



# MHASC Racing Skills

Handy links to sites on racing skills set up in 6 sections;

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- [2. Rules](#)
- [3. Practice](#)
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If find any great items don't hesitate to share by letting me know: Graham Jennings, email: [jenningsgraham1@gmail.com](mailto:jenningsgraham1@gmail.com)

## **Section 1. Racing**

### **Rigging and Set Up**

[Rigging guide](#)

[Rigging basic](#)

[Rigging a Laser](#)

[Rigging top tips](#)

[Optimise your vang](#)

[Cunningham Mark II Sail](#)

[Tips & Tricks](#)

[Boat set up](#)

[Tell Tales Placement and Use](#)

### **General Overview**

[Guide to sailing a Laser RYA](#)

[Laura Baldwin laser clinic](#)

[Steve Cockerill Boat Whisperer](#)

### **Starting**

[Starting for Lasers](#)

[Starting John Emmett](#)

[The 1st 100 Yards](#)

[Race start strategy Peter Isler](#)

[Nick Thompson tips](#)

[Starting tips](#)

[Trigger Pull](#)

[Start Strategy](#)

[Line sight confidence](#)

**Upwind**

[Ashley Stoddart training on the Sound](#)

[Sail Setup](#)

[Sail Settings Choppy Water](#)

[Hiking](#)

[Hiking Tips](#)

[Hiking Tips on water Nick Thompson](#)

[Hiking Tips Paul Goodison](#)

[Upwind Focus on Angle](#)

[Pinching](#)

[John Emmett on Pinching](#)

[Clear Air](#)

[Ease Sheets](#)

[Vang Sheeting](#)

[Gusts and Lulls](#)

[Light Air](#)

[Ladder Rungs](#)

[Upwind and Tacking Light Winds Goodison](#)

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## **Upwind in Waves**

[Steering in Waves](#)

[Upwind in Waves](#)

[Upwind Kinetics Robert Scheidt](#)

## **Tacking**

[Tacking Basics](#)

[Tacking a Laser](#)

[Tacking tips](#)

[Roll tack advanced](#)

[Tacking and Jibing John Emmett](#)

## **Reaching**

[Reaching](#)

[Reaching Paul Goodison](#)

[Reaching Ben Ainslie](#)

[Reaching Paul Goodison](#)

## **Downwind**

[Ashley Stoddart AST 2016 Downwind](#)

[Downwind 3 ways to overtake](#)

[Brett Beyer driving downwind ISA](#)

[Brett Beyer downwind clinic ISA](#)

[Downwind in Lasers](#)

[Downwind Masterclass](#)

[Transitions](#)

[Get into transitions](#)

[Heating up Downwind](#)

[Zig Zag You Way from Top to Bottom](#)

[Rudder vs Sheet Downwind](#)

[Body positions downwind](#)

[Pro secrets downwind](#)

[Sail through the fleet downwind](#)

[Heavy Air Downwind](#)

[Heavy Weather Downwind](#)

[Wave Sailing Downwind Goodison](#)

## **Gybing**

[Gybing](#)

[Gybing with Nick Thompson](#)

[Gybing with Paul Goodison](#)

## **Mark Roundings**

[Top Mark Roundings](#)

[Windward Mark Roundings](#)

[Windward Mark Light Wind](#)

[Leeward Mark Roundings](#)

[Top Mark Approach Jon Emmett](#)

## **Sail Settings**

[Sail Settings Cheat Sheet](#)

[Laser Standard Sail Settings](#)

[Laser Standard Sail Trim](#)

[Sail Trim Lift & Drag](#)

## **Steering**

[Rudderless Steering for High Performance](#)

## **Strategy & Tactics**

[Strategy and Tactics](#)

[Tactics](#)

[Which tack?](#)

[Approaching starboard layline](#)

## **Wind**

[Reading the Wind](#)

[Seeing wind on the water](#)

[How to see wind](#)

## **Sailing Gear**

[Zhik sailing gear](#)

[NB Sailsports](#)

[Performance Sailcraft Australia](#)

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## **Section 2. Rules**

[Racing Rules of Sailing 2021-24](#)

[Special Regulations for Off the Beach Sailboats](#)

[Introduction to Racing Rules](#)

[Windward Leg](#)

[Downwind](#)

[The Marks](#)

[When Do I Have To Sail My Proper Course?](#)

[Penalty Turns Jon Emmett](#)

[When Boats Meet](#)

[Rule 42 Explained](#)

[Rules of the Road](#)

[Rules Chart](#)

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## **Section 3. Practice.**

[RYA Race Training Exercises](#)

[Advanced Practice Drills](#)

[60 Practice Techniques](#)

[Solo Practice general](#)

[7 Drills to Improve Your Skills](#)

[Tacking Drills](#)

[Tiller Downwind](#)

[Drill Book](#)

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## **Section 4. Fitness**

Professional fitness help from someone who has experience and understands fitness requirements for Laser racing including the types of body stresses and potential injuries can be worthwhile.

Andrew Verdon from Beyond Fitness is a previous member of MHASC, worked as a fitness coach with the Australian Sailing Team and has a fitness practice in Neutral Bay. He can assist with specific exercise programs for Laser sailors backed by expert knowledge of the sport. Andrew is always keen to help MHASC members;

[Andrew Verdon](#)

Some self-help links on racing fitness;

[Laser Fitness Program](#)

[Fitness Tips](#)

[Make your own hiking bench](#)

[Lower body strength](#)

[ISA Fitness Planning](#)

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## **Section 5. Coaching**

Sydney based coaching

[Brett Beyer](#)

[DBSC Brett Beyer coaching](#)

[Learn to sail a Laser](#)

[Hunters Hill SC Boating Courses](#)

[Discover Sailing Centres](#)

Online

[ILCA Sail Coach Webinars](#) (free)

[International Sailing Academy](#)

[SailingZing](#)

[David Dellenbaugh Speeds and Smarts](#)

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**Extra Reading;**

***The Laser Campaign Manual*, Sir Ben Ainslie**

***RYA Laser Handbook*, Paul Goodison**

***Laser Sailing – From Start to Finish*, Tim Davidson**

***Tactics Made Simple: Sailboat Racing Tactics Explained Simply*, Jon Emmett**

***Sailing Fitness and Training*, Michael Blackburn**

***Younger Next Year*, Chris Cowley**

***The Tactics of Small Boat Racing*, Stuart H Walker**

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