

CREWED BOAT PROGRAM

The crewed boat program (420) offers many training opportunities for intermediate and advanced Luffing Lassies to increase these skills:

- sail a boat with more than one sail, as sailors will have the opportunity to sail with a main, jib, and spinnaker.
- sail in the racing series with other Lassies fleets to preserve the unity and camaraderie of the group. Teams of two for the 420 will commit to racing for the series during the regular LL Thursday races.
- allow experienced Lassies to share their knowledge with less experienced sailors.

Sailing on a crewed boat is a commitment for the Luffing Lassie series. If a sailor cannot participate on a scheduled Thursday for one reason or another, she must notify the skipper and/or other sailors as soon as possible so that a substitute can be found. The skipper will be responsible for getting the replacement crew unless the skipper states otherwise.

1. <https://www.youtube.com/watch?v=x6vAS...>

Skipper Preparation Checklist

- Sailors inspect their boat before the class if possible or plan to arrive early to ensure you have everything you need to enjoy and get the most out of the day.
- Tow vehicle with 1 7/8" ball or tow dolly (or 2" with Thelma)
- VHF radio (Channel 72)
- Lev-o-gauge on a boat
- Side stays telltales (cassette tape)
- Lifejacket w/ Whistles
- Sunscreen
- Water bottle
- closed toe shoes, good grip soles
- Paddle
- Safety Throw Cushion
- extra crank handle
- extra transom plug
- bail bucket and/ or sponge

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- anchor with line
- multitool, rigging knife, or pair of pliers and knife with wrist straps
- Masthead flotation (if club requires or high winds)
- float plan with squadron office if sailing outside of lassie Thursday event

Basic Boat Handling Checklist & Drills

- Skipper Hold the tiller like a microphone, tiller behind you, and sit forward and together in the boat
- Crew should always be looking up at leech telltale when adjusting the jib when sailing close-hauled.
- Trim Jib first then trim the Main.
- Jib should be max trimmed with the leech telltale still flowing when sailing close-hauled.
- Trim Jib so leech is 1-2 inches outside of the stay see next point - upper telltales
- Jib should be trimmed to telltales just above the window when sailing between a close reach and beam reach. (Same as point above)
- Add / pull in Vang until Skipper feels light helm then cleat when in broad reach to close haul sailing.
- Turn downwind by pulling the jib in and easing the main. This is when the Jib or Main can be raised a notch if needed if luff of sails is too loose. (Ease the vang!)
- Avoid sailing on a run by keeping your jib full when sailing downwind.
- Return to a broad reach or close haul. **Drills**
- **Tacking** in a **Figure 8** around two buoys or imagined mark
- Smooth rudder extension at start of tack then full extension
- Use heel to help steer the boat through tack - (more advanced) when pulling in the main sheet at start

more advanced

- practice tacking in a solemn style going upwind to practice fast tacking - s wave

Docking / Safety Position practice

- practice docking or safety position / heave too with a buoy or marker by coming into it as close to no go zone without going into irons
- loose main and jib pulled into mast slightly backwinded

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- **Starting** from that stop position going to close haul (more advanced...increasing quickness and speed)
 - Hold the safety position in a close reach/close-hauled position with sails eased.
 - Bow down and launch from the safety position by trimming the jib in hard then trimming in the main.
 - Use heel to help steer the boat around marks. Big arm pulls when pulling in the main sheet at start

General Safety Rules

- Come in from practice before exhausted/ too fatigued
- Use safety position and sit in a shade of sail
- Drink plenty of water out there and electrolytes
- Use Long sleeve UV sweat wicking shirts
- Always Look out for other boats, kites, kayaks, paddle boards and swimmers
- **Make** your docking plan communicated to crew **before** coming into the dock.
- If you think winds or waves are increasing or a storm approaching, make way to harbor / dock / squadron ASAP.

Debrief - Get the most out of your sailing day:

- Did you give each person a chance to crew in different positions including the helm? In the beginning good to rotate positions until you find your teams sweet spots and preferences
- After dock, putting the boat away, do a 5 minute debrief. Ask
 - What did we do well?
 - Did we communicate well?
 - Did we learn something new?
 - What do we want to work on?
 - How do we improve
 - What do we want coaching on next time?
 - Do we have any boat repairs / improvements to report in?