

Notts County Sailing Club Fast Forward Instructor notes - April 2004

Power

- In - Back - Down
- To channel the rigs forces
- In & back trims sail for power
- Down - through mast to trim board
- For: getting going, early planing, harnessing, footstraps & control

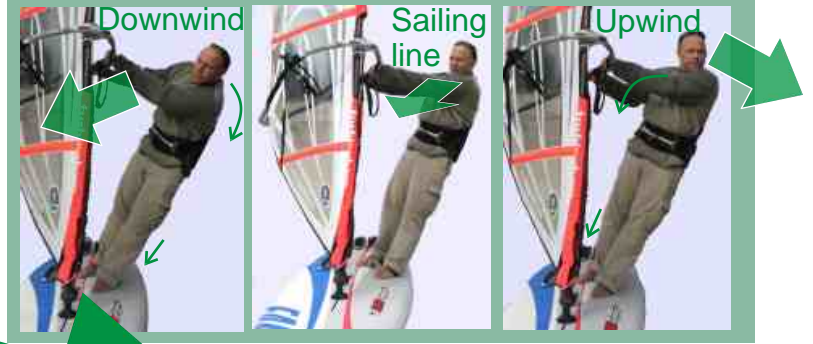


Fast Forward Concept

All link together

Vision

- Sailing line in relation to wind
- Judge & assess situations
- Affects balance, stability, technique
- Head looks, body follows
- Forward - most of time
- Downwind: increase speed + head downwind
- Upwind: control speed + head upwind



Power

Stance

Vision

- Joins all together, body to adjust
- Like gear change
- Use different stances all time, to adapt & change, depending on wind/speed

Standard 7

- Relaxed stance
- Arms straight
- Leg slightly bent
- Hands shoulder width



Standard 7

Straight 7

- Lift & Lock
- To accelerate
- Straighten by lift hips, lock body, become lighter on board, push through toes
- Hands close together



Straight 7

Super 7

- Dig & Drop
- Also at end transition Drop & Push
- To control speed, on chop and in gusts
- Drop body and dig heels to push down
- Hands wider apart



Super 7

Balance

Framework to resolve forces - counterbalance

- Linked: trim, power, stance
- Straight front arm - rig away
- Mast/rig one way - body other (out/in, front/back) - counterbalancing

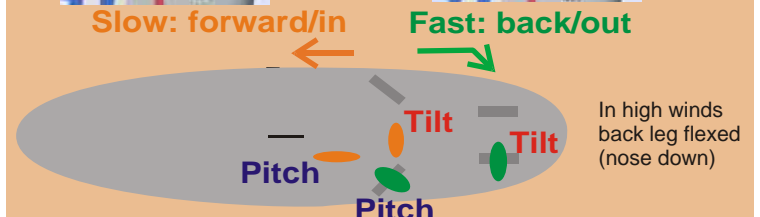
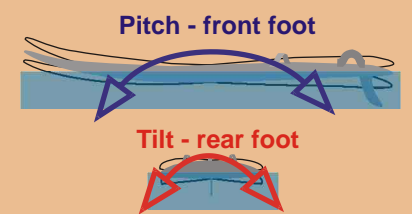


Counter-balance



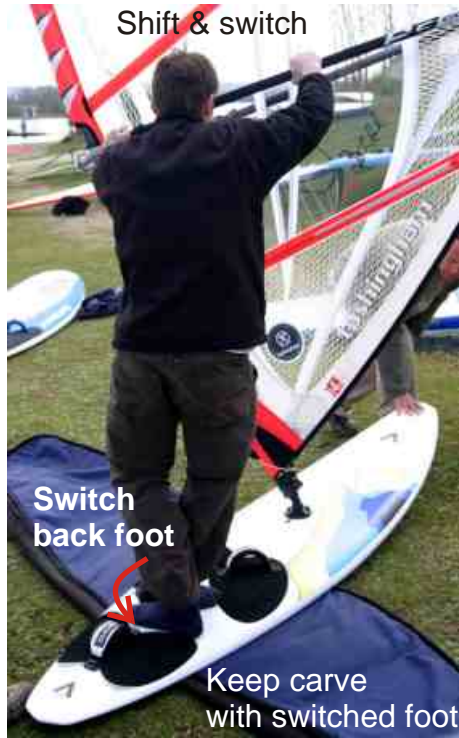
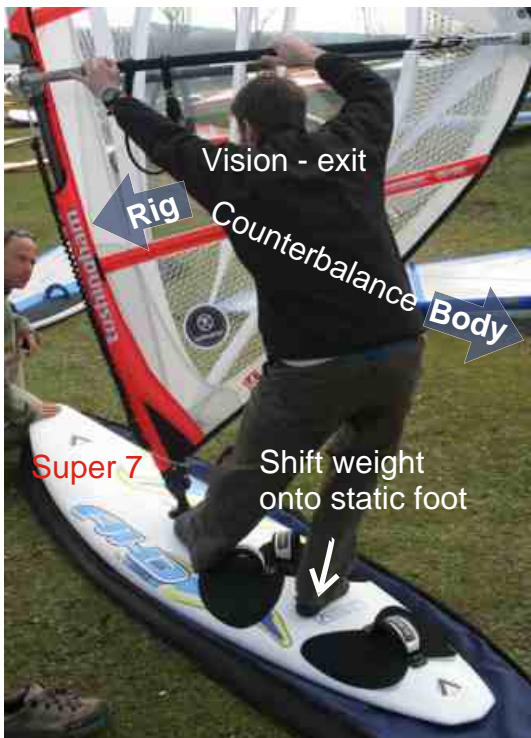
Trim

- Tilt + pitch
- To keep board flat
- Toe / heel pressure
- For: getting going, early planing, harnessing, footstraps & control



All Formula linked when windsurfing, some items more important in specific manoeuvres

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Non Planing Carve Gybe (clinic) Shift & Switch - Slide & Glide Vision/ Super 7 - Counter balance - Super 7 - normal sailing

Beach Start & Waterstart (clinic)

Rig elevation slide & glide out water

Balance, vision towards mast base till on the board (nose over toes), then sailing line immediately (rig twist front hand forward, back in)

Trim, Super 7 to get going, then Standard 7

FAST FWD



Long flat area better acceleration
Find by sliding a £10 note under straight edge till

Board Design & set up

Mast tracks have moved back, normal modern board set up 135cm from back
Wave / freestyle 125cm, Daggerboard 145 cm
You may move it 2cm for different people/conditions

Footstraps (100-180l): Back of back strap level with front fin
Front strap depends on your size (shoulder width approx) and conditions. Rough: further apart for control, flat: closer.



Boom ht, attach and lay down, use harness line part to check distance from back of board

Longer boards slightly higher due to length,
Wave/Strong winds - slightly lower control
Light winds - higher to get weight off board



Waist harness longer than seat to bring bum in (24-26 on waist)
No preference on type of harness, if bad back suggest seat

Distance back sq m=no of times hand down boom
(eg 6 sq m 6 hands to front line)



Distance back works for 4.5 to 6.7 sq m sails

Harness line set up



Length lines average elbow to watchstrap (22 -28)

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Harness hook in Settle / hook in / settle

Try not to look down, if you do resume vision immediately

Vision (at speed look upwind a little)

Trim - Flat

Stance resume **Standard 7** immediately

Tacking:

Vision - look upwind

Counterbalance - rig back/body forward

Shift & switch at front of mast - footwork

Cross over flick head round -

Vision sailing line out

Super 7 to accelerate out

Getting Going

Vision - sailing line (marginal winds look downwind 5-10')

Trim - flat

Balance - extend arms

Power - Down & in

Stance - Initially **Super 7**

Drop & Push - then **Standard 7**

Blasting Control

Use all of stance range as conditions change

Losing Speed:

Accelerate - **Vision** downwind slightly

Trim - Push through toes - board flat

Stance - Straight 7 - then Standard 7

Big Lulls:

Trim (lean forward see photo)

- counterbalance

- rig back



Start feet near straps
Concentrate on power

Footstraps

**Settle / front strap/
settle/ back strap/
settle**

Balance

(Counterbalance) - key point



Front strap, constant power
Un weight front - **Counterbalance** put rig forward (**Body back/rig forward**)
move foot back then resume normal sailing



Back strap
Un weight rear put rig back to **Counterbalance (Body Forward/Rig Back)**
move foot in and resume stance

Control Acceleration:

Trim - dig heels (keep rail down)

Stance - Drop & Dig Super 7 (sink hips)

Power - Back & down

Spin out: Flex back leg - trim (snap it back)



Steer upwind

Vision look upwind

Shifts body weight onto back foot

Counterbalance by rig forward

Weight rail - Super 7 to initiate

Steering Vision / balance

Steer downwind

Vision look round front of sail

Shifts body forward, wt front foot

(toes) **Counterbalance** - rig go back

Super 7 to initiate

