

CanSail 3

In Progress Acheived

- Head up/Bear off around a mark
- Match sheeting to rate of turn
- Adjust foils and balance boat to head up
- Demonstrate a tactical leeward mark rounding (wide/close)
- Match sheeting to rate of turn
- Use appropriate balance to facilitate a bear away
- Demonstrate wid/close and close/cide roundings
- Adjust foils when bearing off
- Tack/Gybe away when covered by another boat
- Tack/Gybe on command and at 1 minute intervals
- Tack/Gybe into a clean lane
- Tack/Gybe onto a layline
- Roll for optimal speed during tacks/Gybes

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- Balance fore and aft in varying conditions
- Heel to assist with steering and helm balance
- Combine balance, steering, and sheeting for balance
- Evaluate potential hazards at a new sailing venue
- Identify lifts and headers, communicate shifts to partner
- Demonstrate understanding of parts 1, 2A. & 2B of the rules
- Play games/activites to promote endurance & flexibility
- Set skill/process based goals for training and racing sessions
- Maintain a written log book throuhgout training
- Participate in a club race of training camp at a local club

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- Sheeting to maximize speed and manage power in all directions
- Adjusts sail controls (vang, cunningham, outhaul, bridle) for desired sail shape
- Demonstrate ability to trim for leech shape
- Depower using sail controls
- Control heel using steering and sheeting
- Steer to keep telltales flying 90% of the time
- Sail by the lee for 2 minutes without gybing
- Consistently sails with less than 15% of heel
- Adjusts body position to keep boat flat
- Stop at a mark and on command
- Reach to a stop and sail backwards
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- Stop at a mark and on command
- Reach to a stop and sail backwards

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