

J22 Racing Clinic
By
Moose McClintock, North Sails
At
SailNewport's New Port Regatta
On
Friday, July 12, 2002

This clinic is organized to prepare the J22 sailor/racer to rig and tune for speed. It is offered to prepare sailors for successful fleet and regatta racing and is an excellent opportunity to prepare for the North East, Mid-Atlantic and East Coast Championships that will follow later in the summer.

Getting "UP TO Speed" will be coached by Moose McClintock, an accomplished big-boat and J22 sailor who has trimmed and rigged both classes to championship finishes. His goal will be to improve each crew's knowledge and performance at "home" and "away" events.

GETTING UP TO SPEED

July 12

Schedule of Day's Events

- I 0800-0900
- A. Launch and secure boats at Sail Newport
Boats should be rigged and ready to sail
- II 0900-1000 Coaching from the Chalk Board
- A. Boat Prep Review
- have a checklist and make it routine
- B. Sailmaker's tuning guide
- effectively use guide of your sail maker and make a study of competing brands. Stick to the guide!
 - Use your sail maker as your best resource
- C. Boat Speed

- Discussion of the elements of reaching speed in various up and down wind conditions.
- How does boat prep. Effect speed
- What snuffs speed

D. Team development and building

- Maintaining a log a record of successes/failures so that you repeat one and avoid the other.
- Use outside sources to develop skill; sailmakers, fleet champions
- Discussion of drills to tune the crew for speed

E. Get and Maintain the Winning Edge

- Remember the checklist
- Keep sufficient provisions of water/food
- Deploy to race course early
- Collect data from the venue re. currents, prevailing winds

1030-1200 Preparing to launch

- A. Several boats will be visited at dockside to review rigging, tuning for the day's session
- B. Boats will proceed to designated area.
- C. Moose will follow in Chase boat and offer trimming/tuning advice on water; bull-horn or vhf will be used
- D. 30 minute break for lunch prior to first "START"

1200-1500 Starts and Runs

The on-the-water clinic will consist of a short series of starts and long weather/leeward runs. Moose will chase and advise the individual and collective fleet.

A. Rabbit Starts

*Boats will be designated as port and starboard starters. There will be a series of starts until every boat gets a good start.

B. Windward/ Leeward Run

- Moose's objective is to focus on speed, not tactics, and coaching will be targeted to trim, appropriate use of all controls, effective crew placement, smooth tacks/jibes.

1500-1600 Race for home

1600-1700

Coaching the results

A. Moose will use the chalk board to review what did and did not work for skippers/crew during the outing. Discussion with participants regarding their boats performance under different conditions and plenty of time for questions.