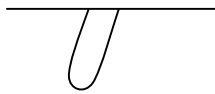


Name: _____

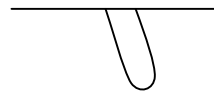
Skipper

1. Knowledge of winds
 - a. What is a gust?
 - b. What is the difference between a header and a lifter?
 - c. How do you prepare for gust?
2. Demonstrate how to sail alone in heavy weather (with both sails) and prevent capsizing
3. Know and explain centerboard positions on every leg of a racing course

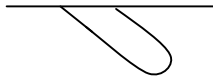
a. Close hauled



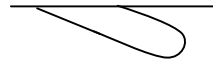
b. Close reached



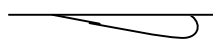
c. Beam reach



d. Broad reach

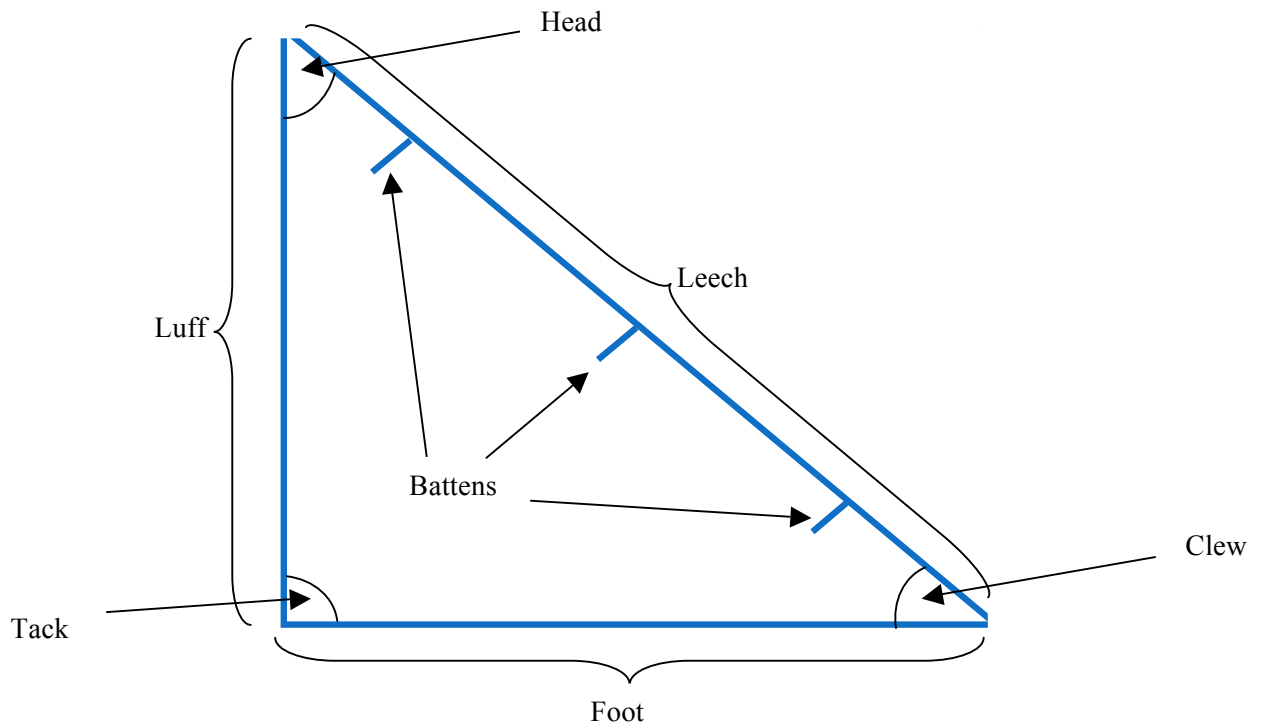


e. Running



4. Sailing knowledge and technique:
 - a. Come out of irons on a given tack
 - b. Vault out of boat and climb in over the transom
 - c. Start and stop the sailboat on command
 - d. Show proper technique rounding a mark

5. Name and locate the parts of the sail



6. Knots

- a. Sheet bend
- b. Sheepshank

7. Knowledge of fundamental racing rules (know "The Rules in Brief")

8. Demonstrate a proper roll tack

9. Explain how to use telltales to trim your sails

10. Finish well in 8 races at the discretion of sailing staff

- a. Demonstrate knowledge of rules
- b. Use rules to your advantage

11. See head of sailing