

AN OPPORTUNITY TO IMPROVE YOUR SAILING SKILLS!

- North U Racing Trim Seminar information:
- The seminar will be held at The Bunk Haus on Feb 6, 2010.
- Assuming this session will attract more lake sailors, the seminar's curriculum will be adjusted for lake sailing to address
 - non-spinnaker jib-and-main trim downwind and also spend some time on tactics - both upwind and also downwind jib-and-main tactics.
- Registration will be through North U. I will advise when that is set up.
- Price to HCYC Sailors - \$85 + \$10 for lunch.

North U. Racing TRIM

The North U Racing Trim Seminar is offered as a one day course focusing on boat speed and boat handling.

Race and Win

Bicycles, bobsleds, sailboats. Not matter what you race, you've got to be fast to win. If it's sailboats you race, then the North U Trim Seminar is for you. North U Trim Seminars teach the latest in racing skills with an emphasis on practical, proven, real world techniques that will help you win.

Championship Performance

You will learn the fundamentals of upwind performance, plus advanced techniques that balance angle of attack, sail depth, and twist in both the main and jib in order to optimize speed and pointing in all conditions. Through animated graphics, photos, and video you will see how the champions do it. In addition, the course covers the latest in spinnaker trim and control for both conventional and asymmetric spinnakers.

There's More...

But that is not all! The course also teaches proven boat handling methods that put you in control. You'll see how to set, jibe, and douse all types of spinnakers in all kinds of weather. You will leave with the tools to make your boat handling second nature, and your boat speed second to none.



North U Trim book

Written by Bill Gladstone, the North U Trim Book covers every facet of sail trim, boat speed, and boat handling. It is the compliment to the acclaimed Performance Racing Tactics. The new sixth edition includes over 200 information packed pages. Sections on Trim Solutions solve the most baffling problems in performance, while the boat handling sections show how you can turn your crew into a cohesive team. Excerpts have appeared in SAIL, Sailing World, and Yachting. The book is included with the class.

North U Trim CD-Rom, now with video

Our revised Trim CD-ROM shows sail trim and boat handling in full motion. The Trim CD includes full motion animation, photos, and new video segments. In fact, the TRIM CD has so much video it is now a 2 disk set! You'll see how changes in trim change performance, and learn the latest in boat handling. We use the TRIM CD to teach the class. For the 2010 seminar season, the TRIM CD is included with your registration.

*Thanks,
Marty Chrisman*