



Classroom Session #5

working with your crew + team building

10/10/2022

Goals

- Learn where to focus your attention upwind/downwind
- Understand on-board communication
- Learn what to do when things go wrong

<https://sailzing.com/sailing-team-communication-ullman/>



Upwind

- Crew
 - Focused on jib trim/slot
 - Calling out puffs
 - Proactive weight changes
- Skipper
 - Tell tails
 - Attention on main sail
 - Steering
- Both
 - Watching for wind shifts and puffs
 - Watching for other boats/ marks



Downwind

- Crew
 - Focused on keeping jib full
 - Watching BEHIND for puffs
 - Bailing
 - Proactive weight changes
 - Holding the boom when necessary
- Skipper
 - Attention on main sail
 - Steering
 - Flying the jib when necessary
- Both
 - Watching for wind shifts and puffs
 - Watching for other boats/ marks



On-Board Communication

- Should be specific and concise
- Should be on-topic



When Things Go Wrong

- Crew
 - Keep skipper focused on the task at hand
 - Keep yourself focused as well
- Skipper
 - Do your best to make sure you're staying in the game
 - Try to not get out of race mindset
- Both
 - Small words of encouragement
 - Helpful words only



Team Building Exercises

- Learn something new about your neighbor
- Write down a compliment to someone else on the team (make them sincere!)
- Website Scavenger Hunt - *Winner gets merch*
- Human Knot!

