

CYA Learn To Race Program - Individual Feedback Form

Name:		Club/school/camp:			Learn to Race Overall Evaluation:			In Progress		Complete	
Dates of course:		Please note: The boathandling, mark rounding, starting and sail theory items on the LTR checklist comprise 75% of course content. Coaches will focus feedback and course content on these areas ND = Not Demonstrated D = Demonstrated DC = Demonstrated Consistently			ND D DC			Feedback			
Wind speed range:											
Training Hours:											
Boat Types:											
Coach Name:		Coach Signature: _____			CYA Coach #:						
Coach Name:		Coach Signature: _____			CYA Coach #:						
Coach Name:		Coach Signature: _____			CYA Coach #:						
Coach Name:		Coach Signature: _____			CYA Coach #:						
Weighting		Skill Category		Description							
40%		Boathandling		Tacking: in different windspeeds, from close hauled to close hauled, roll tack in light and medium winds							
				Gybing: in different wind speeds, from run to run, from broad reach to broad reach, from close reach to close reach, roll gybe in light and medium winds							
				Pointing: reading the sails and balancing the boat, steering in light, medium and heavy wind							
				Downwind Sailing: sail & board trim for max speed and optimum controls settings, fore & aft trim, sail by the lee with heel							
20%		Mark Rounding		Reaching: Sail, board and control line trim, lateral and fore & aft trim, steering through waves & riding waves, maintaining a boat on a plane.							
				Combining boat handling tactics and rules with boats or alone							
				Laylines to windward mark							
				Change control line settings							
15%		Starting		Optimize course to next mark							
				Round marks wide and close							
				Understand the time to sail a set distance & the length of the starting line							
				Stop a boat, hold in position, then accelerate							
				Use a transit							
				Determine favoured end of the line							
				Maneuver near other boats							
				Start with clean air							

CYA Learn To Race Program - Individual Feedback Form

Name:		Please note: The boathandling, mark rounding, starting and sail theory items on the LTR checklist comprise 75% of course content. Coaches will focus feedback and course content on these areas			
Weighting	Skill Category	ND = Not Demonstrated D = Demonstrated DC = Demonstrated Consistently			
		ND	D	DC	
5%	Sailing Theory	True wind, boat wind, apparent wind			Feedback
		Hull shape, center board and rudder shape			
		Understand how to adjust sail shape			
		How sails "work" upwind, reaching, downwind, by the lee			
5%	Racing Rules	Safety, fair sailing and 'right of way'			
		Starboard tack over Port tack			
		Leeward over Windward			
		Clear ahead over clear astern			
		Tacking boat stays clear			
		360 and 720 penalties			
5%	Race Org	Pre-race, start, race & finish			
		Sailing instructions, starting signals			
		Mark order & finishing			
		Signals for changing & shortening course			
10%	Strategy & Tactics	Understand wind, current, tide, local geography			
		Understand how to implement strategic plan			
		Understand how to apply rules			
		Understand and process tactical decisions			