



Dear Members,

We're looking forward to our upcoming **Back to Front Keelboat & Dinghy Training**, designed to focus first on knowledge and communication, and then put it straight into practice on the water. This is mainly applicable to racing, but much of the theory will be useful to cruising as well.

Schedule & Information

Saturday 3rd January 2026 | Back to Front Keelboat Training

09:45 – 10:00

Rules Refresher (15 minutes)

Led by **Ard van Aanholt**

A short, practical overview of key rules to set everyone up for the day.

10:00 – 10:30

Communication in Teams (30 minutes)

Led by **Ard van Aanholt**

Focused on clear onboard communication, decision-making, and working effectively as a crew.

10:30 – 11:15

Spinnaker Settings & Manoeuvres

Led by **Matt Britton and Lee Brown**

Covering setup, trim, hoists, drops, shorthanded techniques and common mistakes for both Symmetric and Asymmetric spinnakers.

On-the-Water Training

Member-led training sessions, applying the morning topics in real conditions.

12:30-12:45 Briefing

14:00-16:00 Spinnaker and Race Training

17:30-18:00 Video Debrief

Important Notes (Saturday):

- To get the most out of the training sessions, teams are asked to arrive with full crews where possible.
- If you don't have a full crew, please still come but we may group people up on different boats on the day.
- Where possible, please RSVP to this email if you are planning to attend so we have an idea of numbers.
- Experienced members who are happy to act as a volunteer coach or support less-experienced teams are very welcome. Please let us know in advance so we can plan accordingly.
- If you're able to help as a volunteer coach or support crew, please reply to this email.



DUBAI OFFSHORE SAILING CLUB

Sunday 4th January 2026 | Back to Front Dinghy Training

09:30 – 10:15

Rules, Pre-Start Routines & Daily Preparation (45 minutes)

Led by **Ard van Aanholt**

Covering key rules, pre-start routines, and how to prepare properly for a full day of sailing.

10:15 – 11:00

Class-Specific Sessions

Led by **Class Captains**

Focused on class-specific priorities, setups, and common challenges.

Afternoon

On-the-Water Training

Member-led training sessions, applying the morning topics in real conditions.

12:30-12:45 Briefing

14:00-17:00 Race Training

17:30-18:00 Video Debrief

Important Notes (Sunday):

- Sailors are encouraged to attend the full morning sessions before going afloat.

Members willing to help coach or support less-experienced sailors are asked to let us know in advance

We're looking forward to a productive and enjoyable day on and off the water.

Kind Regards

Ard Van Aanholt

DOSC Racing & Events Manager