

## **DALLAS SNIPE FLEET 001**

### **TRAINING PROGRAM FOR CREWS AND SKIPPERS (DRAFT #7...FEB 26, 2022)**

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#### **Introduction**

The Dallas Snipe Fleet 001 is primarily a fleet that focuses on competitive small sailboat racing in our own events and regattas, and also out of town regattas. We are always seeking to grow as a fleet. This program was developed with the intention to first teach one how to sail a boat safely in all reasonable wind conditions and then to progress into a competitive sailboat racer, all while having fun. It teaches the skill sets needed for both skipper and crew positions, so that the sailors who progress in the program learn to train those who follow them.

#### **How to Get Started**

Sign the waiver and you may attend five on-the-water events with the same privileges of a beginner for free. It is best to join our Meetup.com group for event notices and RSVP. You will also receive a Basic Snipe Sailing Manual.

#### **Summary of Levels**

0. Beginner
1. Sailor
2. Qualified Crew and Novice Skipper
3. Competitive Crew and Qualified Skipper
4. Advanced Crew and Competitive Skipper
5. Expert Crew and Advanced Skipper
6. Expert Skipper

#### **Knowledge and Skills Addendum**

Detailed description of the knowledge and skills training for each level is set forth in an attached addendum.

#### **Level 0 Beginner**

##### **Requirements**

-  Sign the Waiver
-  Sign up at meetup.com
-  Sign up at dalsail.com as a member of Dallas Snipe Fleet 001 and pay \$50 for semi-annual fleet dues ( After five on-the-water events)

##### **Curriculum**

-  Thursday night lessons/practice on rigging or sailing
-  Rigging practice and crewing on Saturday morning short course
-  Crewing Sunday afternoon long course or regatta if asked by a Level 4-6 skipper
-  Knowledge: nomenclature, points of sail, windward & leeward, tacks, rights of way, sail power, capsized recovery
-  Skills: rigging, boat balance, tacking, hiking, control lines, basic knots

##### **To move up to level 1**

-  Beginner level written test score 70% or better
-  Beginner Level basic skills training checkoff by higher level sailor

## **Level 1 Sailor**

### **Curriculum**

- 🚤 Crewing Sunday afternoon long course or regatta in light air conditions if asked by a Level 3 skipper
- 🚤 Occasional tiller time on Thursday nights and to and from race courses on Saturdays, Sundays and regattas, wind conditions permitting
- 🚤 Knowledge: basic racing rules, courses, skipper/crew coordination, control line and sail adjustments
- 🚤 Skills: more knots, crew responsibilities, capsize recovery, boat handling

### **To move up to level 2**

- 🚤 Pass a written test on Level 1 knowledge and training with score of 75% or better
- 🚤 Complete Level 1 skills training checkoff with trainer or any Level 3-6 sailor
- 🚤 Contribute an unspecified, but reasonable, amount of fleet service time, including training of beginners, as determined by the principal race officer (PRO)

## **Level 2 Qualified Crew and Novice Skipper**

### **Curriculum**

- 🚤 Rigging boats without supervision
- 🚤 Crewing any fleet events in any conditions for which the skipper is qualified
- 🚤 Skippering Thursday night training and Saturday morning short courses in light and medium air conditions
- 🚤 Skippering Sunday afternoon long courses and regattas in light air conditions
- 🚤 Use of a fleet boat for training with a Level 3-6 sailor at times outside the scheduled fleet events, where at least one of the sailors in the boat is a member of CSC, but only under the fleet safety guidelines for non-event loaner boat sailing and training
- 🚤 Knowledge: boat speed, racing strategy and tactics
- 🚤 Skills: Precision boat handling, handling breakdowns, depowering, heavy air sailing, small fleet racing

### **To move up to level 3**

- 🚤 Pass a written test on Level 2 knowledge and training with score of 75% or better
- 🚤 Complete Level 2 skills training checkoff with trainer or any Level 3-6 sailor
- 🚤 Contribute an unspecified, but reasonable, amount of fleet service time, including training of lower level sailors, as determined by the PRO

## **Level 3 Competitive Crew and Qualified Skipper**

### **Curriculum**

- 🚤 Priority allocation to deep cockpit boats
- 🚤 Skippering any events with assigned crew, as determined by the PRO
- 🚤 Crewing any events with any skipper
- 🚤 Knowledge: protests, signal flags, racing rule details, large fleet racing strategy and tactics, regatta organization, race committee operations
- 🚤 Skills: Advanced boat handling in light and heavy air, pre-race and on the water tuning, covering a competitor

### **To move up to level 4**

- 🚤 Pass level 3 written test (75% or better) and skills checkoff
- 🚤 Contribute unspecified, but reasonable, fleet service time, including training of lower level sailors, as determined by the PRO
- 🚤 Finish high in regattas as determined by the fleet captain
- 🚤 Be an associate or regular member of CSC

### **Level 4 Advanced Crew and Competitive Skipper**

#### **Curriculum**

- 🚤 Higher priority use of a deep cockpit loaner boat
- 🚤 Crewing or skippering in any fleet event with any other skipper or crew
- 🚤 Encouragement and support to attend out-of-town regattas
- 🚤 Knowledge and skills: expert crewing and advanced skippering

#### **To Move up to level 5**

- 🚤 Pass level 4 written test (80% or better) and skills checkoff
- 🚤 Contribute an unspecified, but reasonable fleet service time, including training of lower level sailors, as determined by the fleet captain
- 🚤 Finish high in regattas as determined by the fleet captain
- 🚤 Be a regular member of CSC

### **Level 5 Expert Crew and Advanced Skipper**

#### **Curriculum**

- 🚤 Same as level 4, plus
- 🚤 Individual coaching from expert sailors

#### **To move up to level 6**

- 🚤 Pass level 5 written test (90% or better) and skills checkoff
- 🚤 Contribute an unspecified, but reasonable fleet service time, including training of lower level sailors, as determined by the fleet captain
- 🚤 Be a regular member of CSC and a Platinum member of Snipe Class International Racing Association (SCIRA)
- 🚤 Show ability to compete at the highest level by any one of the following:
  - Win a SCIRA sanctioned regatta with more than 20 competitors
  - Win a SCIRA district championship
  - Place in the top 10 in any SCIRA national or world competition
  - Place in the top 3 in any SCIRA masters national or world competition

## **ADDENDUM A -- SKILLS AND KNOWLEDGE DETAILS**

### **Level 0 Beginner**

#### **Knowledge Training**

1. Parts of the Snipe
  - a. Identifying parts on paper
  - b. Physically identifying parts on at least 2 different snipes
2. Points of sail
3. Windward and leeward
4. Port/starboard and port/starboard tacks; learning the difference
5. Fundamental right of way rules
  - a. Starboard over port
  - b. Leeward over windward
  - c. Ahead over behind
6. Basic concept of sail power and relationship of sail position to the direction of sail and the direction of the wind
7. Basic Snipe Sailing Manual as a reference
8. Capsize recovery
  - a. Mast not in the mud
  - b. Mast in the mud, without power boat
  - c. Mast in the mud, with power boat
  - d. Getting into the boat after it's back up
  - e. Draining the water out

#### **Skills Training**

1. Getting on and off a boat
2. Rigging and derigging
3. Two stroke tacking
4. Hiking techniques
5. Boat balance for different wind conditions
6. Pole launcher, out and in, and ways to keep it from fouling
7. Control lines the crew uses (jib fairlead, jib cunningham, crew hiking straps, pole launcher, outhaul, main cunningham, mast forward pusher)
8. Ways to distinguish between port/starboard sides and port/starboard tacks on your boat and others near you
9. Basic knots: bowline, square knot, double overhand, and figure-eight

### **Level 1 Sailor**

#### **Knowledge Training**

1. Basic rules of racing Part 1 (Fundamental Rules) & Part 2 (When boats Meet)
2. Race courses
3. Starting procedure
4. Skipper and crew actions and coordination at each transition point in a race
  - a. Preparing to leave the dock

- b. Leaving the dock and harbor
  - c. On the way to the race course
  - d. Before checking in
  - e. Before the preparatory signal
  - f. Counting down to the start
  - g. Going on a beat in light, medium and heavy air
  - h. Tacking upwind
  - i. Rounding a windward mark, with and without an offset
  - j. Reaching without a whisker pole in light, medium and heavy air
  - k. Reaching with a whisker pole in light, medium and heavy air
  - l. Gybing at a gybe mark
  - m. Rounding a leeward mark to port from a port run
  - n. Rounding a leeward mark to port from a starboard run
5. Control line adjustments
  6. Sail adjustments relative to the wind direction and strength
  7. Launching and docking procedures from pier, davit, dolly, hoist and trailer

### **Skills Training**

1. Advanced knots: double bowline, half hitch, clove hitch, sheet bend, double sheet bend, trucker hitch, Carrick bend, buntline hitch
2. Crew responsibilities overview: jib trim, starboard tack boats, balance, compass, information flow to skipper (countdown to start, wind shifts, wind pressure, competitor speed and direction)
3. In the water capsize drill, including going over the high side to prevent a capsize, getting to the daggerboard to keep boat from going turtle (over, under or around), releasing sheets
4. Boat handling from both skipper and crew positions
  - a. Launching and docking
  - b. Sailing with appropriate sail angle on all points of sail
  - c. Tacking in both directions efficiently to 90 degrees
  - d. Gybing in both directions efficiently
  - e. Sailing backwards
  - f. Getting out of irons

## **Level 2 Qualified Crew and Novice Skipper**

### **Knowledge Training**

1. Boat speed
  - a. Sail power
  - b. Balancing force diagrams
  - c. Tuning
  - d. Hull form drag and skin drag
  - e. Pinching
  - f. Footing
2. Racing strategy and tactics
  - a. Compass headings and reading wind shifts

- b. Starting line favored end
- c. Starting tactics, small and large fleet
- d. Shortest distance to weather mark
- e. Shortest time to weather mark
- f. Lay lines
- g. Upwind leg, small and large fleet
- h. Reaching leg, small and large fleet
- i. Running leg, small and large fleet
- j. Mark roundings, small and large fleet

### **Skills Training**

1. Two-stroke tacking with precision
  - a. Jib backwind
  - b. Crew strokes
  - c. Roll tacking
  - d. Skipper handoff of tiller and mainsheet
2. Skipper overboard drill
3. Crew overboard drill
4. Heave to
5. Common breakdowns and how to fix them while racing
6. Lay line recognition
7. Depowering in heavy air
8. Boat speed practice balance, pinching and footing
9. Planing in smooth water and in heavy waves
10. Racing practice in small fleets
11. Leeward mark rounding with precision and acceleration
12. Heavy air capsize drill, with and without powerboat
13. Droop hiking at both positions
14. Heavy air gybing, with and without the pole

### **Level 3 Competitive Crew and Qualified Skipper**

#### **Knowledge Training**

1. Protest hearing
2. Signal flag review
3. Detailed application of racing rules
4. Large fleet racing strategy and tactics
  - a. Pre start
  - b. Starting
  - c. Weather leg
  - d. Weather mark
  - e. Reaches with and without pole
  - f. Running
  - g. Leeward mark with and without a gate
  - h. Final weather leg and finishing
5. Regatta organization and management

6. Saturday principal race officer duties and responsibilities
7. Sunday race committee duties and responsibilities

### **Skills Training**

1. On the water coaching from trainers and higher level skippers
2. Skipper and crew coordination to keep the boat heeled and quiet in light air conditions
3. Skipper and crew coordination to keep the boat flat in medium and heavy air
4. Skipper and crew coordination to keep the boat from pitching in heavy waves
5. Reaction to medium and heavy air puffs and lulls while droop hiking
6. Covering a competitor
  - a. Shadow
  - b. Lee bow
  - c. Tight cover
  - d. Loose cover
  - e. Tacking duel
  - f. Covering multiple competitors simultaneously
7. Shoreside tuning for anticipated conditions
8. On the water tuning as conditions change
9. Large fleet practice
10. Regatta practice, including group shoreside coaching sessions on regatta race days as determined by the principal race officer
11. Run Saturday races as the SPRO and participate on Sunday race committees

### **Level 4 Advanced Crew and Competitive Skipper**

#### **Knowledge and Skills Training**

1. Match racing
2. Team racing
3. Light air starting and course management strategies
4. Feathering into puffs
5. Extreme depowering
6. Tacking underneath the starboard fleet at the weather mark
7. Getting the inside overlap at the leeward mark
8. Breaking a cover
9. Racing in a river current
10. Racing in a tidal current
11. Estimating relative speed and heading of a competitor
12. Forecasting significant wind shifts ahead on the course