

CYA Learn To Race Program - Individual Feedback Form

Name:		Club/school/camp:		Learn to Race Overall Evaluation:			Complete	In Progress
Dates of course:								
Wind speed range:								
Training Hours:				Coach Signature: _____ CYA Coach #:				
Boat Types:				Coach Name:				
				Coach Signature: _____ CYA Coach #:				
				ND = Not Demonstrated D = Demonstrated DC = Demonstrated Consistently				
Weighting	Skill Category	Description	ND	D	DC	Feedback		
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						
		Reaching: Sail, board and control line trim, lateral and fore & aft trim, steering through waves & riding waves, maintaining a boat on a plane.						
20%	Mark Rounding	Combining boat handling tactics and rules with boats or alone						
		Laylines to windward mark						
		Change control line settings						
		Optimize course to next mark						
		Round marks wide and close						
15%	Starting	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						

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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			