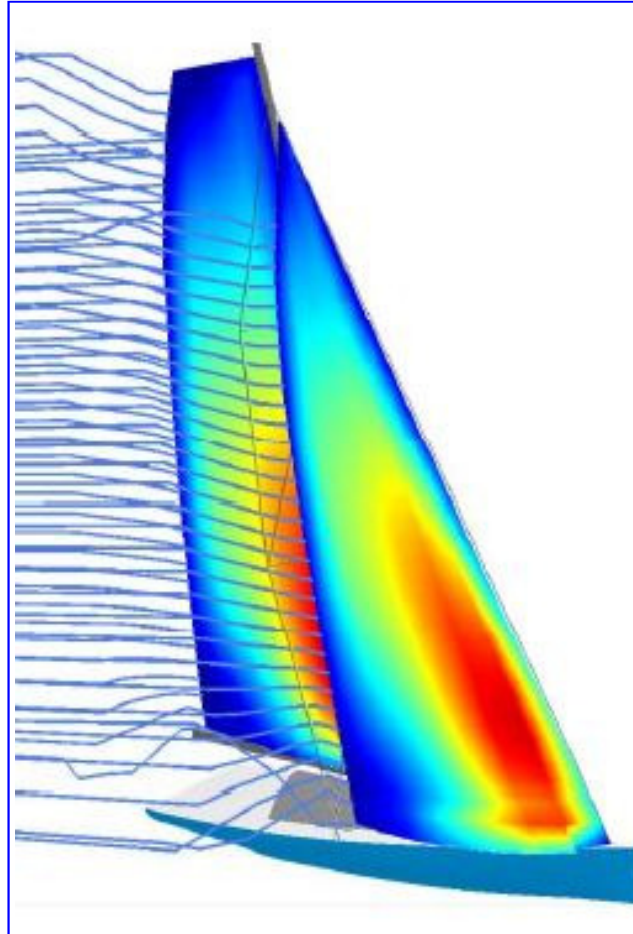


SAILTRIMCOACH.COM

OCT NEWSLETTER 2011



—A NEW CONCEPT OF COACHING !—

GET THE VERY BEST OUT OF YOUR RIG.
LEARN NEW TRIMMING TECHNIQUES.
FIND OUT HOW TO GET MORE SPEED.
COMPLETE BOAT CALIBRATION .

Welcome to my new monthly e-newsletter introducing you to my new venture SAILTRIMCOACH.COM which has been formed by myself ,Chris Owen to help all types of sailors understand sail-trimming. This newsletter will offer you tips on how to get the very best out of your rig and sails, including a section on sail design. SAILTRIMCOACH.COM e-newsletters will keep you informed of all its activities within the sailing world.

WHO IS SAILTRIMCOACH ?

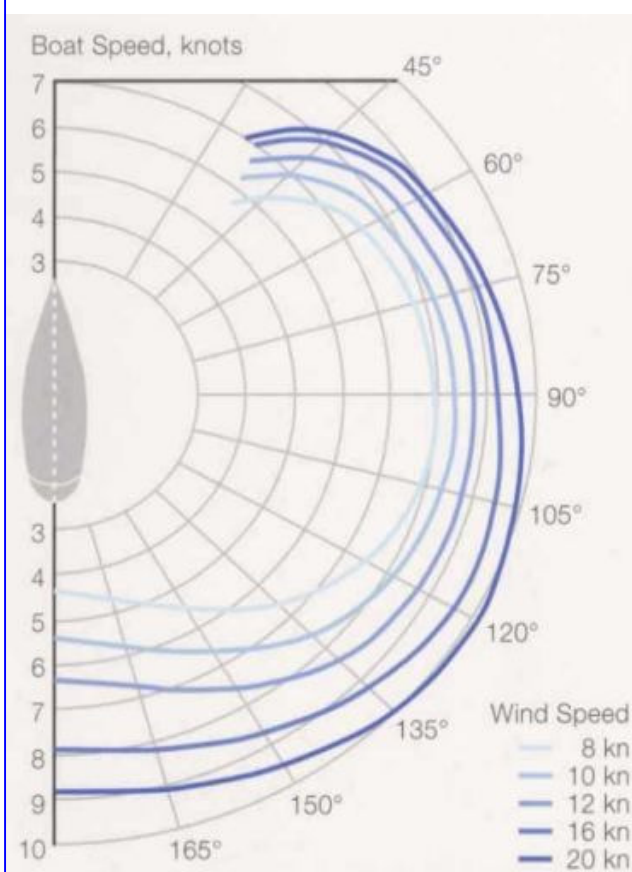
I am a sailmaker, I have over 35years of experience in the industry, designing and making sails. My main focus now, is sail design, and sail trimming, I intend to make my services available to any sailor, who would like to improve their understanding of what actually makes their boat sail well. With the use of innovative new tools ,which will make sail trimming easier to understand.

CHRIS OWEN ,SAILING SWEDEN 45 LARK.



WHY DO WE NEED TO TRIM?

Well that's a pretty good question! We need to trim our sails as the wind is constantly changing, the need to alter the shape of our sails involves applying different tensions to the sails in order to achieve the correct shape for a given wind strength. All of which leads me onto the 2 diagrams below, called POLARS, the diagram on the left is a Polar Diagram and the one on the right is what can be correlated from this and can be used to check we are achieving the correct boat speed for a given wind strength and wind angle



SWEDEN YACHTS 45 POLARS.

TWS	TWA	SPEED
8 KNTS	45 DEG	6.1 KNTS
10 KNTS	45 DEG	7
12 KNTS	45 DEG	7.4
16 KNTS	45 DEG	8
20 KNTS	45 DEG	8.2

8KNTS	90 DEG	7.8
10 KNTS	90 DEG	8.2
12 KNTS	90 DEG	8.5
16 KNTS	90 DEG	9.2
20 KNTS	90 DEG	9.5

8 KNTS	165 DEG	4.5
10 KNTS	165 DEG	5.8
12 KNTS	165 DEG	6.7
16 KNTS	165 DEG	8.1
20 KNTS	165 DEG	9.1

WHAT DO YOU GET?

The basic coaching session comprises of a complete rig tune (loos gauges) the correct rake and rig tensions will be applied with a full explanation of why the tensions are applied, you will also receive a waterproof copy of the rig set up for future use.

Once the rig is set up we turn to SAILTRIM, with a complete sailtrim session, where you will be shown sail trimming techniques, applied specifically to your boat.

SAIL TRIM PACK.

WATERPROOF RIG TUNE NOTES

CALIBRATION STRIP,S FOR GENOA CARS AND OUTHAUL.

POLAR DIAGRAM——SHOWING WINDSPEED V BOATSPEED

SAILTRIM TUNE DISC.

WET NOTES, TUNING LOG.

SAILSCOPE TRIMMING AID.



FOR ENQUIRES AND BOOKINGS PLEASE E-MAIL
bookings@sailtrimcoach.com

A digital display mounted on a boat's dashboard, showing three rows of data: SPEED 60.1, RPM 346, and TIME 070. The display is black with green LED numbers. The background shows the boat's interior and a view of the water.

tacktick
W I R E L E S S

PERFORMANCE EQUIPMENT

Delivering the right data at the right time

GUL PERFORMANCE APPAREL



Vigo Womens Drop Seat Trousers
Black



Vigo Coastal Jacket
Black



Vigo Coastal Trousers
Black



Vigo Womens Coastal Jacket
Black

COASTAL RANGE.



Antigua II Shorts
Mercury



Code Zero Jacket
Black



Code Zero Salopettes
Black



Code Zero Smock
Black

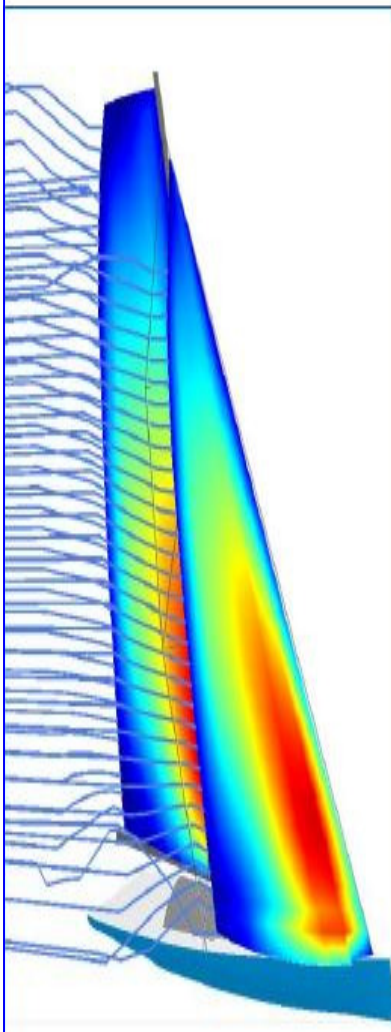


CODE ZERO.

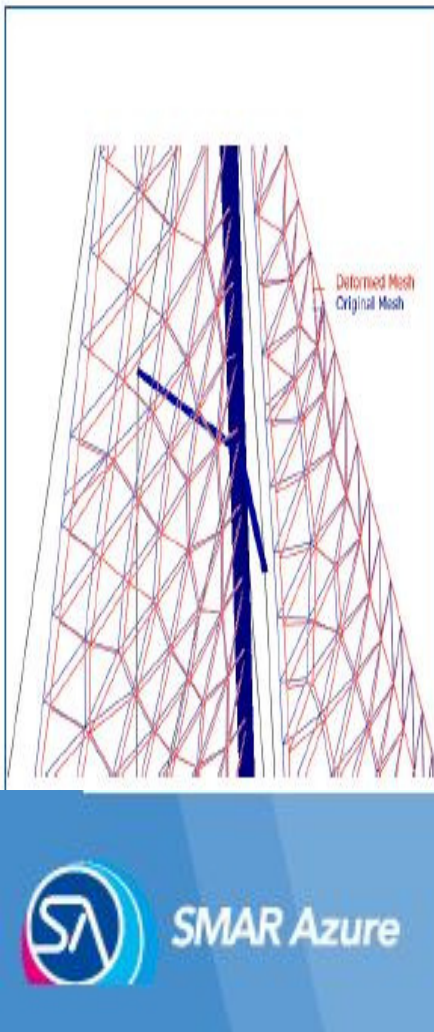
SAIL DESIGN AND ANALYSIS.

SMAR Azure's software products are internationally recognised as the 'state of the art' in integrated design and analysis solutions for sail design. I use this software exclusively to analyse all my sail designs.

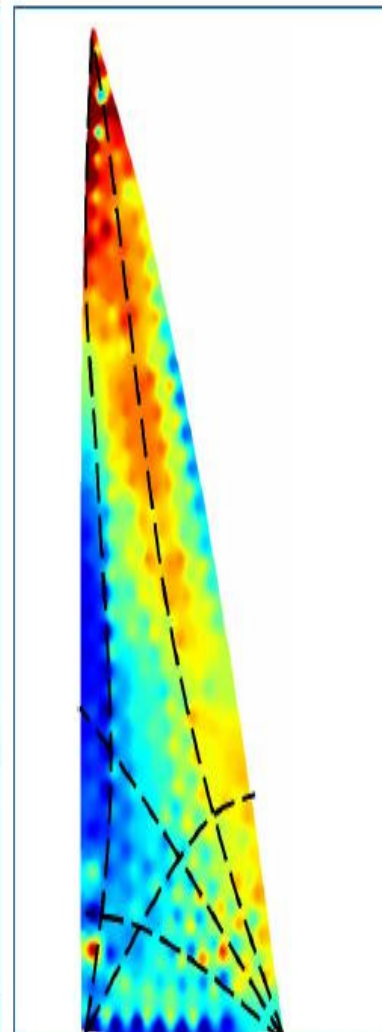
Aerodynamic loads



Flying sail shape



Principal Stress directions



HERE ARE A FEW EXAMPLES OF THE ANALYSIS.



SUCCESSFULL SAIL TRIMMING !

TO RECEIVE THE NOVEMBER ISSUE FROM
SAILTRIMCOACH.COM

E-mail... mail@sailtrimcoach.com

SUPPORTED BY—

