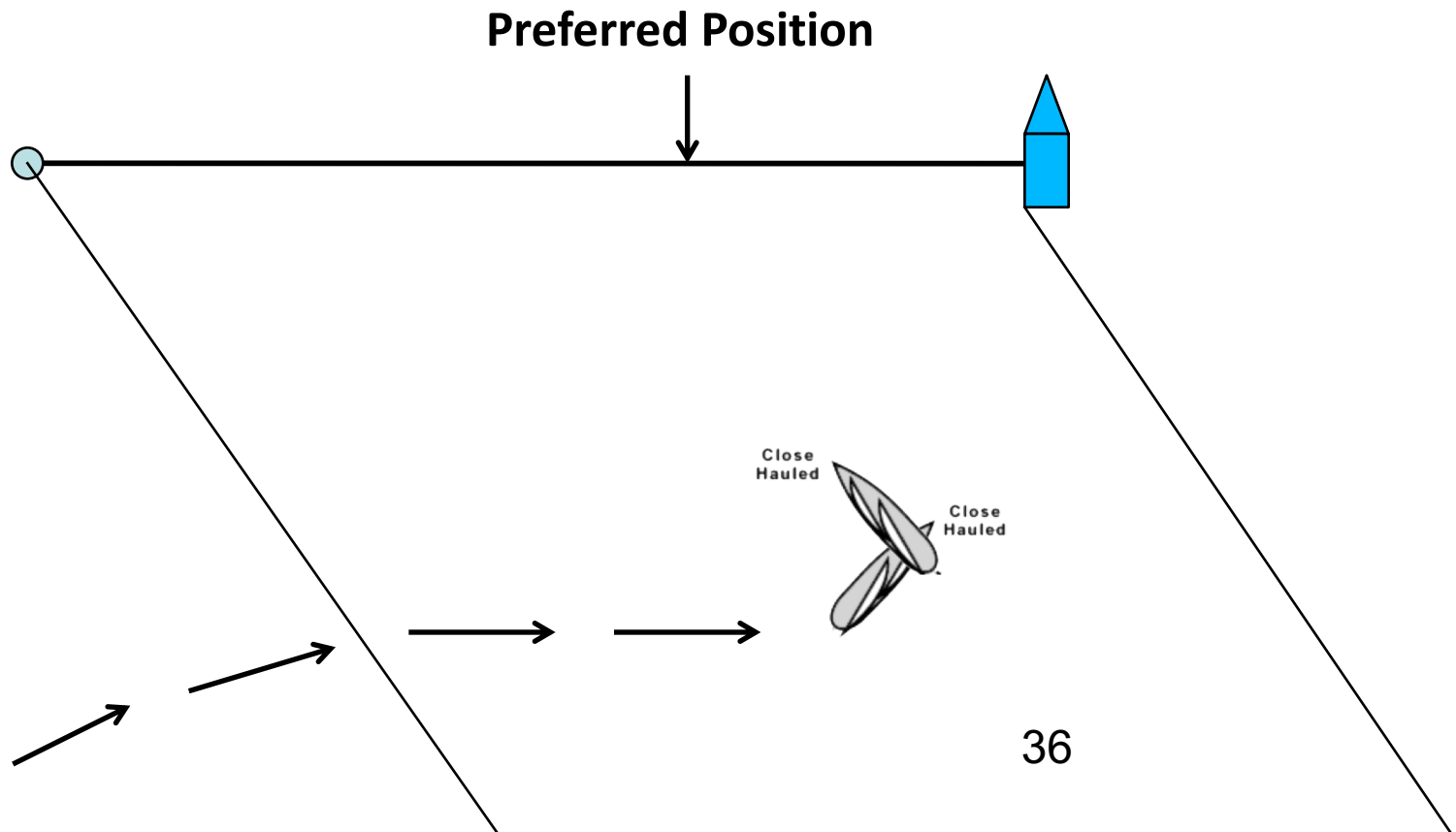
- In bigger fleets this is where you pick your opponents for the start.



PRACTICE

Step 6: 1 minute before the start

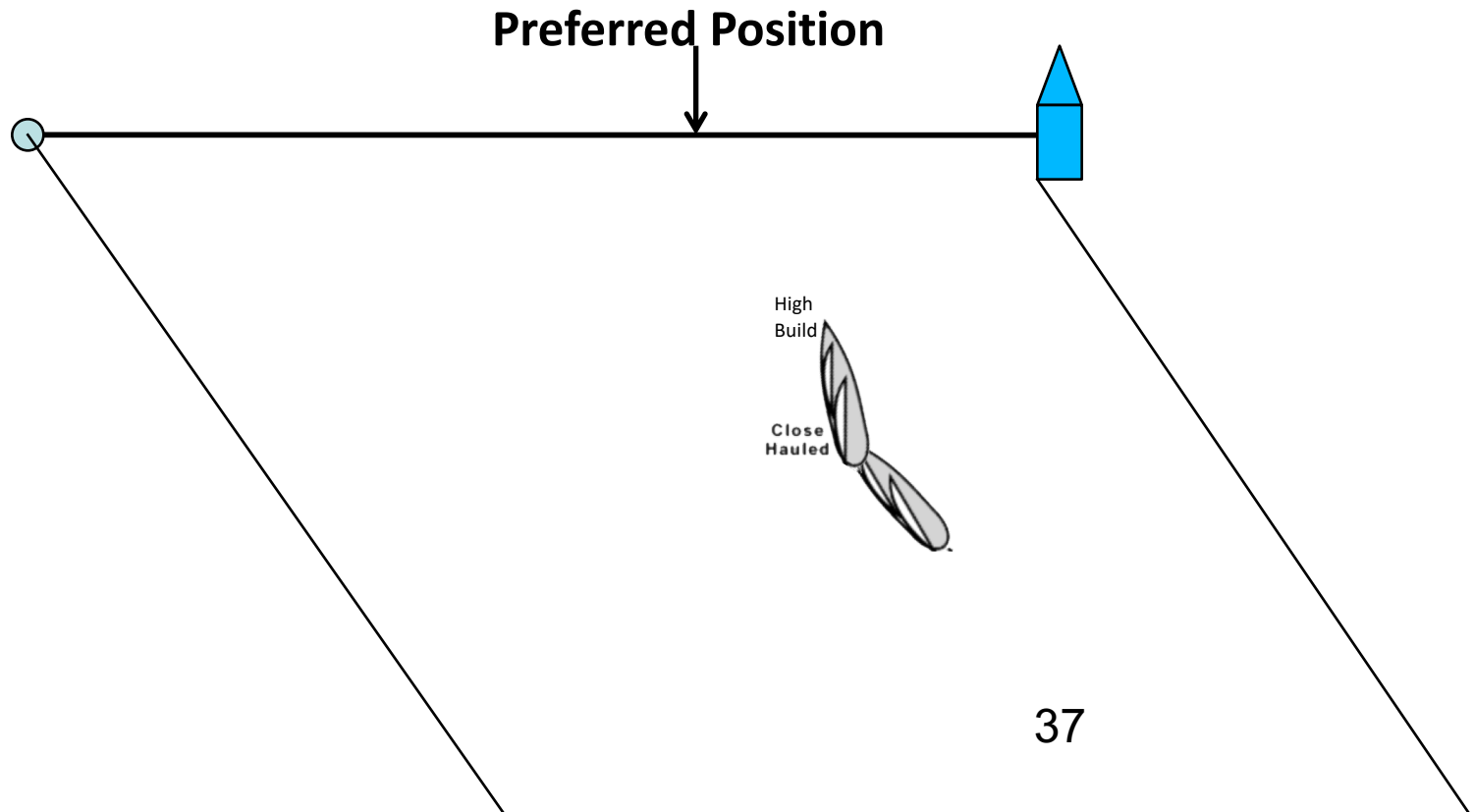
- Important to communicate the exit angle of this tack.



PRACTICE

Step 7: 40 seconds before the start

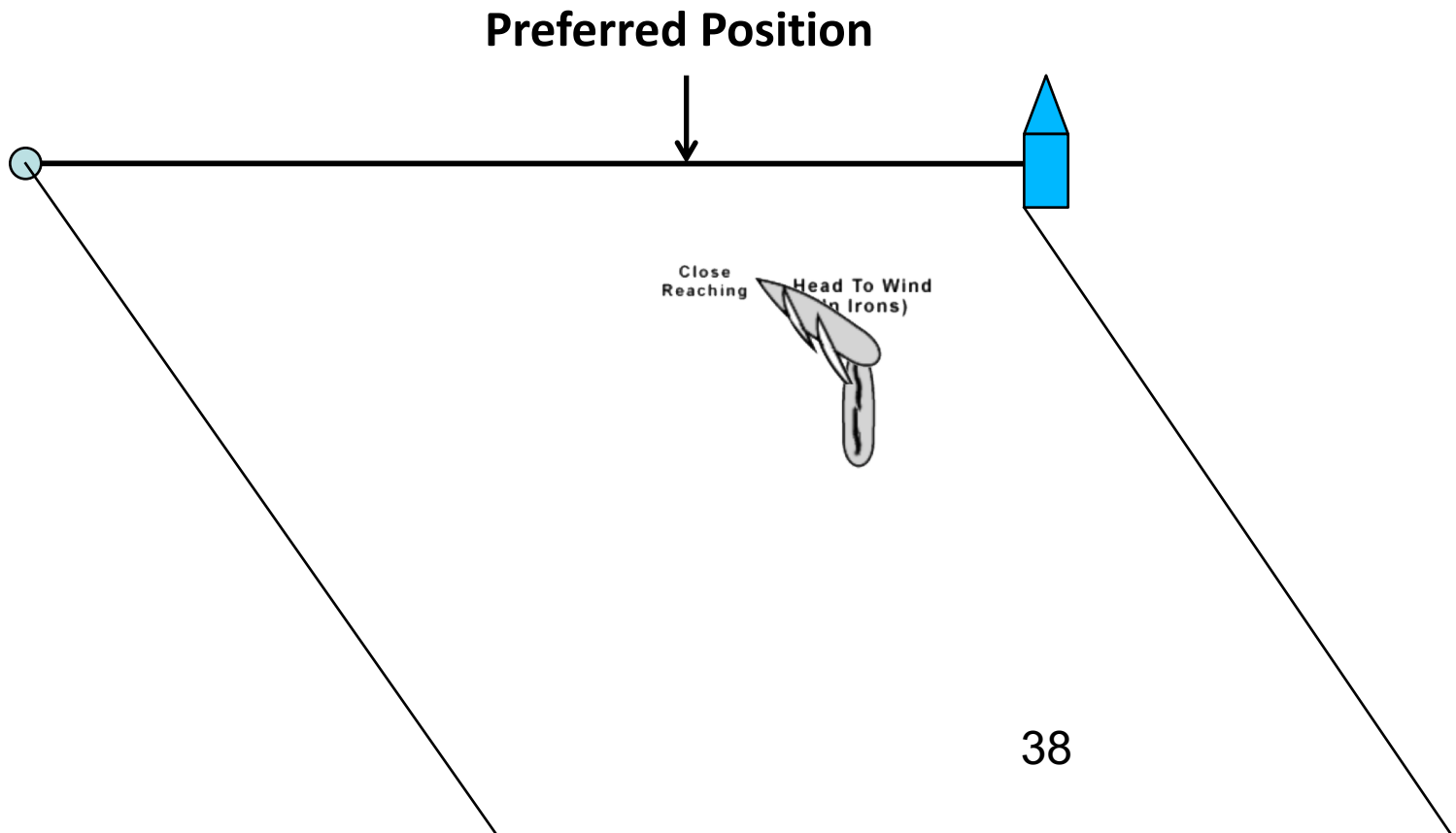
- As a tactician I normally never call out any maneuvers here since time on distance is really important but I never tell the crew so they are ready for the Bag of Tricks



PRACTICE

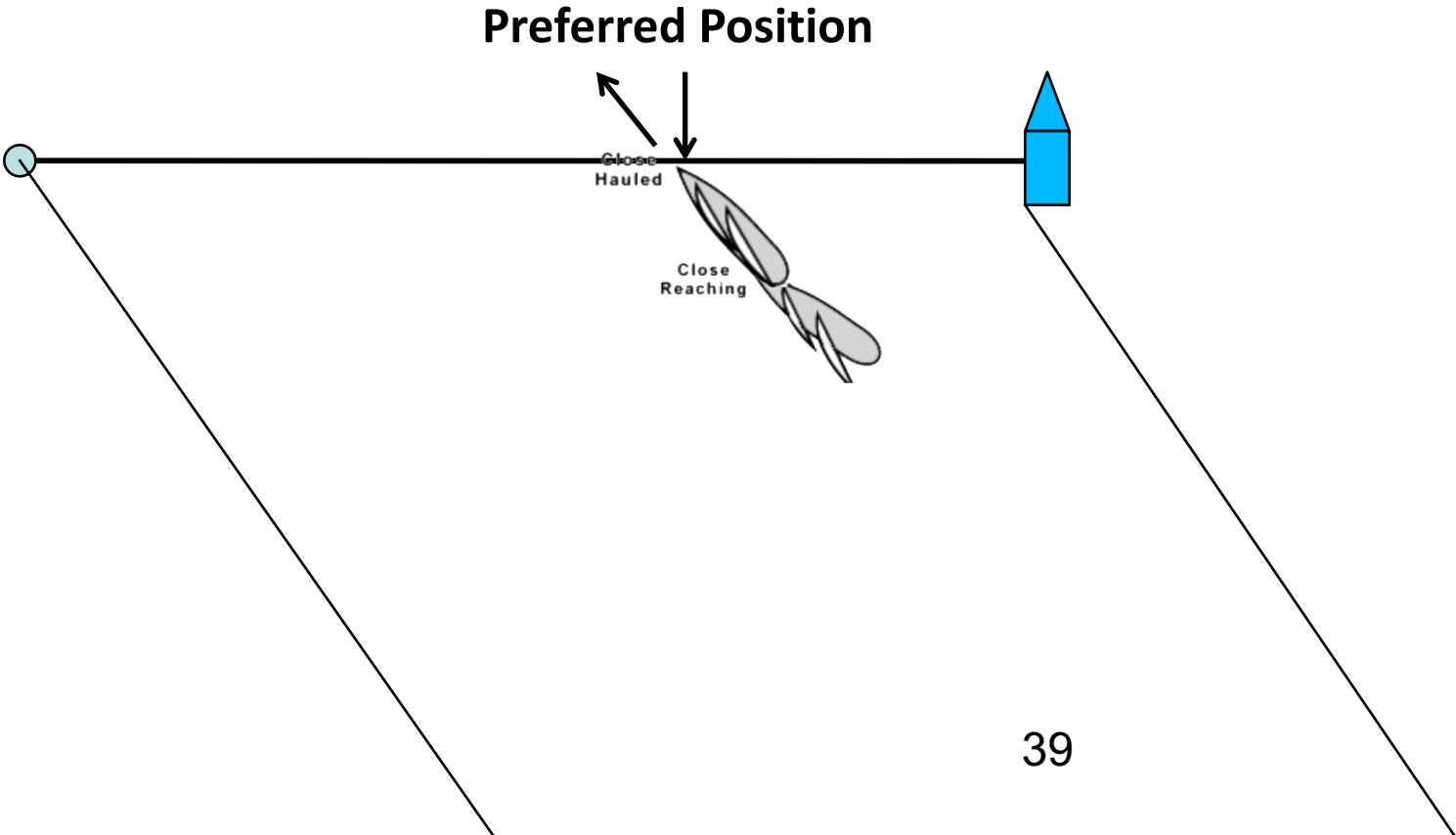
Step 8: 20 seconds before the start

- Time on Distance.



PRACTICE

Step 9: Start



PRACTICE

Now you know the different maneuvers that the crew needs to be able to do to get the Good Start.

Next workshop is about the Rest Of The Race and the 10 maneuvers that needs to perfected to win a race.

The 10 Maneuvers:

Tack

Gybe

Set

Gybe - Set

Tack - Set

Set – Gybe

Starboard Takedown

Port Takedown

Reaching Takedown

Port and Starboard

With these maneuvers you'll gain an edge on other competitors.