

Sailing To Win

The ultimate self-learning guide to sailboat racing In this practical self-coaching guide for the serious racing buff, veteran sailing coach Jon Emmett explains how anyone can improve his or her sailing technique in manageable stages. By breaking down racing into 20 key topics, Emmett shows how aspiring yacht and dinghy racers can learn to measure their own strengths and weaknesses and improve key skills step by step. The book also includes practical tips and wisdom from Olympic champions including Paul Goodison and Joe Glanfield.

*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 focussed, 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 boat. 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! Expanded to include the behind-the-scenes story of the 34th America's Cup and Team USA's incredible comeback Down eight-to-one in the 34th America's Cup in September 2013, Oracle Team USA pulled off a comeback for the ages, with eight straight wins against Emirates Team New Zealand. Julian Guthrie's *The Billionaire and the Mechanic* tells the incredible story of how a car mechanic and one of the world's richest men teamed up to win the world's greatest race. With a lengthy new section on the 34th America's Cup, Guthrie also shows how they did it again. The America's Cup, first awarded in 1851, is the oldest trophy in international sports. In 2000, Larry Ellison, co-founder and billionaire CEO of Oracle Corporation, decided to run for the prize and found an unlikely partner in Norbert Bajurin, a car mechanic and Commodore of the blue-collar Golden Gate Yacht Club. After unsuccessful runs for the Cup in 2003 and 2007, they won for the first time in 2010. With unparalleled access to Ellison and his team, Guthrie takes readers inside the building process of these astonishing boats and the lives of the athletes who race them and throws readers into exhilarating races from Australia to Valencia.*

The vast majority of sailing yacht scenarios comprise a couple sailing the boat together, and needing to carry out all manoeuvres and activities themselves with no help from a back-up crew. Their boat handling, navigation, sail handling, anchoring and mooring skills all have to be carried out both efficiently and effectively, preferably with the minimum of physical effort (to conserve energy). But most sailing technique books assume a crew of 3 or 4, all willing to lend a hand. This book is therefore a first, addressing the most common sailing scenarios that anyone cruising will have to deal

with, and providing clever, original, highly effective (and most importantly successfully tried and tested by the author) techniques and solutions for dealing with the huge variety of essential operations on a boat – from sail setting and reefing, to picking up mooring buoys in a variety of wind and tide situations, anchoring, berthing and leaving a pontoon shorthanded, picking up a man overboard, sailing in fog and heavy weather – and even going up the mast. This book will be a godsend to anyone sailing single or shorthanded – including couples with young children who need to be supervised by one parent whilst the other runs the boat. Organised into techniques for different cruising scenarios, the book features step by step sequential photos showing exactly how to approach each situation and carry out the task in hand.

The wind powers everything a sailor does and Wind Strategy has been helping sailors understand it since 1986, now fully updated for modern forecasting.

Combines expert advice from internationally known champions with a collection of stories from the greatest races of recent decades

Some people like to sail. Some people like to sail fast. This is a book about sailing faster. During the past few decades there has been a revolution in the way some boat designers and sailors have thought about, designed, built and sailed their boats. This book is about the new ideas which have led to these greater speeds and the faster sailing techniques which have been developed to achieve them. High Performance Sailing has become the standard reference work on high speed racing techniques - the bible for racing sailors, from dinghies right through to America's Cup boats. Ground-breaking in its thinking on boat speed, strategy and tactics, and timeless in its application. Now in its second edition, High Performance Sailing has been brought right up to date with new information, the discoveries from new boat testing and new developments.

From a racing master, all the knowledge you need to make your boat go faster and safer in any condition In Performance Sailing and Racing, Steve Colgate explains how to improve your sailing and push your boat to higher but safer speeds. He shows you how get your boat to perform as it was designed--with grace and an ease of motion--and to sail at a fast speed that can get you out of situations more quickly and arrive at your destination sooner. Used as one of the text books at the many branches of the Colgate Sailing School, Performance Sailing and Racing will help you get started in racing and improve as you learn. Even veteran sailors will pick up some new tips and tricks to becoming a successful racer. End-of-chapter quizzes reinforce what you learn so you can use your knowledge confidently on the water. Sail faster and smarter: Get the picture with clear, colorful photos and graphics Master vital topics relating to boat speed--sail trim, sheet lead angles, steering differences in light and heavy air Learn even those daunting topics, including using a spinnaker and understanding polar diagrams With this master teacher's wisdom on all the factors that make your boat sail better, you'll win the next race or just blow past the other boats in the outer harbor.

[Getting Started in Sailboat Racing, 2nd Edition](#)

[The Classic Text](#)

[*A Complete Introduction to Model Yacht Racing*](#)

[*Winning Techniques, Tactics, And Strategies*](#)

[*A True Story of Death, Life, and the Sea*](#)

[*Performance Sailing and Racing*](#)

[*Championship Tactics*](#)

[*A Sunfish Sailor, an Island, and the Voyage That Brought a Family Together*](#)

[*Helming to Win*](#)

[*Training Exercises for Solo Boats, Groups and Those with a Coach*](#)

[*Sailing To Win*](#)

[*Catamaran Sailing to Win*](#)

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 focussed, 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 boat. 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! Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork. Unless you have unbeatable boatspeed, tactics are vital to winning sailboat races. Multi-champion, Nick Craig, shows you how to develop a strategy and what tactics to adopt on every leg and at every mark of the course. His first book, Helming to Win, was described as "original, thought provoking... like no other that has gone before it". He now turns his highly analytical mind to the subject of tactics. He discusses the inputs into strategy, starting and the race plan (going through each leg in turn). Nick then tackles mark tactics, covering every different type of mark, and fleet tactics on every leg of the course. He finally focusses on boat-to-boat tactics, again on every leg of the course. In each situation he covers attacking and defensive tactics, either to get ahead or make sure you stay ahead. Non-spinnaker, symmetrical spinnaker and asymmetric dinghies are all covered because Nick has won world or national championships in each of these types of boats. Having read Nick's first book many said that it had transformed the way they sailed. This book will have the same effect on your tactics and should see you moving up the leaderboard.

John Kretschmer is sailing's practical philosopher – as much a doer as a thinker. And that is the overarching theme of this chronicle of a sailing life. Often amusing, sometimes poignant, occasionally terrifying but always inspiring, his deeply personal account is a welcome reminder of the good life waiting at sea. With hundreds of thousands of nautical miles under his keel, John's adventures have taken him several times around the world, with challenging crossings of the Atlantic and the Pacific, a narrow escape from a coup in Yemen, an unlikely deliverance from a coral reef off Belize as well as more serene, introspective passages where trade winds are blowing and stories are flowing. His crew has included CEOs, actors, writers, teachers, kids – in

essence, everyone. John's narrative is interwoven with practical tips and advice in seamanship, but also, and just as importantly, his hard-won insights about making the most of our lives. He truly believes we find out who we really are, and what we are capable of, far from the shackles of land, when we find a place where time changes shape – days may merge into one another, but minutes are memorable. To live adventurously is to live more fully, and that is the life John Kretschmer continues to live. In this book he shares his simple profundities that will inspire those who live to sail, and those seeking something more rewarding from life.

Sailing Smart is for every sailor who wants to increase his or her knowledge, understanding, and sailing expertise: the local day-sailor who wants a firmer grasp of the fundamentals, as well as the serious competitor who wants to be up on the latest, most innovative sailing techniques and racing strategies. Buddy Melges, one of the world's best-known sailors, has at last set down his highly original thoughts on how to sail well. He covers the full range of sailing experience, from the general to the specific, the basic to the highly sophisticated. Melges's message is delivered in a bright, uncluttered manner by way of applications from his own sailing experience and through step-by-step instructions on everything from basic boat handling to expert on-the-course tactics and maneuvers. The book is profusely illustrated by the noted sailing artist Ted Brennan, and each drawing is accompanied by a cogent, in-depth explanatory caption.

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. Gary Jobson shares his expertise for a winning performance in sailboat racing. In the pages of Gary Jobson's Championship Sailing, the author shares more than 30 years of racing and sailing expertise at the highest levels of competition, covering every aspect of racing in one-design or handicap fleets from high-performance dinghies to big keelboats.

Everything you need to race your way up through the fleet If you sail--even a little--you've probably thought about trying your hand at racing. Now you can stop thinking and do it. Getting Started in Sailboat Racing makes this endlessly fascinating lifetime sport accessible to anyone who wants to give it a try, whether you own a sailboat, are hoping to crew, or spectating from a nearby perch. This complete course in racing fundamentals breaks the racing experience down into bite-size pieces, making the process easier to understand and reflecting the leg-by-leg nature of a typical race. With scores of helpful illustrations, this user-friendly manual takes you around the buoys, explaining new rule changes and tactics that apply to each part of the race. You'll learn how to: Execute quick, competitive starts Maximize speed and efficiency on the windward leg Maneuver for position around the windward mark Take full advantage of downwind and reaching legs Handle the spinnaker (even when asymmetrical), and

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beat the crowd at the jibe and leeward marks Eke out every last bit of speed as you sprint to the finish There are few things in this world more satisfying than racing a sailboat. Get in on the action and find out what you've been missing. All you need is a competitive spirit and a little help from Getting Started in Sailboat Racing. "Cort and Stearns deftly break down racing, from start to finish, into basic elements, making the sport more accessible by giving the novice a strong understanding of the fundamentals . . . this book should be required reading for anyone wanting to get out on the course. The book goes into enough detail on tactics and sail trim to make the average sailor not only comfortable on the racecourse, but competitive, as well." -- SAILING "With Cort and Stearns' enthusiasm for the topic and straightforward advice, it's hard not to read this book without picturing yourself rounding the buoys just ahead of the rest of the fleet." -- Soundings

[Kialoa US-1 Dare to Win](#)

[Optimist Racing](#)

[Sail, Race and Win](#)

[High Performance Sailing](#)

[Peter Isler's Little Blue Book of Sailing Secrets](#)

[The Definitive Guide for Skippers, Tacticians, and Crew](#)

[Wind Strategy](#)

[A Weekend Sailor's Voyage in 50 Day Sails](#)

[Training to Win](#)

[Improve Your Technique on the Water & Sail to Win](#)

[A manual for sailors, parents & coaches](#)

[The Eight Sailing/mountain-exploration Books](#)

Sir Ben Ainslie 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 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 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 processes: 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 and detailed account of how to dominate in your fleet.

While still mourning the death of their mother, three brothers go with their father on an extended sailing trip off the Florida Keys and have a harrowing adventure at sea.

Jim Kilroy's long awaited autobiography is the no-hold-barred, behind the scenes story of competition and competition; of what it takes to succeed; of adventure and glory on the high seas. Kilroy's racing yachts, all name Kialoa, amassed a record of victories that remains unrivalled in the highest levels of Grand Prix racing. In this lavishly illustrated full-color book he shares his secrets and a true tale.

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 power up the leaderboard.

Olympic gold medallist and multiple world champion, Paul Goodison, explains why this book is so important if you want to win races. He says: "To win sailboat races you need to sail the boat

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comes down to hours on the water training and tuning – there are few shortcuts to hours of on the water. To consistently win races you need to sail fast and smart – making the right decisions, 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 boatspeed, tactics may be learnt 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 your 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 when 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 up 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 or moving up the club circuit or competing at national level and beyond. Originally published by World Nautical as *Be Your Own Tactics Coach*.

RYA Tactics is the go-to handbook for all sailors and coaches interested in improving their performance on the race course. Written by sailing tactics specialist Mark Rushall, it is based on many years of successful dinghy and keelboat racing, and his career as an Olympic sailing coach. Packed with easy-to-digest advice and information, it has clear diagrams and explanations and features excellent photography throughout to demonstrate racing in action. *RYA Tactics* breaks down the myths around racing tactics and provides you with winning strategies for a wide range of courses and weather conditions. Written from the perspective of both coach and sailor, *RYA Tactics* takes you logically and holistically through each aspect of a sailing race. Shedding a new light on mastering race tactics, it has three easy-to-follow sections: Setting the scene Before the start, The start, and The race. The third edition features new chapters that include cutting-edge advice on analysing weather conditions, club racing, positioning as a strategy, and tactics in fast boats. It also discusses strategy building and looks at all parts of the race in detail, recommending specific tactics for each stage. Whether you're looking to understand wind shifts better, start fast, use a race compass, or get the marks first, this book will get you there.

There are many things to get right in a race-boat preparation, the racing rules, meteorology, travel logistics and so on. All this makes it easy to forget that winning comes from within and that most elaborate preparations will fail unless your attitude is right.

From one of the world's most respected sailors-the knowledge and secrets every sailor needs. Peter Isler, two-time America's Cup winner, has sailed in and won hundreds of races over the last few years. In that time, he has acquired a vast array of knowledge about sailing techniques and tactics, not to mention a boatload or two of entertaining stories along the way. In this book, he brings it all together into a single guide to help you make the most of your time on the water, whether you're going for a leisurely sail with friends or competing to win. Filled with tips and secrets every sailor craves, from the international competitor to the weekend dinghy sailor. Includes wisdom and advice gleaned from Peter's time spent sailing with top international sailors, from America's Cup veteran Ted Turner, Dennis Conner and Russell Coutts to and three-time Olympic gold medalist Ben Ainslie. Covers a range of important sailing topics, including understanding the inner game, leading a team, reading the wind, preparing your boat (and yourself), and much more. Filled with information that will help you become a better sailor, Peter Isler's *Little Blue Book of Sailing Secrets* is an invaluable source of guidance you'll rely on every time you set sail.

[Single and Short-handed Techniques](#)

[Sailing to Win](#)

[Start to Win](#)

[RYA Tactics \(E-G40\)](#)

[Top tips from the world's most successful Olympic sailor](#)

[How Anyone Can Sail Faster, Smarter, and Win Races](#)

[Sailing Around Britain](#)

[A Manual for Sailors, Parents & Coaches](#)

[Gary Jobson's Championship Sailing](#)

[Be Your Own Sailing Coach](#)

[20 Goals for Racing Success](#)

[The Great Wide Sea](#)

Sailing strategies from beginner to winner. International author, competitive sailor and successful business strategist Brett Bowden shares over 3 decades of wisdom of what it takes to be successful. Brett shares not only his own experiences, but a collection of wisdom from world champions and sailing legends. Together with his passion for sailing and winning in all areas of life, Brett shows you just how to do it step by step. By the time you have finished this book, learned the strategies and practiced the drills, you will be guaranteed of being on the podium more often than not and collect more than your fair share of silverware. If you're serious about being successful then you must read this book. You'll learn:- The little known secrets behind the science of sailing- The psychology and mindset of winning races- Key ways to banish frustration from your sailing- Critical ways to start, conduct and finish a race like a champion- How to get inside tactical knowledge at new venues- Essential training drills to hone your skills to ensure your success- Championship race tactics and strategies that only top skippers know If you're serious about winning then read this book today!

Sailing Grace is the author's account of drowning in heart disease, fighting back to the surface, and sailing on. It begins with him flat on his back in a local health club and ends 31 months and 4000 miles later when he and his family maneuver their sailboat Grace to Schull Harbor, Ireland.

This breakthrough book on dinghy racing will help you make the transition from weekend racer to world champion. Covering everything from where to look and getting 'in the groove' to mental approaches and championship sailing, you will be working your way up the leaderboard in no time. Packed full of intelligent insight, brilliant top tips and engaging photo sequences, if your goal is to win then this is the book for you! Written by the 'Champion of Champions' Nick Craig - an amateur sailor - this book proves that, with the right tools and enough determination, anyone can succeed in the sport of sailing. In his foreword Sir Ben Ainslie writes how he himself has used a lot of the techniques that Nick describes in the book, and remarks that Nick is "one of the best...This book allows anyone to gain from his experiences."

Model yacht racing is an exhilarating hobby, but one which is bounded by strict rules. This book describes the race from the beginning of a race through to successful completion, encountering all sorts of situations where adjudication is required. It is illustrated throughout with line drawings.

The Optimist is the most popular junior sailing class worldwide, with thousands of young people actively racing them and hundreds attending

the major events in the class. It has been the nursery for most of the top racing sailors in the world including all the Team GBR gold medallists at the last 2 Olympics (Sir Ben Ainslie, Hannah Mills, Saskia Clark and Giles Scott) – the same will be true for most other countries. Optimist Racing is written for those sailors, parents and coaches who are looking for success in this competitive class. In it you will learn what it takes to win, including how to achieve blistering boatspeed through technique and tuning, perfect boat handling and tactics as well as covering the mental and physical requirements for success. There is also a section for parents and coaches describing how they can best support their young sailors. Originally written by Ben Ainslie's Optimist coach, Phil Slater, this new edition has been completely updated by top international racing coach, Steve Irish, who can be found coaching Optimist and other sailors worldwide. This book is the up-to-date handbook for sailing an Optimist fast.

Includes *Mischief in Patagonia*; *Mischief Among the Penguins*; *Mischief in Greenland*; and *Mostly Mischief*.

A charming memoir of midlife by the bestselling author of *Mayflower* and *In the Hurricane's Eye*, recounting his attempt to recapture a national sailing championship he'd won at twenty-two. "There had been something elemental and all consuming about a Sunfish. Nothing could compare to the exhilaration of a close race in a real blow—the wind howling and spray flying as my Sunfish and I punched through the waves to the finish." In the spring of 1992, Nat Philbrick was in his late thirties, living with his family on Nantucket, feeling stranded and longing for that thrill of victory he once felt after winning a national sailing championship in his youth. Was it a midlife crisis? It was certainly a watershed for the journalist-turned-stay-at-home dad, who impulsively decided to throw his hat into the ring, or water, again. With the bemused approval of his wife and children, Philbrick used the off-season on the island as his solitary training ground, sailing his tiny Sunfish to its remotest corners, experiencing the haunting beauty of its tidal creeks, inlets, and wave-battered sandbars. On ponds, bays, rivers, and finally at the championship on a lake in the heartland of America, he sailed through storms and memories, racing for the prize, but finding something unexpected about himself instead.

Boatspeed is not enough – a good understanding of tactics is crucial if you want to win races. This book is a comprehensive programme to make you a tactical genius on the water. Individual chapters take you around the racecourse, from before you get on the water, through the pre-start, start, and various legs. Each section contains detailed advice for the beginner, intermediate and advanced sailor. Ideal for dinghy sailors, there is also a wealth of advice that will benefit yachtsmen. More than a hundred diagrams allow lessons to be learned at a glance and make this a useful aide-memoire as well as a tactical textbook. 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.

[Sailing to Win!](#)

[Tactics to Win](#)

[Be Your Own Tactics Coach](#)

[Sailing Smart](#)

[Training exercises for solo boats, groups and those with a coach](#)

[In Business in Sailing in Life](#)

[Stress-Free Sailing](#)

[The Long Passage](#)

[Sailboat racing tactics explained simply](#)

[The Billionaire and the Mechanic](#)

[The Sailing Master, Book Two](#)

[The Promise, the Challenges, and the Freedom of Ocean Voyaging](#)

Start to Win is Eric Twiname's sailing classic. Out of print for over 20 years, it has nevertheless retained its position as the book on simple racing principles. Considered unequalled by its many fans, it is the only book that sets out the techniques of sailing in such a clear, understandable and straightforward manner. By the same author as The Rules Book, Start to Win will be welcomed back by its many followers, and read for the first time by many more. With an updated section on the Racing Rules, this classic is set to help sailors achieve their racing best for many years to come. 'An extraordinarily valuable book...Twiname manages to remove the mystique from the art of winning' Yachting World 'One of the best books on tactics' Yachting & Boating 'A first class book for the racing dinghy helmsman' Yachts and Yachting

The Sailing Master-Book Two: The Long Passage Readers will happily yield to the spell cast by Book Two without having to first read Book One! Conflict. Love. Commitment & Betrayal . . . all abound in this intrepid novel of the sea set in the Golden Age of Sail. The looming shadow of the Napoleonic War dims the waning glow of the Enlightenment, yet Owen Harriet's heartfelt narrative provides insight into the human condition. And an overarching question emerges . . . is this chronicle simply the story of a man, or of an entire age? From the opening broadside at the Battle of the Nile to the ironic conclusion off Ushant, Owen continues to come of age, maintaining a steadfast relationship with his beloved mentor, Ignatius Comet Lau, HMS Eleanor's esteemed Sailing Master. Deep within French Indochina. Lost on the Mekong River. Owen befriends an inscrutable boy monk, only to fall prey to a demonic French privateer. A powerful enigma continues to haunt Owen and he begins to understand.

A premonition of unknown origin? An Oracle? Or a remnant calling from his own childhood imagination.

Learn how to sail the world's most popular junior sailing boat fast. Originally written by Ben Ainslie's Optimist coach, this new edition has been completely updated by top coach Steve Irish. It shows how to achieve blistering boatspeed through technique and tuning, perfect boat handling and tactics as well as covering the mental and physical side.

*Kim Sturgess was a weekend sailor: he enjoyed club racing and several brief sailing holidays, but had never attempted a substantial expedition. Reaching the age of fifty focused the mind and he decided to sail around Britain. While many cruising sailors would not contemplate a 1900 nautical mile voyage, he broke the voyage into a series of day sails, making it an achievable ambition for him, largely single-handed, and for many other weekend sailors who might dream of sailing around their home island. This book tells the quirky traveller's narrative of the voyage and visits to forty-eight towns. Evoking the spirit of both Jerome K. Jerome with his *Three Men in a Boat* and Joshua Slocum's *Sailing Alone Around the World*, Kim shares his thoughts and struggles, recounting how easy it is for anyone to become an adventurer here at home. But don't expect to always agree with him - he has been described as "the Jeremy Clarkson of yachting"!*

[*How Larry Ellison and a Car Mechanic Teamed up to Win Sailing's Greatest Race, the Americas Cup, Twice*](#)

[*Faster Racing Techniques*](#)

[*Developing a Winning Attitude*](#)

[*The Laser Campaign Manual*](#)

[*Guaranteed Winning Strategies To Navigate From The Back To The Front Of The Fleet*](#)

[*The Complete Book of Laser Sailing*](#)

[*Second Wind*](#)

[*Tactics Made Simple*](#)

[*Sailing to the Edge of Time*](#)

[*Sailing Grace*](#)