**Hunts Training Programme**

**Gate Starts**

As a fairly infrequently used starting method it takes a few practices to understand what is happening and how to position your boat and time the run in to the line.

The plan is to initially look at what it is and how to perform a start. Then develop this in to….

        ways to find a good position to start within the fleet of boats.

        Timing your run in to the line to cross directly behind the gate boat at speed.

        Holding your position off the start line to avoid falling into the dirty wind of others.

**Mark Rounding**

Unless you are lucky enough to be in the leading few boats, the first few mark rounding’s in a race can be busier than the start line with big gains and losses possible.

The plan is to consider tactical options at windward and leeward marks with lots of practice on the water with video analysis of what happened.

**Tactics downwind**

In large fleets a lot of places can be gained by sailing shorter distances or sailing faster on runs and reaches.