

GBC fun day

Sailing activities to improve sailing skills on Sunday 12th May 2024 sailing session.

Arrive to rig 10.30

Briefing 10.50

Launching 11.00

Exercises we will be doing:

- Follow the leader
- 10 practice race starts
- Sailing 360's ~ adjusting sails, balance and trim while 360 ing.
- Quick Gybing practice
- 3 short races
- Gather the Ducks
- Catch the Sponge
- Tag
- Sailing backwards



See you all on Sunday

Ric