



## **Sail Setup & Adjusting Controls: Deliberate Practice**

### **Control Adjustment Pyramid**

In the boat on shore setup with tiller and rudder installed,, a sailor sets up with a D1 setting and other settings to match, simulating early stages of heavy air and begins hiking. Sailor uses the 2 stop process to move to the D2 settings, then D3 / D3 +, then back to D2, and finally return to D1.

### **Sail Setup Power Assessment Loop**

Use the power assessment loop described in the video to find your best VMG. Following the charts, identify the different settings where you are slightly overpowered, perfect, and slightly underpowered using your best sustainable hiking and note the feeling and characteristics of the boat with those different power mixes. Finish with your settings perfectly adjusted for the condition.

### **Adjusting Controls Drill**

Adjust your control to D1, D2, D3 and D3+ using the two step control method. Make sure to accelerate between each step, and adjust controls only at ideal times to do so. Aim for 3 pyramid reps and throw your controls to an undesirable location after each setting group is complete.