



# SEMINARS

**Saturday February 10, 2018**

Port Credit Yacht Club

9am to 4pm

Price: \$125

Registration includes:

Two Seminars & Lunch

Plus a 1 yr. Subscription to Speed & Smarts Newsletter  
(approx. \$50 Value)

To Register:

<https://ontariosailing.ca/registration-forms/>

Or contact Krystal (888) 672-SAIL (7245) x221

[info@ontariosailing.ca](mailto:info@ontariosailing.ca)

*Dave Dellenbaugh*

*From*

**SPEED & Smarts**



*You can't always win the race, but  
you can always learn something  
that will give you a better chance  
of winning the next race.'*



## *Seminar 1: **STARTING***

This new seminar from *Speed & Smarts* explores the strategy and tactics of Starting. Covered topics include pre-start planning, picking the favored end, the importance of line bias, using a line sight, defending your hole, making your final approach, coming off the line (after the gun), evaluating risk, key racing rules, starting philosophy and more! (*Length: 3 hours*)



## *Seminar 2: **UPWIND***

This new seminar from *Speed & Smarts* explains the strategy and tactics of racing Upwind. Topics include how to pick the favored side of the beat, windshift strategy, risk versus reward, laylines, current, strategic rules of thumb, light versus heavy air, tactical positioning, covering, wind shadows, fleet management, key racing rules, and more! (*Length: 3 hours*)

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