

# CYA – LTR Program - Core Curriculum

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<b>Section &amp; Weighting</b>	<b>Skill</b>	<b>Description</b>	<b>Skill Progression</b>
<b>Boat Handling (75%)</b>	<b>Tacking</b>	Selecting a good place to tack, speed into the tack, boat flat prior to head to wind, body transfer across boat, hand exchange and simultaneous flattening.	Tack successfully in different wind speeds
			Tack from Close hauled to close hauled
			Roll Tack in light and medium winds
	<b>Gybing</b>	Speed going into the gybe, windward heel to steer, mainsheet trim to initiate the gybe, body transfer, hand exchange of tiller & mainsheet and simultaneous flattening.	Gybe successfully in different wind speeds
			Gybe from run to run
			Gybe from broad reach to broad reach
			Gybe from close reach to close reach
			Roll Gybe in light and medium winds
			Reading the sails and balancing the boat
	<b>Pointing</b>	Pointing close to the wind without pinching and stalling	Steering in light, medium and heavy wind
			Sail & board trim for max speed and optimum controls settings
	<b>Downwind Sailing</b>	Boat trim & lateral heel, crew position, sail trim, steering & boat trim for balance propulsion and direction	Fore & aft trim
			Sail by the lee and with heel
			Sail, board and control line trim
	<b>Reaching</b>	Sail trim, boat balance and steering to surf and make a boat plane	Lateral and for & aft trim
Steering through waves & riding waves			
Maintaining a boat on a plane			
Laylines to windward mark			
<b>Mark Rounding</b>	Combining boat handling tactics and rules with boats or alone	Change control line settings	
		Optimize course to next mark	
		Gybe mark – wide then close	
		Lee mark – wide then close	
		Understand the time to sail a set distance & the length of the starting line	
<b>Starting</b>	Combining acceleration, holding position, backing-up. Determining favoured end, using a transit and gauging current	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	
		Wind, boat wind and apparent wind	
<b>Sailing Theory</b>	Wind direction and flow over sails. Forces on a sailboat and why they move forward. How sail shape affects forces.	Hull shape, centerboard and rudder shape	
		Understand how to adjust sail shape	
		How sails ‘work’ upwind, reaching, running & by the lee	

<b>Racing Rules</b>		Understand four basic 'right-of-way' rules, mark rounding rules and penalties	Safety, fair sailing and 'right of way'
			Starboard over port
			Leeward over windward
			Clear ahead over clear astern
			Tacking boat stays clear
			Mark Rounding rules
			360 and 720 penalties
<b>Race Organization</b>		How races run, starting, course to be sailed and finishing line.	Pre-race, start, race & finish
			Sailing instructions, starting signals
			Mark order & finishing
			Signals for changing & shortening course
<b>Strategy &amp; Tactics</b>		Strategic plan for a race. Effective tactics to react to situations and apply the racing rules on the race course.	Understand wind, current tide, local geography
			Understand how to implement strategic plan
			Understand how to apply rules
			Understand process tactical decisions