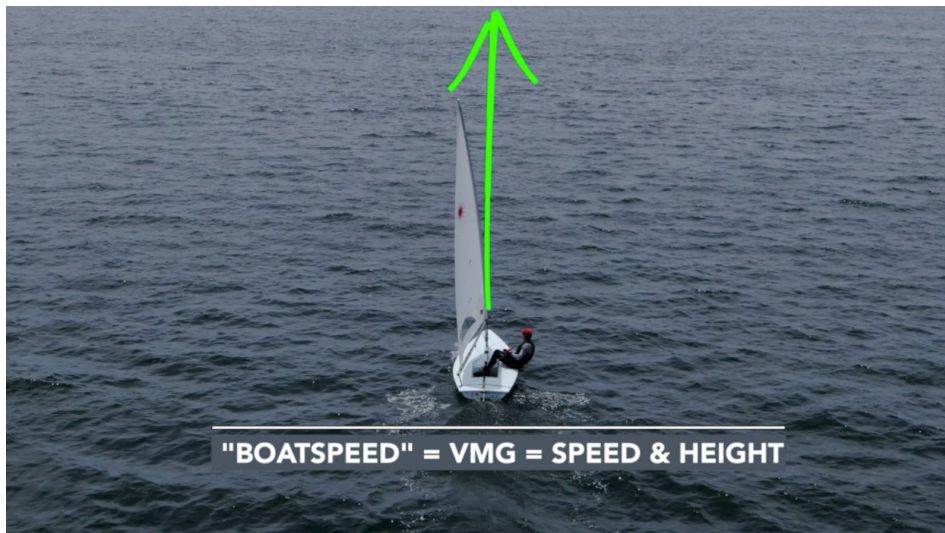




The Optimized Boat

What is boatspeed?

Boatspeed is VMG, which is a blend of speed and height. If a sailor is too high to the wind, they will sail slowly. If a sailor is too low they may go faster, but often the extra distance does not pay off. There's a sweet spot that offers the best outcome. Top sailors can spend 99% of the time on that angle. It takes a lot of cultivation to do this as there's no obvious leading indicators that tell you exactly where to go. In this course, you will uncover the secrets to what those sailors do to find VMG and spend more time on it.



These are some of the basic fundamentals to get you started. Each of these concepts have nuances in different conditions, and that's what we address in this course. In the video we also look at common mistakes and how they conflict these principals. Using this simple checklist we can usually diagnose any major issues with speed. Each of them being a key part to making a boat go fast. Run through this simple list while sailing to verify everything meets the desired criteria.

Angle: Your angle must always be precisely close-hauled. This is the keystone fundamental for assessing all other speed factors, and is surprisingly the most difficult skill to cultivate

Sail Power: The power in the sail should be set to maintain maximum outboard hike. Hiking is the boat's accelerator

Heel: Must be within limits: 2 - 5 degrees of leeward heel. Heel should be consistent. A boat that changes in heel often will not be optimized in any condition

Sheet Tension: Typically has a range. Striving to achieve block to block without compromising speed or optimum boat heel.



Light Wind

- ✓ Angle
- ✓ Sail Power
- ✓ Heel
- ✓ Sheet Tension



Medium Wind

- ✓ Angle
- ✓ Sail Power
- ✓ Heel
- ✓ Sheet Tension



Heavy Wind

- ✓ Angle
- ✓ Sail Power
- ✓ Heel
- ✓ Sheet Tension