

CYA Learn To Race Program - Group Feedback Form

LTR	This checklist is to serve as a guide for recording sailor progress. Assessment should be based on LTR Core Curriculum, not on general description listed on this checklist.		Detailed skill specific feedback must be provided to each sailor
	Boat Handling Tacking, gybing, pointing, downwind sailing, reaching	Mark Rounding Combining boat handling tactics and rules with boats or alone	

1	2	3	4	5	6	7	8
First & Last Name _____ _____	Mark Rounding Combining boat handling tactics and rules with boats or alone	Starting Combining acceleration, holding position, backing-up. Determining favoured end, using a transit and gauging current.	Sailing Theory Wind direction and flow over sails. Forces on a sailboat and why they move forward. How sail shape affects forces.	Racing Rules Understand four basic 'right-of-way' rules, mark rounding rules and penalties	Race Org How races run, starting, course to be sailed and finishing line	Strategy & Tactics Strategic plan for a race. Effective tactics to react to situations and apply the racing rules on the race course.	Please note: The boathandling, mark rounding, and starting items on the LTR checklist comprise 75% of course content. Coaches should focus 75% of their program and feedback on these areas.
_____ _____							
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Dates of course:	
Wind speed range:	
Training Hours:	
Boat Types:	

- Checklist Instructions**
1. This checklist is for coach reference only. Sailors should receive individual reports at completion of course.
 2. Skill areas should be evaluated as: Not Demonstrated (ND), Demonstrated (D) or Demonstrated Consistently (DC).
 3. Completed checklists should be sent to CYA and/or PSA at season's end for sailor database information.

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LTR	First & Last Name	Tacking, gybing, pointing, downwind sailing, reaching	Combining boat handling tactics and rules with boats or alone	Combining acceleration, holding position, backing-up. Determining favoured end, using a transit and guaging current.	Wind direction and flow over sails. Forces on a sailboat and why they move forward. How sail shape affects forces.	Understand four basic 'right-of-way' rules, mark rounding rules and penalties	How races run, starting, course to be sailed and finishing line	Strategie plan for a race. Effective tactics to react to situations and apply the racing rules on the race course.	Please note: The boathandling, mark rounding, and starting items on the LTR checklist comprise 75% of course content. Coaches should focus 75% of their program and feedback on these areas.
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Coach Name: _____

Coach Signature: _____ **CYA Coach #:** _____

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