

PUGET SOUND SAILING INSTITUTE

DES MOINES THURSDAY NIGHT RACE SERIES DES MOINES MARINA SPRING 2023

DESCRIPTION

Introductory Race Clinic is 5 sessions. Pre-race topic of discussion from 5:30-6pm and then the evening race.



info@Pugetsoundsailing.com



253-383-1774



LOCATION

DES MOINES MARINA



Refer to our ['CONTACT US'](#) page for driving and parking directions prior to your class.

WHAT TO BRING

- Comfortable/waterproof shoes (no black soles)
- Sunscreen, sunglasses, hat
- Raingear/waterproof clothing, layers, extra dry clothes (if applicable)
- Racing Gloves



DATES AND TIMES

5:30-6PM: PRE-RACE DISCUSSION

6PM: RACE TIME!

TRAINING SESSION – Monday, Apr 3, 2023 (5:30 pm - 9:00 pm)

RACE - Thursday, Apr 6, 2023 (5:30 pm - 9:00 pm)

RACE - Thursday, Apr 13, 2023 (5:30 pm - 9:00 pm)

RACE - Thursday, Apr 20, 2023 (5:30 pm - 9:00 pm)

RACE - Thursday, Apr 27, 2023 (5:30 pm - 9:00 pm)

The objectives of the course are:

- Have fun, enjoy our time together on the water
- Improve our sailing skills, get the most performance out of our boat and crew
- Get a taste for competitive racing in actual regatta environment.

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DES MOINES THURSDAY NIGHT RACE SERIES – THREE TREE POINT DES MOINES MARINA SPRING 2021



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Before April 3

- Try to get some sailing time in. It's been a long winter, knock the rust off of your sailing skills.
- Read the attached Word document describing the course.
- Assemble your sailing gear.
- Purchase "Getting Started in Sailboat Racing" <https://www.amazon.com/Getting-Started-Sailboat-Racing-2nd/dp/0071808264>
- Review the PSSI video Basic Coastal Cruising 1.
 - <https://www.pugetsoundsailing.com/asa103.html>
 - password: learntosail
 - Start viewing at time 9:15 watch Sailshape/trim/reefing topics

DISCUSSION TOPICS

1. Rules of the Road & Introduction to the Racing Rules
2. The Start Sequence and timing
3. Reading the wind and wind shifts
4. Upwind & Downwind strategies
5. Determining lay lines, mark rounding and finishing

ON THE WATER TOPICS

1. Safety
2. Boat Balance
3. Sail shape & trim
4. Crew Positions/Lookout/Communication
5. Effective tack/jibe techniques

WE LOOK FORWARD TO RACING WITH YOU!