

## Back to Front Training Day

13<sup>th</sup> September 2025

### Event Memo

In the morning there will be 3 talks to choose from. These are available for Dinghy, Keelboat and SB20 sailors. You can go to any 2 of the 3 talks.

The following talks are:

- Intro to Keelboat, SB20s and Dinghy Racing talk, this is for those new to racing and want to get involved with the commodore's cup. This is also suitable for crew or sailors currently involved in the Wednesday night Pursuit race.
- Intermediate level racing talk, for sailors currently racing and wishing to improve their results. Topics might include, Starting, Strategy, Tactics Boat handling Manoeuvres etc.
- The 3rd topic will be on a rules talk. Here we will select 1 or 2 key rules and explain in detail.

Talks will start at 11:00 am, each lasting 45 minutes with a 15-minute break in between.

After the talks the Dinghy's will participate in the Dinghy Dust Remover with a video debrief after racing (NoR & SIs on Sailing Calendar Notice Board.)

The Keelboats, SB20s & Multis will participate in the Back to Front Training with coaching on the water.

Whilst everyone is welcome to join, these talks are aimed at those new to racing or those at the back of the results looking to improve.

Dinghy Dust Remover Briefing	14:00 in the Tentola
Back To Front Training Sailors Briefing	14:00 in the Loft
First Warning Signal for Both Races	15:00

Please come to the briefings rigged and ready to go.

There will be a debrief after racing with some video footage of the day.