



# BEGINNER RACING SEMINARS

## Learn to race and crew your boat

Seminar #1 – Saturday, January 27, 2024 at 9:00 am

Seminar #2 – Sunday, March 10, 2024 at 9:00 am

With the uptick in interest in racing from family cruising sailors, we thought it would be helpful to hold an introductory racing seminar. These seminars are open to anyone, captain or crew, club member or non-member, experienced sailor or novice who would be interested in a beginning course in sailboat racing. The seminars will focus on preparing for our VYC Wet Wednesday racing series and our returning Blue Water Series.

We are basing our teaching and syllabus on a great book: “Getting Started in Sailboat Racing” by Adam Cort and Richard Stearns. You can find it on Amazon: <https://a.co/d/3O9sOFb>.

Our trainers/teachers are experienced west coast award-winning sailors right here at VYC. All attendees will receive a US Sailing Racing Rules Pamphlet, various handouts, and enjoy a continental breakfast!



### These seminars are FREE

Limited to 50 sailors

Sign up on the club's Clubspot page:

<https://theclubspot.com/regatta/o8jBWwwjee>

Or call the office to get on the list: 805-642-0426



### Our trainers/teachers

Braedon Baum • Dwight Rowe

Dave Boatner • Ryan Cox



### First seminar's subjects:

- Reading the NOR and SI
- Basic Racing Rules with safety in mind
- Rating rules ie: PHRF
- The race course
- Safety equipment essentials
- Crew Management
- Boat set up
- Sail Selection

### Second seminar's subjects:

- Starting & Finishing
- Windward leg and weather mark rounding, & tactics
- Downwind leg, leeward mark rounding, & tactics
- Boat speed upwind, downwind, reaching

**Join the VYC Facebook Racing Group**

<https://www.facebook.com/groups/1015985196505205>

## Ventura Yacht Club

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