

# J80 Race Training

## **Objective**

 To give HYC members the chance to upskill in their racing ability in the Club J80's.
The syllabus is built around practical racing topics.

#### **Sessions**

- Starts
- Building a strategy
- Mark roundings
- Asymmetric Spinnakers.

#### **Schedule**

Sessions run every Sunday morning from 09:30 – 12:30





### **Training outline**

Each session will be made up of an onshore theory session combined with an on the water session.

## Cost

HYC members €40

Non-members €80

## What's Next?

Join the HYC CrewFinder app and start racing with members during club racing on Tuesday & Wednesday evenings, and Saturday afternoons.

Join in with the cruising groups J80 sessions or day trips. You can get in touch with them by emailing <a href="mailto:crusing@hyc.ie">crusing@hyc.ie</a> or going to one of their meetings on Monday evenings.



