



Lagos - Portugal

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Continued for 2015! Four great additions for Advanced Sailing Techniques.

PSP - performance sails package

Point closer and sail harder! As your sailing is advancing, so should your attentions be turning towards the finer points of sail setting and handling in differing wind strengths and points of sail. From day one in this course, your focus is on sails. You'll go from learning how to change the sails on the boat which is often not taught on modern yachts due to their inherent convenience in design, through to the fine handling of all the controls you know a little bit about from your RYA courses. Halyard tensions, draft positions, lift and drag of the sails, kicker - outhaul - backstay - mainsheet traveller - jib sheet leads - all come under the spotlight in greater depth. What better way to learn about the controls than with brand new fully battened main sail and an advanced laminate cloth Tri-Radial headsail? The course will leave you in a strong position to not only cruise faster, more efficiently and with a greater understanding of your sails. A big move forward towards regattas for those who are interested!

DWP - downwind package

Modern sloops like Anncy are extremely efficient at sailing upwind but when you want to go downwind the story is very different indeed and an increase in sail area is called for.... Experience the thrill of downwind sailing under a Spinnaker and you'll never want to sail off the wind without one again. During your training, the Spinnaker will be transformed from seeming to be a huge beast and a real handful to becoming something that you reach for as soon as you're running away from the wind or when the airs are light and the yacht refuses to move efficiently without it.

Techniques in preparing, launching, raising, setting over various points of sail, lowering and packing will all be dealt with systematically until you've made a new best friend. As well as meaning perhaps more sailing and less motoring for your own time aboard, being able to fly, trim and steer with a spinnaker might just make you even more valuable crew to someone else!



Marina Handling and Berthing Master Class

Specific lessons in all aspects of Marina handling and berthing. We will break down all the elements involved in successful close quarters manoeuvring so that getting the boat back home safely becomes more enjoyable and less of a concern allowing you to enjoy your day to its fullest. Technical aspects such as Prop walk, Prop wash, momentum and rotational momentum will all be broken down into bite size learnable exercises to demonstrate the effect of each element before you're taught how to use them all together and to your advantage to overcome wind and tide. Techniques learnt in 'limited crew' berthing (including single handed) will mean that berthing will be even more of a breeze when you do have more than a minimal crew.

Regatta Training and Team Entry

Want to pit your wits or try out your skills out in the company of others? Perhaps you're thinking of organising a team building event for your company or maybe considering much higher profile racing and just want to train in our warm climate.

Whether you want to combine regatta training with either (or both!) of the above sail package options or you just want to give it a go for the experience, we can develop a solution that suits best right here in Lagos. We at rusailing are actively involved in the local regatta scene and therefore have the opportunity to create and sponsor a regatta even if there isn't one already organised that might suit your timings! To ensure maximum participation, competition and fun, current local regattas take place on a Sunday which may require a slightly extended week, offset-week or a long weekend perhaps! As this is such an exciting and new option, we are entirely open to suggestion and enquiry.

For the ultimate corporate event – why not race for your own cup and enter proudly wearing your logo on matching dress? We can help arrange it all. It would make for a great newsletter of your own!

We hope that our new options have offered you what you wanted already or they have given you an idea of what we can do to improve your sailing. Whatever drives you, we can find an option – if there's something you want to do in particular then just get in touch and we'll see what we can do. You never know, you may give us the inspiration for adding another option to our list!



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