



## **Lesson Title: Adjusting your Controls**

### **Adjusting your Controls**

#### **Key Timing**

- Before a gust hits
- Flatter water section
- When your shoulders rise
  - After a big hike
  - Lull
  - Wave/swell action

#### **Process**

\* \* Strive for minimum time in adjustment process

1. Maximize speed
2. Transfer Sheet
3. Stay on Angle
4. Adjust controls with sidebend (keep butt outboard)
5. Check telltales and maximize speed