



## Sailing School

### Accredited Yachting Australia Training Centre

Welcome to Eastcoast Sailing School. Yachting Australia accredited lessons with our friendly instructors will help you become more skilled and confident when you're out on the water.

Our Introduction to Sail, Competent Crew, Racing & Spinnaker, Inshore Skipper and Safety & Sea Survival courses are now available. Please contact us for more information or to book your place on 1300 883 023 or [info@eastcoastsailing.com.au](mailto:info@eastcoastsailing.com.au)

### Racing & Spinnaker Course

Improve and build on your sailing skills and enjoy the excitement of sailing with a spinnaker and racing with others. This course is full of vital information for working as a part of a race team and is a great way to gain confidence to race onboard any yacht. Our Competent Crew certificate is a compulsory pre-requisite for this course. You will receive comprehensive notes on sail trim and racing with a spinnaker. On completion students can apply to race with us for the CYCA BMW Winter Series, or get involved in one of the many twilight or weekend racing competitions on the Harbour. The course covers:

- Terminology
- Hoisting and dropping the spinnaker
- Gybing the spinnaker
- Race Rules
- Sail in different crew positions on the boat in a race format
- Rigging spinnaker controls
- Trimming the spinnaker, main sail and genoa
- Windward sets and Gybe sets
- Race tactics
- Racing against the "clock" in a race format

Our students board our yacht at Kirribilli at 8.45 am, returning at 3.45pm, each day for the 3 day duration. Courses are usually run over 2 weekends and are also available as 3 consecutive days including weekends and weekdays. Students bring their own lunch, sunscreen and a hat is recommended. We will provide bottled water and wet weather jackets. On completion you will receive a course completion certificate and a Yachting Australia Logbook. Cost is \$660 per person.

