

North U.

Race Trim Seminars

Hosting a North U 2010 Seminar

You can host a Racing TRIM Seminar at your club. The Racing Trim course is a full day program which runs from 9:00 am - 5:00 pm on Saturdays or Sundays from February - May and is taught utilizing our interactive multi-media CDs with such interactive tools including the Sail Shaper.

Below is an approximate schedule for a given day:

7:30 am - Setup time for instructor
8:00 am - orange juice, coffee,
8:15 am - Check in and/or walk in registration begins
9:00 am - Seminar begins
10:30 am (approx) - 10 min break
12:30 pm - lunch break (usually 45 min - 1 hr.)

Our lunch needs are kept pretty simple - usually we have assorted sandwiches, chips, fresh fruit, some type of salad (ie., pasta, macaroni, etc.), cookies, & beverages.

3:00 pm - 10 min break
5:00 pm - seminar ends

Site Requirements

We'll need the following at the seminar location:

- € Classroom style set up, with tables and chairs (participants like to take notes).
- € LARGE screen, preferably 8x8 or as close to these dimensions as possible. North U will cover the cost of the club having to rent one from an outside vendor, if no screen is available.
- € Control over lighting (too many windows and no window coverings will present a problem).
The room needs to be dark enough to see our presentation. Don't forget, the sun is out during the day.
- € Projection table with power. (We bring our own projector and computer. Backups are welcome.)
- € White board, black board or flip chart with markers.
- € Registration table.
- € Catering for breaks and lunch.
- € Detailed directions, ample parking.
- € Housing and Local Transportation for the Instructor is always welcome.

**You can spend a lifetime learning to be a better sailor.
We are here to accelerate the process.**

29 High Field Lane • P. O. Box 1296 • Madison CT 06443-2516
203 245-0727 • Fax: 203 245-0472 • WWW.NORTHU.COM

North U.

Race Trim Seminars

How do you help?

Without local support we do not succeed. We need your help to:

- € Select a date and location.
- € Local support: Arrange for coffee, and lunches; receive UPS shipments; and help on the day of the seminar with registration and logistics.
- € Help publicize the event in your club mailings and bulletins as well as contacting other local clubs. We will provide posters and E-vites along with course descriptions and outlines that you can use in your publicity.
- € Hosting a seminar takes some time, but no money. We cover the expenses.
- € Members of the host organization receive a discount to attend our seminars.

Why Host a Seminar?

Hosting a seminar is good for your club and the local racing fleet. Seminars help get people excited about their sailing, and they improve local racing.

Seminars also bring sailors (prospective members) into your club. Seminars also provide a welcome opportunity for sailors to get together during the off season.

Marketing

Our major marketing occurs between December-March in both magazines and direct mail. If you would like to host a seminar, we can include your location in our printed schedule, but we must have a firm commitment by Mid-November of your willingness to host a seminar.

Where do we go from here?

Questions? Contact Fran Wainer or Bill Gladstone at North U.

203 245 0727
800 347 2457

Francine Wainer
Fran@northu.northsails.com

Bill Gladstone
bill@northu.northsails.com

**You can spend a lifetime learning to be a better sailor.
We are here to accelerate the process.**

29 High Field Lane • P. O. Box 1296 • Madison CT 06443-2516
203 245-0727 • Fax: 203 245-0472 • WWW.NORTHU.COM

North U.

Racing Trim Seminar

Course Information and Outlines

North U Racing Trim

Bicycles, bobsleds, sailboats

No matter what you race, you've got to be fast to win, and nothing will help you improve your boat speed like the North U TRIM Seminar.

The North U TRIM Seminar covers boat speed all the way around the course. Upwind topics include main-sail and jib trim, helming, and a special Trim Solutions section to solve the most baffling problems in upwind performance. The TRIM curriculum shows how angle of attack, depth, and twist combine to control upwind performance, and how to change trim to improve performance. The interactive Sail Shaper allows you to see how changes in sail controls change sail shapes, while video clips show real life trim and performance technique.

Downwind the TRIM CD covers sail trim and performance for both symmetric and asymmetric spinnakers (on sprits or poles). You'll be able to see how to change spinnaker shape to optimize performance in all conditions. Once again, video and graphics combine to show optimum shape in all conditions.

But that is not all....

The North U TRIM Seminar covers boat handling as well. You'll learn the latest in spinnaker sets, jibes, and takedowns for every tactical circumstance. Through animated graphics, photos, and video you'll see the keys to successful boat handling with a focus on the techniques and teamwork needed to make your boat handling second nature.

With over 1000 elements (animations, photos, photo sequences, and video), the North U TRIM seminar provides complete coverage of the full range of trim and boat handling topics. The North U TRIM Seminar will make your boat handling second nature, and your boat speed second to none.

**You can spend a lifetime learning to be a better sailor.
We are here to accelerate the process.**

29 High Field Lane • P. O. Box 1296 • Madison CT 06443-2516
203 245-0727 • Fax: 203 245-0472 • WWW.NORTHU.COM

North U.

Racing Trim Seminar

Course Information and Outlines

Outline

North U Racing Trim

Race & Win

- The Racing Pyramid
- Performance Analysis

Upwind Boat Handling

- Tacks, Ducks, Leebows
- Crew Organization

Upwind Sail Trim

- Theory in Brief
- Goal Oriented Trim
- Angle of Attack, Depth, and Twist

Genoa Trim

- Lead the Boat Upwind
- Total Power Trim
- Genoa Shape and Controls
- Power, Angle of Attack, Depth, and Twist
- Trim, Speed, Balance
- Target Boat Speed
- Matching Trim to Conditions
- Coordinating Trim to the Helm

Mainsail Trim

- Follow the Leader
- Trim, Speed, Balance
- Total Power Trim
- Mainsail Shape and Controls
- Power, Angle of Attack, Depth, and Twist
- Target Boat Speed
- Trimming to Point
- Trimming for Speed
- Wave vs Smooth Water Trim

Helmsmanship

- Target Boat Speed
- Trim, Speed, Balance

Helmsmanship (cont'd)

- Steer by the Telltales
- Do NOT steer by the Telltales
- Calling Trim from the Helm

Trim Solutions

- Performance Problems/Trim Solutions
- Pointing
- Speed
- Light Air
- Heavy Air
- Light Air
- Chop
- Binary Power

Spinnaker Handling

- Spinnaker Sets
- Spinnaker Douses
- Spinnaker Jibes

Asymmetrical Spinnaker Handling

- Asymmetrical Spinnaker Sets
- Asymmetrical Spinnaker Douses
- Asymmetrical Spinnaker Jibes

Spinnaker Trim

- Initial Spinnaker Trim
- Reaching Trim
- Running Trim

Assymetrical Spinnaker Trim

- Initial Spinnaker Trim
- Reaching Trim
- Running Trim

Conclusion

- A Tactical Wizard

**You can spend a lifetime learning to be a better sailor.
We are here to accelerate the process.**

29 High Field Lane • P. O. Box 1296 • Madison CT 06443-2516
203 245-0727 • Fax: 203 245-0472 • WWW.NORTHU.COM