

The Complete Of Laser Sailing

GETTING THE BOOKS **THE COMPLETE OF LASER SAILING** NOW IS NOT TYPE OF INSPIRING MEANS. YOU COULD NOT AND NO-ONE ELSE GOING LATER BOOK HOARD OR LIBRARY OR BORROWING FROM YOUR ASSOCIATES TO RETRIEVE THEM. THIS IS AN CATEGORICALLY EASY MEANS TO SPECIFICALLY GET GUIDE BY ON-LINE. THIS ONLINE PROCLAMATION **THE COMPLETE OF LASER SAILING** CAN BE ONE OF THE OPTIONS TO ACCOMPANY YOU TAKING INTO ACCOUNT HAVING EXTRA TIME.

IT WILL NOT WASTE YOUR TIME. RESIGN YOURSELF TO ME, THE E-BOOK WILL AGREED PROCLAIM YOU FURTHER ISSUE TO READ. JUST INVEST TINY EPOCH TO GET INTO THIS ON-LINE DECLARATION **THE COMPLETE OF LASER SAILING** AS COMPETENTLY AS EVALUATION THEN WHEREVER YOU ARE NOW.

THE COMPLETE BOOK OF LASER SAILING RICHARD L. TILLMAN 2005-06-15 CHAPTER 1. LOOMINGS. CALL ME ISHMAEL. SOME YEARS AGO—NEVER MIND HOW LONG PRECISELY—HAVING LITTLE OR NO MONEY IN MY PURSE, AND NOTHING PARTICULAR TO INTEREST ME ON SHORE, I THOUGHT I WOULD SAIL ABOUT A LITTLE AND SEE THE WATERY PART OF THE WORLD. IT IS A WAY I HAVE OF DRIVING OFF THE SPLEEN AND REGULATING THE CIRCULATION. WHENEVER I FIND MYSELF GROWING GRIM ABOUT THE MOUTH; WHENEVER IT IS A DAMP, DRIZZLY NOVEMBER IN MY SOUL; WHENEVER I FIND MYSELF INVOLUNTARILY PAUSING BEFORE COFFIN WAREHOUSES, AND BRINGING UP THE REAR OF EVERY FUNERAL I MEET; AND ESPECIALLY WHENEVER MY HYPOS GET SUCH AN UPPER HAND OF ME, THAT IT REQUIRES A STRONG MORAL PRINCIPLE TO PREVENT ME FROM DELIBERATELY STEPPING INTO THE STREET, AND METHODICALLY KNOCKING PEOPLE'S HATS OFF—THEN, I ACCOUNT IT HIGH TIME TO GET TO SEA AS SOON AS I CAN. THIS IS MY SUBSTITUTE FOR PISTOL AND BALL. WITH A PHILOSOPHICAL FLOURISH CATO THROWS HIMSELF UPON HIS SWORD; I QUIETLY TAKE TO THE SHIP. THERE IS NOTHING SURPRISING IN THIS. IF THEY BUT KNEW IT, ALMOST ALL MEN IN THEIR DEGREE, SOME TIME OR OTHER, CHERISH VERY NEARLY THE SAME FEELINGS TOWARDS THE OCEAN WITH ME.

WIND STRATEGY DAVID HOUGHTON 2016-09-13 THE WIND POWERS EVERYTHING A SAILOR DOES AND THIS BOOK WILL HELP YOU TO UNDERSTAND IT. AS A RESULT YOU WILL BE MORE PREPARED FOR YOUR RACE, ABLE TO ANTICIPATE CHANGES IN THE WIND BETTER AND KNOW WHAT TO DO WHEN THEY COME. THE FIRST EDITION OF THIS BOOK WAS PUBLISHED IN 1986, AND IT HAS BEEN THE GO-TO WIND BOOK FOR DINGHY CHAMPIONS EVER SINCE. THIS NEW-LOOK FOURTH EDITION IS FULLY UPDATED FOR MODERN FORECASTING AND ANALYSES A REVISED SET OF POPULAR RACING VENUES AROUND THE WORLD: UNVEILING WHAT TO EXPECT FROM THE WEATHER AT OVER 25 REGATTA LOCATIONS, IT WILL GET YOU AHEAD OF THE COMPETITION AND POWERING UP THE LEADERBOARD. **THE WINNER'S GUIDE TO OPTIMIST SAILING** GARY JOHNSON 2004-02-17 WRITTEN BY ONE OF THE BEST-KNOWN FIGURES IN ALL OF SAILING AND A LEADING AUTHORITY ON OPTIMIST SAILING AND RACING, THE WINNER'S GUIDE TO OPTIMIST SAILING IS THE IDEAL TRAINING MANUAL FOR YOUNG SHIPPERS, THEIR PARENTS, AND THEIR COACHES. THE MOST COMPREHENSIVE SAILING GUIDE TO THE INTERNATIONAL OPTIMIST DINGHY CLASS FEATURES: STEP-BY-STEP INSTRUCTIONS ON EVERY ASPECT OF BEGINNING SAILING MORE THAN 100 STUNNING PHOTOGRAPHS AND HELPFUL ILLUSTRATIONS USEFUL TIPS AND WINNING TACTICS FOR COMPETITIVE RACING SPECIAL ADVICE SECTIONS FOR PARENTS AND COACHES. **FAST HANDLING TECHNIQUE** FRANK BETHWAITE 2013-05-12 FROM THE AUTHOR OF THE BESTSELLING HIGH PERFORMANCE SAILING AND HIGHER PERFORMANCE SAILING COMES THE FIRST SCIENTIFIC ANALYSIS OF WHAT MAKES FAST SAILORS FAST. ESCHEWING THE IDEA THAT LUCK OR INNATE TALENT ARE THE KEYS TO SUCCESS, FRANK BETHWAITE SHOWS HOW KNOWLEDGE TRULY IS POWER. MAKING USE OF VIDEO CAMERAS ALIGNED TO GPS READ-OUTS TO TRACK THE FASTEST RACERS, HE METICULOUSLY ANALYSES WHAT WINNERS DO AND HOW THEY DO IT, TO SHOW THE REST OF US HOW TO GET THE BEST OUT OF A RACING CRAFT. FRANK BETHWAITE'S PREVIOUS BOOKS WERE GROUNDBREAKING BIBLES THAT APPLIED SCIENTIFIC THEORIES TO HOW SAILS AND HULLS INTERACT WITH WIND AND WATER TO INFLUENCE BOAT SPEED. BUT WHILE THEY APPLIED SCIENTIFIC THEORIES TO BOAT CONSTRUCTION, THEY DIDN'T APPLY SCIENCE TO PRACTICAL BOAT HANDLING. THIS BOOK FILLS THAT GAP, AND THEN GOES FURTHER. BUDDING RACERS OF ALL LEVELS WILL WELCOME THIS UNIQUE BOOK AS A GODSEND. IT WILL INFORM, INSTRUCT AND ENABLE THEM TO EMPLOY THE TECHNIQUES (AND TUNING) OF THE MOST SUCCESSFUL RACERS, AND MAKE RACING MORE COMPETITIVE FOR PARTICIPANTS, AND MORE EXCITING FOR THOSE OF US WATCHING. **CHAMPIONSHIP TACTICS** GARY L. JOHNSON 1990-07-15 COMBINES EXPERT ADVICE FROM INTERNATIONALLY KNOWN CHAMPIONS WITH A COLLECTION OF STORIES FROM THE GREATEST RACES OF RECENT DECADES

BE YOUR OWN SAILING COACH JON EMMETT 2008-03-07 IF YOU WANT TO WIN RACES YOU NEED TO GET ORGANISED! THIS UNIQUE GUIDE SHOWS YOU HOW TO SET YOUR OVERALL SAILING GOALS, AND BREAKS THEM DOWN INTO MANAGEABLE – YET STRETCHING – MINI-GOALS. JON EMMETT BREAKS RACING DOWN INTO 20 KEY SKILLS (SUCH AS SPEED TO WINDWARD AND TACTICS) AND, WITH DETAILED ANALYSIS OF KEY TECHNIQUES, USES A STEP-BY-STEP GUIDE TO EXPLAIN HOW TO HIGHLIGHT YOUR OWN STRENGTHS AND WEAKNESSES, AND HOW YOU CAN IMPROVE EACH SKILL. THIS BOOK WILL HELP YOU GET TO THE FRONT OF THE FLEET, WHETHER YOUR GOAL IS TO WIN AT CLUB, OPEN, NATIONAL OR INTERNATIONAL LEVEL. YOU WILL GET TIPS FROM OLYMPIC RACERS, AND LEARN THEIR APPROACHES TO EACH KEY SKILL; IMPROVE YOUR SAILING TECHNIQUE IN MANAGEABLE STAGES; AND DISCOVER HOW TO SET GOALS AND CREATE THE ACTION PLANS TO ACHIEVE THEM. ALONG THE WAY YOU WILL FIND ADVICE FROM OLYMPIC SAILORS AND EXERCISES TO TURN YOU INTO A WINNER, WITH CONTRIBUTIONS FROM PAUL, GOODISON, SIMON HSCOCKS AND JOE GLANFIELD. **THE NEW LASER SAILING** DICK TILLMAN 1983

THE LASER CAMPAIGN MANUAL BEN ANSLIE 2020-03-03 SIR BEN ANSLIE WON HIS FIRST TWO OLYMPIC MEDALS (SILVER, THEN GOLD) IN THE LASER CLASS. AFTER WINNING THE GOLD MEDAL HE WROTE DOWN THE SECRETS THAT WON HIM THAT MEDAL IN THIS BOOK. THIS NEW EDITION IS PUBLISHED TO MARK THE 20TH ANNIVERSARY OF THAT FIRST OF HIS FOUR OLYMPIC GOLD MEDALS. IT FEATURES A BRAND-NEW INTRODUCTION BY BEN REFLECTING ON HIS VICTORY 20 YEARS AGO. IT IS THE ONLY HOW-TO BOOK THAT THE WORLD'S MOST SUCCESSFUL OLYMPIC SAILOR HAS WRITTEN AND SO, WHILE HE AND THE LASER CLASS HAVE MOVED ON, THIS IS THE ONLY PLACE WHERE YOU CAN GAIN ACCESS TO BEN'S SKILLS AND THOUGHT PROCESS. IT IS AN INVALUABLE GUIDE ON HOW TO PERFORM AT THE TOP OF THE LASER CLASS OR, INDEED, ANY SINGLE-HANDED SAILING DINGHY. FROM PSYCHOLOGY, GOAL SETTING AND GETTING THE BOAT RIGHT TO SPEED, FITNESS AND TRAINING – THIS BOOK ILLUSTRATES HOW TO WIN A CHAMPIONSHIP. BRIMMING WITH PHOTOGRAPHS, IT IS A COLOURFUL, DETAILED ACCOUNT OF HOW TO DOMINATE IN YOUR FLEET. **THE LASER BOOK** TIM DAVISON 2017-09-12 THE LASER IS THE WORLD'S MOST POPULAR ADULT DINGHY AND COMES WITH THREE RIGS: STANDARD (USED BY MEN AT THE OLYMPIC GAMES), RADIAL (USED BY WOMEN AT THE OLYMPIC GAMES) AND 4.7 (USED BY YOUNG PEOPLE MOVING UP FROM THE OPTIMIST). BUT THE BOAT IS NOT RESTRICTED TO TOP ATHLETES; ITS VERSATILITY MEANS THAT IT IS AN IDEAL BOAT FOR BEGINNERS AND CLUB RACERS TOO. LASERS CAN BE FOUND AT NEARLY EVERY SAILING CLUB THROUGHOUT THE WORLD. TARGETED AT THE CLUB SAILOR, THE LASER BOOK COVERS THE TECHNIQUES AND SKILLS NEEDED TO SUCCEED IN LASER SAILING, FOR THOSE STARTING OUT THROUGH TO THOSE STRIVING TO WIN THEIR CLUB CHAMPIONSHIP. WHETHER YOU ARE A YOUNGSTER MOVING UP TO A 4.7 OR A CLUB SAILOR LOOKING TO IMPROVE YOUR RESULTS, EXPERT ADVICE FROM AUTHOR TIM DAVISON, PLUS CONTRIBUTIONS FROM LASER GOLD MEDALLISTS, WORLD CHAMPIONS AND THEIR COACHES, WILL TAKE YOUR LASER SAILING TO THE NEXT LEVEL. BEGINNING WITH SETTING UP THE BOAT, DAVISON TAKES YOU THROUGH YOUR EARLY SAILING EXPERIENCES AND CARING FOR YOUR LASER. DEVELOPING YOUR SKILLS ON ALL POINTS OF SAILING, YOU WILL THEN BE INTRODUCED TO RACE TUNING AND RACING ITSELF. THIS IS DETAILED FOR ALL THREE LASER RIGS, INCLUDING THE NEW Mk2 STANDARD SAIL. OVER 350 PHOTOGRAPHS SHOW YOU EXACTLY HOW IT'S DONE AND 50 DIAGRAMS ILLUSTRATE KEY BOAT PARTS, THE DIFFERENT POINTS OF SAILING AND COMPLEX ON-THE-WATER SCENARIOS WITH CLARITY. WHATEVER YOUR BACKGROUND, YOUR CURRENT LEVEL OR THE EXTENT OF YOUR AMBITION, THIS BOOK GIVES YOU ALL THE TOOLS YOU NEED TO GET OUT ON THE WATER AND IMPROVE YOUR LASER SAILING.

LASER SAILING FOR THE 1990s DICK TILLMAN 1991-01-01 How to rig, sail, maintain, and cartop the Laser. Advanced racing techniques. How-to interviews with expert sailors. Listing of past winners of major worldwde championships. Introduces Masters sailing for the over-35 set.

SAILING MADE EASY American Sailing Association 2010-01-01 SAILING MADE EASY IS THE FIRST STEP IN A VOYAGE THAT WILL LAST YOU THE REST OF YOUR LIFE. IT IS A GIFT FROM A GROUP OF DEDICATED SAILING PROFESSIONALS WHO HAVE COMMITTED THEIR LIVES TO SHARING THEIR ART, THEIR SKILL, AND THEIR PASSION FOR THIS WONDERFUL ACTIVITY. THIS BOOK, WHICH SAILING MAGAZINE CALLED "BEST IN CLASS" UPON ITS RELEASE IN 2010, IS THE MOST COMPREHENSIVE EDUCATION AND BOATING SAFETY LEARN-TO-SAIL GUIDE TO DATE. IT IS ALSO THE OFFICIAL TEXTBOOK FOR THE ASA BASIC KEELOAFT STANDARD (ASA 101). INCORPORATED IN THE TEXTBOOK ARE USEFUL ILLUSTRATIONS AND EXCEPTIONAL PHOTOGRAPHS OF COMPLEX SAILING CONCEPTS. THE TEXT'S MOST DISTINGUISHING FEATURE IS ITS USER FRIENDLY "SPREADS" IN WHICH INSTRUCTIONAL TOPICS ARE SELF-CONTAINED ON OPPOSING PAGES THROUGHOUT THE BOOK. THERE ARE ALSO CHAPTER END QUIZZES AND A GLOSSARY TO HELP THOSE NEW TO SAILING TO NAVIGATE THEIR WAY THROUGH THE EXTENSIVE NAUTICAL TERMINOLOGY.

SAILING FOR KIDS TIM DAVISON 2015-07-14 SAILING FOR KIDS IS AIMED AT CHILDREN AGED 8-15 WHO ARE TAKING THEIR FIRST STEPS INTO THE FANTASTIC WORLD OF SAILING. PACKED FULL OF COLOUR PHOTOGRAPHS AND DIAGRAMS, THIS STRAIGHTFORWARD AND EASY-TO-UNDERSTAND GUIDE IS THE PERFECT INTRODUCTION TO THE SPORT. IT IS BASED ON THE OPTIMIST DINGHY, WHICH IS THE MOST POPULAR CHILDREN'S SAILING DINGHY WORLDWIDE, AND ENDORSED BY THE UK OPTIMIST CLASS ASSOCIATION. TOPICS COVERED INCLUDE WHAT TO WEAR, SETTING UP THE BOAT, SAILING AND SAFETY. FOR THOSE WHO WANT TO GO FURTHER, THERE ARE ALSO TIPS ON SAILING FASTER AND PREPARING TO RACE.

FAST TRACK TO SAILING STEVE COLGATE 2009-02-06 THE LEARN-TO-SAIL BOOK FOR WHEN YOU ARE IN A HURRY TO GAIN YOUR SEA LEGS AT THE OFFSHORE SAILING SCHOOL. THE COLGATES HAVE TAUGHT MORE THAN 100,000 ADULTS HOW TO SAIL. NOW THEY ARE MAKING THEIR PROVEN INSTRUCTIONAL METHODS AVAILABLE TO YOU SO YOU CAN FULFILL YOUR SAILING DREAMS IN LITTLE TIME. THOUGH DESIGNED AROUND THREE DAYS OF INTENSIVE INSTRUCTION, THE BOOK ADAPTS EASILY TO ANY LEARNING PACE. YOU CAN MASTER THE FUNDAMENTALS IN THREE DAYS—OR OVER A SUMMER OF LEISURELY SAILING.

TRAINING TO WIN JON EMMETT 2019-03-05 GOLD MEDAL WINNING COACH JON EMMETT WORKS WITH SAILORS AND COACHES AROUND THE WORLD AND IS FREQUENTLY ASKED THINGS LIKE: "WHAT IS A GOOD EXERCISE TO IMPROVE THIS?" "WHY DO WE DO THIS EXERCISE?" "HOW DO WE MAKE THE EXERCISE MORE / LESS DIFFICULT?" THIS BOOK IS THE ANSWER TO THOSE FREQUENTLY ASKED QUESTIONS. IT CONTAINS TRAINING EXERCISES FOR EACH ELEMENT OF A SAILING RACE. AS WELL AS DESCRIBING AND ILLUSTRATING THE EXERCISE, IT TELLS YOU WHAT SKILLS YOU ARE TRYING TO IMPROVE, WHY AND HOW TO MAKE THE EXERCISE HARDER OR EASIER. THE BOOK WILL ENABLE COACHES TO DELIVER BETTER, MORE FOCUSED, TRAINING SESSIONS, BUT IT WILL ALSO HELP SAILORS WHO DON'T HAVE THE BENEFIT OF A COACH TO PRACTISE AND IMPROVE THEIR SAILING SKILLS. THE EXERCISES ARE MARKED AS TO WHETHER THEY ARE SUITABLE FOR SOLO BOATS, GROUPS OF BOATS OR THOSE WITH A COACH BOARD. AS ARISTOTLE SAID: "WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE THEN IS NOT AN ACT, BUT A HABIT." ARMED WITH THIS BOOK, GET OUT, DO SOME TRAINING AND IMPROVE YOUR SAILING SKILLS!

LASER SAILING FOR THE 1990s DICK TILLMAN 1991 DISCUSSES THE HISTORY OF THE LASER SAILBOAT, AND EXPLAINS TECHNIQUES FOR SAILING AND RACING IT, AS WELL AS TIPS ON MAINTENANCE, TRANSPORT, AND STORAGE

SOLAR SAILS GIOVANNI VULPETTI 2009-03-05 SOLAR SAIL TECHNOLOGY IS VERY CLOSE TO BECOMING AN ENGINEERING REALITY AND IT WILL SOON BE USED IN THE EXPLORATION OF THE SOLAR SYSTEM AND BEYOND. THIS FASCINATING BOOK PROVIDES AN ACCESSIBLE INTRODUCTION TO SOLAR SAILS AND DETAILS HOW THEY WORK AND WHAT THEY WILL BE USED FOR IN THE EXPLORATION OF SPACE. IT ALSO EXAMINES CURRENT PLANS FOR SOLAR SAILS AND HOW ADVANCED TECHNOLOGY, SUCH AS NANOTECHNOLOGY, MIGHT ENHANCE THEIR PERFORMANCE. COVERAGE SHOWS HOW SOLAR SAIL PROPULSION WILL MAKE SPACE EXPLORATION MORE AFFORDABLE AND DEMONSTRATES HOW ACCESS TO DESTINATIONS WITHIN (AND BEYOND) THE SOLAR SYSTEM WILL BECOME WITHIN REACH.

THE COMPLETE SAILING MANUAL, 4TH EDITION STEVE SLEIGHT 2017-06-06 WHETHER YOU'RE A NOVICE OR EXPERIENCED SKIPPER, EVERYTHING YOU NEED TO KNOW ABOUT SAILING IS IN THIS EBOOK. A MARKET LEADER IN SAILING GUIDES, THE FOURTH EDITION OF THE COMPLETE SAILING MANUAL IS PACKED WITH INFORMATIVE TEXT FROM FORMER BRITISH NATIONAL CHAMPION STEVE SLEIGHT, AND INCLUDES A FOREWORD BY OLYMPIC GOLD MEDALIST SIR BEN ANSLIE. STEVE SLEIGHT'S EXPERT ADVICE IS BROUGHT TO LIFE WITH BREATHTAKING ACTION PHOTOGRAPHY AND CLEAR ILLUSTRATIONS. THIS INVALUABLE E-GUIDE OFFERS EXTENSIVE COVERAGE OF SAILING PRACTICE, INCLUDING FOILING CATAMARANS, APPARENT WIND SAILING, LONG-DISTANCE CRUISING, AND ELECTRONIC NAVIGATION. FROM TYING KNOTS AND BOAT CARE TO VITAL EQUIPMENT, LEARN ALL YOU NEED TO KNOW TO BECOME A SAILOR AND BOAT OWNER. FURTHER YOUR UNDERSTANDING OF THE SPORT AND DEVELOP YOUR TECHNIQUE WITH INFORMATION ON THE SCIENCE AND PHYSICS OF SAILING A BOAT. THE COMPLETE SAILING MANUAL ALSO SHOWS YOU HOW TO BECOME A CONFIDENT COMPETITOR WITH TIPS ON THE ETIQUETTE, RULES, AND TECHNIQUES OF RACING A COURSE. INCLUDES ESSENTIAL INFORMATION, HANDY DIAGRAMS, AND STEP-BY-STEP ARTWORK.

DEEP SPACE PROBES GREGORY L. MATLOFF 2006-08-31 THE SPACE AGE IS NEARLY 50 YEARS OLD BUT EXPLORATION OF THE OUTER PLANETS AND BEYOND HAS ONLY JUST BEGUN. DEEP-SPACE PROBES SECOND EDITION DRAWS ON THE LATEST RESEARCH TO EXPLAIN WHY WE SHOULD EXPLORE BEYOND THE EDGE OF THE SOLAR SYSTEM AND HOW WE CAN BUILD HIGHLY SOPHISTICATED ROBOT SPACECRAFT TO MAKE THE JOURNEY. MANY TECHNICAL PROBLEMS REMAIN TO BE SOLVED, AMONG THEM PROPULSION SYSTEMS TO PERMIT FAR HIGHER VELOCITIES, AND TECHNOLOGIES TO BUILD VEHICLES A FRACTION OF THE SIZE OF TODAY'S SPACECRAFT. BEYOND THE RANGE OF EFFECTIVE RADIO CONTROL, ROBOT VEHICLES FOR EXPLORING DEEP SPACE WILL NEED TO BE INTELLIGENT, "THINKING" CRAFT – ABLE TO MAKE VITAL DECISIONS ENTIRELY ON THEIR OWN. GREGORY MATLOFF ALSO LOOKS AT THE POSSIBILITY FOR HUMAN TRAVEL INTO INTERSTELLAR SPACE, AND SOME OF THE IMMENSE PROBLEMS THAT SUCH JOURNEYS WOULD ENTAIL. THIS SECOND EDITION INCLUDES AN ENTIRELY NEW CHAPTER ON HOLOGRAPHIC MESSAGE PLAGUES FOR FUTURE INTERSTELLAR PROBES – A NASA-FUNDED PROJECT.

DINGHY SAILING BARRY PICKTHALL 2009-04-07 DINGHY SAILING: START TO FINISH IS A COMPLETE REFERENCE FOR EVERY LEVEL OF SAILOR WHETHER YOU ARE A BEGINNER AND NEED A STRAIGHTFORWARD, EASY-TO-UNDERSTAND GUIDE OR ARE TAKING YOUR SAILING TO THE NEXT LEVEL AND LOOKING FOR THE PROFESSIONAL TIPS AND TRICKS THAT WILL GET YOU SAILING FASTER, BETTER, SAFER AND HAVING MORE FUN. IT INCLUDES SINGLE-HANDED DINGHIES THROUGH TO PLANING SPEED CRAFT. FULL COLOUR WITH 150 FANTASTIC, CLEAR ILLUSTRATIONS AND 150 PHOTOGRAPHS, DINGHY SAILING: START TO FINISH GIVES THE READER A THOROUGH, COMPLETE AND VISUAL GUIDE TO LIFE ON THE WATER. PACKED WITH EXPERT ADVICE FROM THE PROFESSIONALS AT UKSA, THE BOOK COVERS: BASIC PRINCIPLES PARTS OF THE BOAT - EXPLODED ILLUSTRATIONS OF A DINGHY AND COMPONENTS HOW A BOAT SAILS - SAILING THEORY EXPLAINED POINTS OF SAILING - SAILING A DINGHY AT DIFFERENT ANGLES TO THE WIND CHOOSING A DINGHY - TYPES OF BOAT AND THEIR SUITABILITY PREPARING TO SAIL - SAFETY AFLOAT, PRACTICAL CLOTHING, RIGGING TO LAUNCHING. KNOTS AND ROPES - PRACTICAL ILLUSTRATIONS FOR BASIC KNOTS AND SPLICES TRANSPORTING DINGHIES -ROAD TRAILER TO ROOF RACKS SAILING FOR THE FIRST TIME - BALANCE, SAIL TRIM ROWING AND PADDLING RULES OF THE ROAD - AVOIDING OTHER BOATS, RIGHTS OF WAY, BASIC RACING RULES UNDERSTANDING TIDES AND CURRENTS WEATHER FORECASTING - HOW TO SPOT TELL-TALE SIGNS OF CHANGE IN WIND AND WEATHER BASIC TECHNIQUES TACKLING GYBING BEATING TO WINDWARD REACHING RUNNING SPINNAKER HANDLING CAPSIZE AND RECOVERY RETURNING TO SHORE PACKING THE DINGY AWAY MAINTENANCE ADVANCED DINGHY SAILING HIGH PERFORMANCE DINGHIES AND CATAMARANS TRAPEZING ASYMMETRIC SPINNAKERS - SETTING, HANDLING AND GYBING SINGLEHANDED SAILING - DINGHIES AND CATAMARANS TUNING - DINGHIES AND CATAMARANS HEAVY WEATHER SAILING - DINGHIES AND CATAMARANS THE BASICS OF RACING THE START - PRACTICAL LESSONS AND RULES EXPLAINED FIRST LEG TACTICS - PRACTICAL LESSONS AND RULES EXPLAINED REACHING - PRACTICAL LESSONS AND RULES EXPLAINED RUNNING - PRACTICAL LESSONS AND RULES EXPLAINED GLOSSARY OF TERMS

The Complete Book of Laser Sailing

SOLAR SAILING COLIN R. MCINNES 2013-11-27 SOLAR SAILING - USING THE SUN AS A PROPELLANT - OFFERS THE POSSIBILITY OF LOW-COST LONG-DISTANCE MISSIONS THAT ARE IMPOSSIBLE WITH CONVENTIONAL SPACECRAFT. THIS FIRST COMPREHENSIVE BOOK ON THIS PROPULSION METHOD PROVIDES A DETAILED ACCOUNT OF SOLAR SAILING, AT A HIGH TECHNICAL LEVEL, BUT IN A WAY ACCESSIBLE TO THE SCIENTIFICALLY INFORMED LAYPERSON. SOLAR SAIL ORBITAL DYNAMICS AND SOLAR RADIATION PRESSURE FORM THE FOUNDATIONS OF THE BOOK, BUT THE ENGINEERING DESIGN OF SOLAR SAILS IS ALSO CONSIDERED, ALONG WITH POTENTIAL MISSION APPLICATIONS.

SAILING THE UNKNOWN MICHAEL J. ROSEN 2012-08-29 IN 1768, AN 11-YEAR-OLD SAILOR NAMED NICHOLAS TOOK TO THE SEAS WITH BRITISH EXPLORER JAMES COOK ON A 3-YEAR EXPEDITION OF DISCOVERY, VENTURING INTO AN UNCHARTED WORLD FILLED WITH STRANGE LANDS, MYSTERIOUS PEOPLES, AND PECULIAR CREATURES. SAILING THE UNKNOWN, WRITTEN BY MICHAEL J. ROSEN IN THE SHORTHAND STYLE OF A HISTORICAL JOURNAL AND ILLUSTRATED WITH PANORAMIC VISTAS BY MARIA CRISTINA PRITELLI, DEPICTS THIS HISTORIC JOURNEY FROM THE VIEWPOINT OF YOUNG NICK. **THE NEW LASER SAILING** DICK TILLMAN 1988

RACING THIS POPULAR AND CHALLENGING SINGLE-HANDED RACING BOAT. THIS BOOK TELLS THE BUDDING RACER WHAT THEY NEED TO KNOW ABOUT THE BOAT ITSELF AND GIVES THE LATEST THINKING ON HOW TO SET IT UP AND SAIL IT. IT INCLUDES: * LATEST INFORMATION ON UPWIND AND DOWNWIND TECHNIQUES * EQUIPMENT, AND RIGGING TECHNIQUES * THE LASER RADIAL AND MASTERS RACING INTERVIEWS WITH CHAMPION LASER RACERS * LISTINGS OF MAJOR COMPETITION RESULTS SINCE 1990, INCLUDING THE OLYMPICS, AND RADIAL AND MASTERS CLASSES. TILLMAN IS A WELL-KNOWN LASER EXPERT... AND HIS BOOK IS A FINE-TUNED GUIDE TO EVERYTHING ANYONE COULD EVER NEED OR WANT TO KNOW ABOUT THE LASER. WHETHER YOU ARE LOOKING TO LEARN THE BASICS... OR TO REFINE YOUR TECHNIQUES, HERE'S THE STARTING POINT! SAILING! THIS BOOK WILL MOST CERTAINLY HELP MAKE YOU A BETTER SAILOR AND COULD HELP YOU BECOME A CHAMPION! SOUNDINGS **THE COMPLETE SAILING MANUAL, Third Edition** DK 2011-12-19 FROM LEARNING THE BASICS OF SAILING, TO MASTERING NAVIGATION AND BOAT CARE, THE COMPLETE SAILING MANUAL IS THE MOST ESSENTIAL REFERENCE FOR SAILING INSTRUCTORS AND STUDENTS. REVISED AND UPDATED TO INCLUDE ALL OF THE LATEST DEVELOPMENTS IN EQUIPMENT AND SAFETY, AND TO REFLECT THE CURRENT RULES, REGULATIONS, AND BEST PRACTICES, THE COMPLETE SAILING MANUAL IS THE PERFECT EBOOK FOR ANYONE INTERESTED IN SAILING. **SAIL, RACE AND WIN** ERIC TWINAME 1993-01 THERE ARE MANY THINGS TO GET RIGHT IN A RACE-BOAT PREPARATION, THE RACING RULES, METEOROLOGY, TACTICS, TRAVEL LOGISTICS AND SO ON. ALL THIS MAKES IT EASY TO FORGET THAT WINNING COMES FROM WITHIN AND THAT THE MOST ELABORATE PREPARATIONS WILL FAIL UNLESS YOUR ATTITUDE IS RIGHT. **SPORTS: THE COMPLETE VISUAL REFERENCE** 2012

RYA LASER HANDBOOK PAUL GOODISON 2007-02 THE MOST UP-TO-DATE BOOK ON THIS VERY POPULAR CLASS. LOTS OF COLOUR PHOTOGRAPHS AND ILLUSTRATIONS MAKE THIS BOOK A 'MUST' FOR ANYONE INTERESTED IN LASERS. DETAILED CHAPTERS ON MANOEUVRING, UPWIND AND DOWNWIND TECHNIQUE, CARE AND MAINTENANCE, BODY WEIGHT AND NUTRITION AND SAILING THEORY... **THE NEW BOOK OF SAIL TRIM** KEN TEXTOR 1995 EDITOR KEN TEXTOR IS A WRITER AND SAILING ENTHUSIAST.

THE COMPLETE SAILING MANUAL STEVE SLEIGHT 2021-06-01 THE ONLY SAILING MANUAL YOU WILL EVER NEED, COVERING EVERYTHING FROM SAILING BASICS TO MAKING REPAIRS AND MASTERING NAVIGATION. THE UNDISPUTED MARKET LEADER IN SAILING GUIDES, THIS FULLY REVISED AND UPDATED SAILING MANUAL, WITH A FOREWORD BY QUADRUPLE OLYMPIC GOLD MEDALLIST SIR BEN ANSLIE, ANSWERS QUESTIONS ABOUT ANY SAILING SITUATION, WITH THOROUGH COVERAGE OF ALL ASPECTS OF SAILING AND BOAT OWNERSHIP. IN DK'S THE COMPLETE SAILING MANUAL, FORMER BRITISH NATIONAL CHAMPION STEVE SLEIGHT OFFERS A WEALTH OF EXPERT ADVICE AND GUIDANCE IN THE FORM OF A COMPLETE COURSE ON SEAMANSHIP, WHICH IS BROUGHT TO LIFE WITH BREATHTAKING ACTION PHOTOGRAPHY AND CLEAR INSTRUCTIONS. FULLY REVISED, THIS NEW EDITION FEATURES ALL OF THE LATEST DEVELOPMENTS IN SAILING—including foiling, long-distance cruising, and high-speed apparent-wind sailing—and navigation, with technology such as modern performance systems and electronic navigation. IT ALSO HIGHLIGHTS THE LATEST RULES, REGULATIONS, AND BEST PRACTICES NECESSARY FOR EVERY AVID SAILOR, FROM THE NOVICE TO THE SEASONED SEAPERSON. INCLUDES ESSENTIAL INFORMATION, HANDY DIAGRAMS, AND STEP-BY-STEP ILLUSTRATIONS, THE COMPLETE SAILING MANUAL IS THE ULTIMATE SAILING EBOOK TO KEEP BY YOUR SIDE WHEN YOU'RE OUT ON THE WAVES.

THE CATAMARAN BOOK TOM PHIPPS 2017-03-07 A WELL-ROUNDED GUIDE COVERING THE TECHNIQUES AND SKILLS NEEDED TO SUCCEED IN CATAMARAN SAILING, FOR THOSE STARTING OUT THROUGH TO THOSE STRIVING FOR CHAMPIONSHIP WINS. WHETHER YOU ARE A YOUNGSTER CHOOSING YOUR FIRST CAT, A CLUB SAILOR LOOKING TO IMPROVE YOUR RESULTS, OR A SEASONED RACER EMBARKING ON A HIGHER PERFORMANCE MODEL, EXPERT ADVICE FROM TOM'S BROTHER BRIAN PHIPPS WILL TAKE YOUR CATAMARAN SAILING TO THE NEXT LEVEL. BEGINNING WITH KEY THEORY AND SEAMANSHIP SKILLS, THE PHIPPS TAKE YOU THROUGH YOUR EARLY SAILING EXPERIENCES AND CARING FOR YOUR CATAMARAN. DEVELOPING YOUR SKILLS ON ALL POINTS OF SAILING, YOU WILL BE INTRODUCED TO TRAPEZING, RACE TUNING AND RACING ITSELF. AS YOUR CONFIDENCE GROWS YOU MOVE ONTO ADVANCED TECHNIQUES AND HIGH PERFORMANCE CATAMARANS. THE FINAL SECTION GIVES YOU A GLIMPSE OF THE CUTTING EDGE OF CATAMARAN SAILING WITH FOILING PLATFORMS AND SOLID WINGS. 30 FOCUSED CHAPTERS ARE PACKED WITH OVER 350 PHOTOGRAPHS SHOWING YOU EXACTLY HOW IT'S DONE, WITH DIAGRAMS ILLUSTRATING KEY BOAT PARTS, THE VARIOUS POINTS OF SAILING AND COMPLEX ON-THE-WATER SCENARIOS WITH CLARITY. WHATEVER YOUR BACKGROUND, YOUR CURRENT LEVEL OR THE EXTENT OF YOUR AMBITION, THIS BOOK GIVES YOU ALL THE TOOLS YOU NEED TO GET OUT ON THE WATER AND IMPROVE YOUR CATAMARAN SAILING.

RON PATTENDEN 2008-09-03 THIS IS THE FIRST TIME ANYONE HAS SAILED ROUND BRITAIN SINGLEHANDED ON A LASER OLYMPIC CLASS SAILING DINGHY, UNSUPPORTED. THE WHOLE SUMMER OF 2004 WAS SPENT ON THIS PROJECT, BUT WHAT AN ADVENTURE.

THE MIRROR BOOK PETER AITKEN 2018-09-11 THE MIRROR DINGHY WAS A SIGNIFICANT FACTOR IN THE BOOM OF DINGHY SAILING IN THE 1960s, INTRODUCING THOUSANDS TO THE DELIGHTS OF SAILING. WHILE SAILING HAS COME A LONG WAY SINCE THEN AND THERE HAVE BEEN A LOT OF FAR MORE EXOTIC CRAFT LAUNCHED, THE MIRROR REMAINS A FANTASTIC BOAT IN WHICH TO LEARN TO SAIL AND TO COMPETE AT THE HIGHEST LEVELS. WITH THIS SECOND EDITION, THE MIRROR BOOK HAS BEEN Brought INTO THE START TO FINISH SERIES FORMAT ALONGSIDE SUCH REVERED BOOKS AS THE LASER BOOK, THE TOPPER BOOK, THE CATAMARAN BOOK AND THE FOILING DINGHY BOOK. LIKE THESE TITLES, THIS BOOK TELLS YOU EVERYTHING YOU NEED TO KNOW ABOUT SAILING THE BOAT (WHETHER IT BE THE ORIGINAL GAFF-RIGGED BOAT OR HAS THE NEWER BERLUDA RIG). WRITTEN FOR THOSE STARTING OUT THROUGH TO THOSE STRIVING TO WIN A CHAMPIONSHIP, THE BOOK IS PACKED WITH PRACTICAL ADVICE AND ILLUSTRATED WITH STEP-BY-STEP PHOTOGRAPHS. IT COVERS: SETTING UP THE MIRROR AND EARLY SAILING EXPERIENCES; DEVELOPING SKILLS ON ALL POINTS OF SAILING AND WITH THE SPINNAKER; RACING AT MASTERCLASSES TO BECOME A CHAMPIONSHIP WINNER. OVER 180 PHOTOGRAPHS SHOW YOU EXACTLY HOW IT'S DONE, AND 72 DIAGRAMS ILLUSTRATE KEY BOAT PARTS, THE DIFFERENT POINTS OF SAILING AND COMPLEX ON-THE-WATER SCENARIOS WITH CLARITY. IT IS WRITTEN BY PETER AITKEN, FORMERLY THE UK NATIONAL MIRROR COACH, WHO HAS COACHED TEAMS TO WIN WORLD CHAMPIONSHIPS IN THE MIRROR, CADET AND 420 CLASSES, AND TIM DAVISON, A SUCCESSFUL RACER AND AUTHOR OF COUNTLESS BOOKS ON SAILING. THE UK MIRROR CLASS ASSOCIATION HAVE CONTRIBUTED TO THIS UPDATE AND IT IS ENDORSED BY DAVE WADE, DOUBLE MIRROR NATIONAL CHAMPION, WHO SAYS: "ARMED WITH THIS BOOK, YOUR UNDERSTANDING OF MIRROR SAILING TECHNIQUES WILL GROW, AND YOUR RESULTS WILL IMPROVE. I THOROUGHLY RECOMMEND IT."

SAILING FOR DUMMIES J. J. ISLER 2011-03-03 INTERESTED IN LEARNING TO SAIL BUT FEEL LIKE YOU'RE NAVIGATING IN MURKY WATERS? SAILING FOR DUMMIES, SECOND EDITION INTRODUCES THE BASICS OF SAILING, LOOKS AT THE DIFFERENT TYPES OF SAILBOATS AND THEIR BASIC PARTS, AND TEACHES YOU EVERYTHING YOU NEED TO KNOW BEFORE YOU LEAVE THE DOCK. IN SAILING FOR DUMMIES, SECOND EDITION, TWO U.S. SAILING CHAMPIONS SHOW YOU HOW TO: FIND AND CHOOSE A SAILING SCHOOL. USE LIFE JACKETS CORRECTLY. TIE TEN NAUTICAL KNOTS. HANDLE SAILING EMERGENCIES (SUCH AS CAPSIZING AND RESCUING A MAN OVERBOARD). LAUNCH YOUR BOAT FROM A TRAILER, RAMP, OR BEACH. GET YOUR BOAT FROM POINT A TO POINT B (AND BACK AGAIN). PREDICT AND RESPOND TO WATER AND WIND CONDITIONS. READ CHARTS, PLOT YOUR COURSE, USE A COMPASS, AND FIND YOUR POSITION AT SEA. SAILING FOR DUMMIES SHOWS YOU THAT GETTING OUT ON THE WATER IS EASIER THAN YOU THINK. THE AUTHORS KEEP THE SAILOR-SPEAK TO A MINIMUM WHERE POSSIBLE, BUT GIVE YOU A GRASP OF THE TERMINOLOGY YOU NEED TO SAFELY AND EFFECTIVELY COMMUNICATE WITH YOUR CREW. A TEXTBOOK, USER'S MANUAL, AND REFERENCE ALL IN ONE, THIS BOOK TAKES THE INTIMIDATION OUT OF SAILING AND GIVES YOU THE SKILLS AND CONFIDENCE YOU NEED TO GET YOUR FEET WET AND BECOME THE SAILING PRO YOU'VE ALWAYS WANTED TO BE. ANCHORS AWAY!

CHAMPIONSHIP LASER RACING GLENN BOURKE 2007-03-27 IF YOUR GOAL IS TO WIN THE LASER WORLD CHAMPIONSHIP, BLEN BOURKE CAN HELP YOU. HE HAS WON THREE IN A ROW! THE THIRD TIME HIS RESULTS WERE 1,1,2,2,2,4 – TO GIVE HIM THE CHAMPIONSHIP WITH A RACE TO SPARE. AS HE SAID AFTERWARDS, "EVERYONE SHOULD HAVE A CHANCE TO FEEL THIS GOOD..." TO PRODUCE THIS BOOK GLENN AND THE PUBLISHING TEAM SPENT LONG DAYS ON THE WATER, ANALYSING HOW HE SAILS SO FAST AND DISSECTING THE MENTAL ATTITUDE THAT MAKES HIM A WINNER. THEY SHOT HUNDREDS OF PICTURES OF HIM IN ACTION, THEN DISTILLED THE WHOLE TO GIVE YOU A LOGICAL, CLEAR HANDBOOK ON HOW TO GET TO THE NO.1 SPOT. THE ULTIMATE GUIDE TO THE WORLD'S MOST POPULAR SINGLEHANDER WRITTEN BY THE BEST LASER SAILOR OF ALL TIME PREPARING A BOAT SETTING UP THE RIG FITNESS AND TRAINING THE RACE MENTAL ATTITUDE. **LASERS** CHARLES BLAIN 2002 DEVELOPMENTS IN LASERS CONTINUE TO ENABLE PROGRESS IN MANY AREAS SUCH AS LIFE SURGERY, THE RECORDING INDUSTRY AND DOZENS OF OTHERS. THIS BOOK PRESENTS CITATIONS FROM THE BOOK LITERATURE FOR THE LAST 25 YEARS AND GROUPS THEM FOR EASE OF ACCESS WHICH IS ALSO PROVIDED BY SUBJECT, AUTHOR AND TITLES INDEXES.

ED BAIRD 1991-01-08 LASER RACING IS ESSENTIAL READING FOR ALL LASER SAILORS WHO WANT TO WIN IN THIS HIGHLY COMPETITIVE CLASS. TOP US RACER ED BAIRD - LASER WORLD CHAMPION IN 1980 - EXPLAINS IN WORDS AND PICTURES HOW TO PREPARE YOUR BOAT, PRACTICE YOUR BOAT HANDLING SKILLS AND HOW TO SAIL THE RACE ITSELF. ED GIVES INVALUABLE ADVICE ON LINE AND GATE STARTS, HANDLING THE LASER UPWIND IN WAVES, ADJUSTING THE VANG, GYBING IN HEAVY AIR AND ALL THE OTHER PROBLEMS FREQUENTLY RAISED AT HIS LASER RACING CLASSES. PLUS INSIGHTS INTO THE PSYCHOLOGY OF WINNING A SERIES - WHILE DISCOURAGING YOUR OPPONENTS FROM DOING THE SAME!

TACTICS MADE SIMPLE JON EMMETT 2019-03-05 OLYMPIC GOLD MEDALLIST AND MULTIPLE WORLD CHAMPION, PAUL, GOODISON, EXPLAINS WHY THIS BOOK IS IMPORTANT IF YOU WANT TO WIN RACES. HE SAYS: "TO WIN SAILBOAT RACES YOU NEED TO SAIL THE BOAT FAST. THIS COMES DOWN TO HOURS ON THE WATER TRAINING AND TUNING – THERE ARE FEW SHORTCUTS TO HOURS OF PRACTISING ON THE WATER. TO CONSISTENTLY WIN RACES YOU NEED TO SAIL FAST AND SMART – MAKING THE RIGHT DECISIONS TO SAIL THE BEST COURSE. IF YOU ARE NOT THE FASTEST BOAT, YOU ARE STILL ABLE TO WIN RACES AND REGATTAS BY MANAGING RISK AND SAILING SMART. THIS IS WHERE GOOD TACTICS COME IN. BUT, UNLIKE BOAT SPEED, TACTICS MAY BE LEARN'T BY THINKING ABOUT EACH LEG OF THE COURSE AND DIFFERENT SITUATIONS FROM THE COMFORT OF YOUR OWN HOME. JON EMMETT'S NEW BOOK, TACTICS MADE SIMPLE, IS A GREAT TOOL TO HELP FAST TRACK THIS LEARNING." THIS BOOK EXPLAINS SIMPLY, THROUGH HUNDREDS OF DIAGRAMS, WHAT TACTICS CAN BE APPLIED AROUND THE RACE TRACK. INDIVIDUAL BOATS IN EACH SCENARIO ARE GIVEN NAMES SO THAT YOU CAN EASILY UNDERSTAND WHAT THEY ARE DOING. INDIVIDUAL CHAPTERS TAKE YOU AROUND THE RACE COURSE, FROM BEFORE YOU GET ON THE WATER, THROUGH THE PRE-START, START, DIFFERENT LEGS AND MANOEUVRES. EACH SECTION CONTAINS DETAILED ADVICE FOR THE BEGINNER, INTERMEDIATE AND ADVANCED SAILOR SO YOU CAN JUST LOOK AT THE LEVEL OF TACTICS RELEVANT TO YOU. IDEAL FOR DINGHY SAILORS, THERE IS ALSO A WEALTH OF ADVICE THAT WILL BENEFIT YACHTSMEN. THIS IS A PRACTICAL WAY TO IMPROVE YOUR RACING RESULTS, WHETHER STARTING OUT, MOVING UP THE CLUB CIRCUIT OR COMPETING AT NATIONAL LEVEL AND BEYOND. ORIGINALLY PUBLISHED BY WILEY NAUTICAL AS BE YOUR OWN TACTICS COACH.

THE LASER BOOK TIMOTHY DAVISON 2009-05-26 BURSTING WITH PRACTICAL ADVICE ON RIGGING, LAUNCHING AND SAILING IN ALL CONDITIONS, THIS IS THE ULTIMATE GUIDE FOR ALL LASER SAILORS, WHATEVER YOUR LEVEL. COLOUR PHOTOGRAPHS AND ILLUSTRATIONS HELP THE BEGINNER TURN FROM NOVICE TO COMPETENT CLUB RACER WITHIN WEEKS OF GETTING AFLOAT. THE MORE EXPERIENCED SAILOR WILL FIND THE GO-FAST TIPS FROM SAILING CHAMPIONS INVALUABLE. WE TELL YOU EVERYTHING YOU NEED TO KNOW, FROM SETTING UP, RIGHT THROUGH TO SAILING YOUR LASER. THE BOOK ALSO INCLUDES: SETTING UP NEW CONTROL LINES MASTERING THE STANDARD, 4.7 AND RADIAL RIGS GOING FASTER – UPWIND AND DOWNWIND AVOIDING COMMON MISTAKES UNSMARTING THE OPPOSITION WHETHER YOU'RE NEW TO SAILING OR YOU'RE LOOKING TO GET A HEAD START WHEN RACING. THE LASER BOOK IS THE ONLY BOOK YOU NEED TO REACH TOP GEAR. **WORLD CLASS RACERS SHARE THEIR SECRETS** PAUL GOODISON (STANDARD RIG) WHO IS THE CURRENT WORLD NUMBER ONE LASER SAILOR, AN OLYMPIC GOLD MEDALLIST, EUROPEAN AND BRITISH CHAMPION. STEVEN COCKERILL (RADIAL RIG) HAS BEEN A 6 TIME LASER RADIAL NATIONAL CHAMPION AND RADIAL MASTERS WORLD CHAMPION PHILIP WHITE (4.7 RIG) WHO WAS 4TH IN THE LASER 4.7 WORLDS

THE SAILING BIBLE JEREMY EVANS 2018-06-28 THE SAILING BIBLE IS THE COMPLETE, HANDS-ON MANUAL PACKED WITH DETAILED STEP-BY-STEP DIAGRAMS, LIVELY ACTION PHOTOS, AND HELPFUL ADVICE ON GETTING THE MOST OUT OF YOUR SAILING AT WHATEVER LEVEL. WHETHER YOU ARE A DINGHY OR YACHT SAILOR JUST LEARNING THE BASICS OR WANTING TIPS ON SAILING WITH THE BEST, THIS IS THE BOOK THAT WILL GIVE YOU ALL THE ANSWERS YOU ARE LOOKING FOR. IT'S ALL IN HERE! -WHAT TYPE OF DINGHY OR YACHT? -CRUISING AND RACING -LAUNCHING, HELMING AND CAPSIZING -MASTERING THE TRAPEZE -SAILING WITH A SPINNAKER -MANAGING A CREW -READING THE WEATHER -RACING TECHNIQUES AND TACTICS -BOUYAGE, TIDES, CHARTS AND NAVIGATION -ANCHORING AND MARINA BERTHING -KNOTS, ROPES AND FLAGS -BOAT ETIQUETTE AND SEAMANSHIP -RULES OF THE ROAD, SAFETY AND EMERGENCIES -BOAT MAINTENANCE AND REPAIR AND MUCH MORE... THIS SECOND EDITION HAS BEEN REVISED THROUGHOUT AND BROUGHT COMPLETELY UP-TO-DATE, INCLUDING NEW TECHNIQUES AND NEW APPROACHES TO NAVIGATION, FIRST AID AND BERTHING. IT'S A BEAUTIFULLY DESIGNED BOOK, WITH GLOSSY PHOTOS, DIAGRAMS AND CLEAR TEXT, AND A GREAT READ WHETHER YOU'RE JUST STARTING OUT OR LOOKING TO IMPROVE YOUR SKILLS' PRACTICAL BOAT OWNER LAVISHLY ILLUSTRATED, SHARP PHOTOGRAPHY ... A FIRST-CLASS INTRODUCTORY TEXT' YACHTING MONTHLY

THE LASER CAMPAIGN MANUAL BEN ANSLIE 2002-04-16 PRODUCT DESCRIPTION THE OLYMPIC GOLD MEDALLIST EXPLAINS HOW TO WIN IN THIS, THE MOST COMPETITIVE CLASS. BEAUTIFULLY ILLUSTRATED WITH COLOUR PHOTO SEQUENCES OF ANSLIE IN ACTION. AN ONLINE VIDEO INCLUDING FOOTAGE OF HIM DEMONSTRATING EVERY MANOEUVRE FROM STARTING, TACKLING UPWIND TO DOWNWIND TECHNIQUE IS ALSO AVAILABLE. DETAILS OF WHERE TO VIEW THE ONLINE VIDEOS CAN BE FOUND WITHIN THE BOOK. FROM THE BACK COVER BEN ANSLIE IS THE FASTEST LASER SAILOR ON THE PLANET. HERE ARE THE SECRETS THAT WON HIM OLYMPIC GOLD, SHOWN IN WORDS, PHOTO-SEQUENCES, VIDEO CLIPS AND HIS COMMENTARY. THIS PACK IS A COLOURFUL, DETAILED ACCOUNT OF HOW TO DOMINATE THE WORLDS HOTTEST CLASS. THE BOOK CONTAINS TEXT AND PHOTO-SEQUENCES ON: PSYCHOLOGY AND GOAL SETTING. GETTING THE BOAT RIGHT. SPEED AROUND THE COURSE. FITNESS AND TRAINING. HOW TO WIN A CHAMPIONSHIP. THE VIDEO, AVAILABLE TO VIEW ONLINE AND CONTAINS FOOTAGE VIDEO CLIPS AND COMMENTARY ON: STARTING, BEATING, TACKLING, ROLL TACKLING, WINDWARD MARK, REACHING, GYBING, RUNNING, LEEDWARD MARK.