

RS TOP TIPS

Racing in Medium Winds Inland

1. Keep the boat flat at all times.
2. Start in the front row!
3. (RS200) use plenty of kicker upwind to aid pointing and power control.
4. (RS200) slacken the jib cunningham to aid pointing.
5. Continuously watch for shifts, bends and areas of greater pressure.
6. Seek clear wind whenever possible.
7. Adjust the power in the rig to suit your weight and the conditions - aim to be fully hiked as soon as possible, but guard against being overpowered too soon.
8. Make the most of any gust downwind to initiate/maintain planing - significant alterations of course will be required in marginal conditions.

Racing in Light Winds Inland

1. Use heel and sheet tension to steer the boat - use minimum rudder.
2. Sit forward to minimise drag.
3. Watch for wind filling-in in specific areas of the course - make sure you're there!
4. (RS200) crew must sit to windward down-wind, so they can see the kite, and constantly communicates pressure in kite to helm.
5. Sit as still as possible and move around the boat slowly - sudden movements will slow/stop the boat.
6. (RS200) if there's enough wind to fill the kite, heel to windward downwind. This helps expose the kite to the wind, as gravity pulls it out from behind the main.
7. If it's really light, consider dropping the kite and running straight to the mark. Otherwise you lose too much ground sailing high to fill the kite.
8. Don't be a TellyTubby in an RS200 in light air, and if it's really really light, give up and go to the bar!
9. (RS200) upwind crew slackens jib-sheet about an inch to maintain the slot between the main and jib.
10. Concentrate on keeping the cockpit dry.

Racing in the Nationals

1. Do not be intimidated by the event, size of the fleet, rock-stars, etc.
2. Do not start next to a fast boat.
3. Consistency is the key to a good overall result - nationals have been won without a single race win.
4. Do not re-tune your boat or make significant changes to the way you sail immediately before the nationals.
5. Research the venue - weather, tides, geography, etc. - and sail there beforehand if possible.
6. Allow plenty of time to reach the race area - ideally enough to sail a lap of the course before the start.
7. Thoroughly prepare your boat beforehand - otherwise, at best, it'll affect your concentration and, at worst, you'll lose a full day through gear failure.
8. Nationals = long days on the water. Take plenty of food, drink, sun cream, etc.
9. Agree with your crew beforehand on the racing/social balance for the event - for most people it's difficult to max-out on both!