

Top Tips from Skiff Training at Rutland

Steve Tylecote

My key learning is about mental approach regarding 'taming the beast' and is really best summarised by Sten's oft repeated phrase.....'its only two bits of string and a stick'. I think that with a positive approach and some fantastic feedback from expert coaches (guests as well as the Stenhouses) the seemingly tricky tasks of sailing skiffs can be made manageable.



Michael Palfreman's

The best thing I learnt was the need to plan maneuvers well in advance and to be as precise as possible in terms of trim, sheeting and steering especially in breeze when tacking and gybing.

Ted Mount

Ha.....get a good night's sleep beforehand!!

Seriously though, I was pretty stuck in my [poor] trapezing technique and I now realise that high wiring in marginal conditions makes life a lot easier.

It's also too easy for learners like myself to become disenchanted with the boat when it doesn't come together as quickly as you thought it would. It seems the key factors are to take it slowly, keep the boat upright and don't despair when you capsize for the 10th time that day.

Iver Ahlmann

"Bow down through a set of approaching waves" is one of my favorites



Felix Luchterhand - Austria

Seeing myself on video in the evening, analysing my technical and tactical skills was helpful. I found sailing 2 up in your boat, the best way to learn technical details.

Martin Fidgeon

key comments

a) Keep the boat flat

b) practice then practice some more

The boat will sail itself when set up right and sailed flat

Dan Vincent

The training gave me a bit more confidence, in some of my boat handling. Afterwards in the video feedback sessions, I could see my rather upright standing tacking style, which I am now modifying (with the help of the DVD) to a tack where I keep my centre of gravity lower.

Pablo Andreas – Spain

1) Don't be late for the start, which means for me you have to plan it ahead and bear away just the right amount, just in time.

2) if you find yourself in a rush you are also late.

3) if you find yourself thinking about tactics for more than 5 seconds you are too late.

So my top tip for body and mind will be: DON'T BE LATE

Also have a top tip for the boat overall sail settings:

If the wind is going up and down, set up the rig for the lulls (not the gusts)



Peter Barton

I picked up the style of trapezing from specific heights of both adjusters and 'handles' in various wind strengths to aid techniques for both hooking on and off. It is great that you are willing to shortcut the learning curve of others - more fun with less pain!



Matt Hollis

"I learnt all sorts of new tactics that are all very important to know in such a top grade class as the mustoskiff"

Nick Hollis

"These last few training sessions have been invaluable for gaining key sailing techniques behind the Mustoskiff Without the help from the training sessions, those niggling problems would still be holding me back"

Nick Craig

Most important tip I learnt was keeping the boat flat through all manoeuvres, quite a change from the sailing I've done. Especially useful for someone un co-ordinated like me – as you said, no-one falls over on dry land as it's flat!



Tom Wright

I learnt to get my head out the boat and look around more(to avoid collisions!), my tactics improved and my attacking and defending, I learnt not to just look around see what's going to happen but to look outside of the course and place my self in better positions to get the best advantage.



Sergei.Samus

Top tips learnt:

- High trapezing technique
- Main trimming upwind
- Strong wind reaching
- No centreboard sailing
- Improved my awareness of what is around
- Slowing down when going downwind with a kite
- Keeping my foot on a rack when tacking in light winds
- Using my foot for cleating the main when needed
- Keeping stationary in strong winds
- Smooth steering (almost no rudder)
- Wide circle turns when tacking/jibing

I also have now many to-do tasks in my list that I will be practicing when sailing on my own such as

- Keeping FLAT!!!

Be proactive and anticipate gusts and lulls,

Keep the top speed, this will make handling easier

Make small trimming adjustments in time rather than big ones paying for being late

More attention to approaching gusts/lulls

- Being able to do a high number of repetitions of any exercise, say 40 tacks/jibes in 20 or less minutes.



Chris Wright

I have always go fast up the beat but with poor height. I will pull my main in harder now.



Kit Stenhouse

Now we know we are able to hold station for 3 minutes in windy conditions surrounded by other boats in a 2 boat length box behind the line, I will stop reaching around before the start, taking risks by tacking and gybing.



Richard Stenhouse

On port downwind, ease the main and over sheet the kite, to slow down and go behind a starboard boat and stay in control. The river race was good practice for this technique.

