

Sailing To Win

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

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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

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race or just blow past the other boats in the outer harbor. This book describes the psychological strategies the world class sailors use to set goals, manage stress and build confidence. Part 3 contains photo sequences of sailing-specific exercises that can be used to build an individual training programme. Set goals for confidence building and competition. Learn effective self-talk and straight thinking. Make stress work for you, not against you. Harness the power of visualisation. Learn to stay focussed so that you can cope with distractions. Build and maintain the on-boat relationships that really work. Plan your own fitness programme. Aerobic and Anaerobic exercises.

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Recognise the value of rest and recovery. Learn now to train both on the water and in the gym.

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

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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!

A boating classic that will help sailors achieve their racing best.

Sailing to Win!

The Laser Campaign Manual

Page 5/50

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20 Goals for Racing Success

Wind and Current

Catamaran Sailing to Win

Sail

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

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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 powering up the leaderboard.

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

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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 collecting 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-

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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! If you want to win races you need to get organised! This unique guide shows you how to set your overall sailing goals, and breaks them down into manageable - yet stretching - mini-goals. Jon Emmett breaks racing down into 20 key skills (such as speed to windward and tactics) and, with detailed analysis of key techniques, uses a step-by-step guide to

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explain how to highlight your own strengths and weaknesses, and how you can improve each skill. This book will help you get to the front of the fleet, whether your goal is to win at club, open, national or international level. You will get tips from Olympic racers, and learn their approaches to each key skill; improve you sailing technique in manageable stages; and discover how to set goals and create the action plans to achieve them. Along the way you will find advice from Olympic sailors and exercises to turn you into a winner, with contributions from Paul Goodison, Simon Hiscocks and Joe Glanfield.

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Buoy your sailing knowhow with advice from two US sailing champions Nothing can beat the feel of the warm sun on your back, the gentle wind in your hair, and a swaying deck under your feet. If you long to take to the open water and sail wherever the wind takes you, you'll find everything you need to know in Sailing For Dummies. This friendly guide offers information for beginning and intermediate captains. Discover everything you need to know to confidently navigate your vessel through whatever waters—rough or smooth—you may encounter. Whether your goal is to explore a nearby lake, sail down the

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Mighty Mississippi, or take to the open sea, Sailing For Dummies explains how to launch your vessel, tie knots, turn sails, read the water, and more. Figure out how to work with the wind using sails to reach your destination Find out how the latest technology makes sailing easier and more enjoyable Master the essential skills of docking, tying knots, and dropping anchor Learn how to read the wind, sea, and sky to know what the weather is up to Choose the boat that's right for you, complete with bells and whistles Discover the basics of windsurfing and kiteboarding Satisfy your

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*need to go farther and faster in your craft
Know how to sail safely in tricky situations
Whether you're dipping your toe in the water
or knee deep in your pursuit of sailing
excellence, this reference will come in handy
as you set your sights on sailing. After
spending some time with Sailing For
Dummies—and even more time on the
water—you'll know the ropes!
Sailing to the Edge of Time
The Definitive Guide for Skippers,
Tacticians, and Crew
Wind Strategy
Mental and Physical Fitness for Sailing*

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Start to Win

Olympic gold medallist and multiple world champion, Paul Goodison, explains why this book is important if you want to win races. He says: “To win sailboat races you need to sail the boat fast. This comes down to hours on the water training and tuning – there are few shortcuts to hours of practising on the water. To consistently win races you need to sail fast and smart – making the right decisions to 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.

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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 this 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 before you get on the water, through the pre-start, start, different

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legs and manoeuvres. Each section contains detailed advice for the beginner, intermediate and advanced sailor so you can just look at 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, moving up the club circuit or competing at national level and beyond. Originally published by Wiley Nautical as Be Your Own Tactics Coach. This book unravels the mystery of boat tuning: it clearly explains what each control does and how to set it up for different conditions.

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Tuning your Dinghy throws a bright light on the black art of boat tuning. Here is a logical, systematic approach to the problem of setting up your boat and fine-tuning it for maximum speed on all points of sailing. A 'troubleshooting' section at the back of the book shows how to pinpoint and cure specific weaknesses in your boat's performance. Tuning your Dinghy is part of the Sail to Win series - books by world-class sailors and sailing coaches which take a fresh look at the complex subject of racing. Each book gives the detailed expert advice that the competent sailor must have to overcome the "club racer" barrier

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and compete successfully in international fleets. The emphasis is on practical, effective advice presented in a straightforward, highly illustrated manner.

Since the death of her husband, Anne Dunne and her three children have struggled in every way. In a last ditch effort to save the family, Anne plans an elaborate sailing vacation to bring everyone together once again. But only an hour out of port, everything is going wrong. The teenage daughter, Carrie, is planning to drown herself. The teenage son, Mark, is high on drugs and ten-year-old Ernie is nearly catatonic. This is the worst vacation ever. Anne

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manages to pull things together bit by bit, but just as they begin feeling like a family again, something catastrophic happens. Survival may be the least of their concerns. Written with the blistering pace and shocking twists that only James Patterson can master, SAIL takes "Lost" and "Survivor" to a new level of terror.

The First Ever Non-stop Solo Round the World

Voyage

Sail, Race and Win

Tactics Made Simple

Sailing to Win

Gary Jobson's Championship Sailing Sailing Smart

This volume reveals the wisdom we can learn from sailing, a sport that pits human skills against the elements, tests the mettle and is a rich source of valuable lessons in life. Unravels the philosophical mysteries behind one of the oldest organized human activities Features contributions from philosophers and academics as well as from sailors themselves Enriches appreciation of the sport by probing its meaning and value Brings to life the many applications of philosophy to sailing and the profound lessons it can teach us A thought-provoking read for

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sailors and philosophers alike

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 closest you'll get on land to the feeling of being on deck--sailing through the eyes of a true master of both sail and lens. This deluxe, grand-scale, limited-edition book is a voyage across America, capturing the joy, excitement, and serenity of sailing in the waters of every region of the United States--from Puerto Rico to the tip of Alaska. Over a lifetime

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devoted to boats and the pursuit of pleasure on water, the photographer Onne van der Wal has accrued an unparalleled archive of the most evocative and beautiful photography of this great American sport. Organized by region, and including competition yachts, leisure crafts, and everything in between, the book presents stunning vignettes of every form of American sailing--from classic yacht racing around Newport, Rhode Island to beautiful schooners drifting across the Great Lakes, and from peaceful catamaran expeditions around the islands of Hawaii to handmade single-masters in the frozen waters of Alaska and intense Grand Prix races along the rocky coasts of the Pacific Northwest. With 200 color

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photographs and several gatefolds that unfold into glorious panoramic images, this is a celebration of the nautical lifestyle and a love letter to an archetypal American pursuit that is so much more than a pastime for all those lucky enough to enjoy it. 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 his 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

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Tactics breaks down the myths around racing tactics and provides you with winning strategies for a wide range of race 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 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.

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Whether you're looking to understand wind shifts better, start fast, use a race compass, or get round the marks first, this book will get you there.

Sailing Strategy

Sailing - Philosophy For Everyone

High Performance Sailing

How Anyone Can Sail Faster, Smarter, and Win Races

Training exercises for solo boats, groups and those with a coach

Sailing To Win

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

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competition, covering every aspect of racing in one-design or handicap fleets from high-performance dinghies to big keelboats.

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

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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.

This book will help you to succeed on the water whether your aim is Club, National, International (or even Olympic) level. With detailed analysis, challenging exercises and useful top tips throughout, everything is covered: from targets, goal setting and a winning mental attitude to boat handling, strategy and tactics (plus lots more). Handy diagrams on almost every page help to clarify complex concepts and scenarios, and brilliant action photographs bring the text to

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life. Each chapter is closed with not-to-be missed advice from Olympic medallists – making this a must-have book for all sailors who aspire to great success. This is a re-written and more focused version of the author ' s popular title Be Your Own Sailing Coach, and its publication marks the re-launch of the iconic Sail to Win series, loved by sailors for over 30 years.

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.

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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.

Kialoa US-1 Dare to Win

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Faster Racing Techniques

Developing a Winning Attitude

Training to Win

The Promise, the Challenges, and the Freedom of Ocean

Voyaging

RYA Tactics (E-G40)

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

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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.

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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 forty 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 them 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 veterans Ted Turner, Dennis Conner and Russell Coutts to and three-time Olympic gold medalist Ben Ainslie Covers a range of important

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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. Sailing Strategy is considered a racing classic. Long out of print, it has champions who have been petitioning hard for its reissue. It is considered the best book ever written on the subject, and presents in detail techniques which are still completely relevant and applicable today. The author provides a very thorough analysis and explanation of how to read the wind and currents in all conditions on a racecourse, and explains how a good knowledge and understanding of their vagaries by the racer can be used advantageously to enhance boat performance on the racecourse, and

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carry both helm and crew further up the fleet. For any racer wanting an 'edge' (as any competitive sailor will always be aiming for) the reissue of this long out of print gem will be a godsend. A modern classic and an ideal companion to the recently reissued Start to Win, Sailing Strategy also has a new Foreword by Bob Fisher, Yachting Correspondent for The Guardian, and columnist for Yachts and Yachting. The reissue of this classic will be welcomed by novice and experienced racers alike.

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 is 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

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that 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 process. It is 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, detailed account of how to dominate in your fleet.

Sailing For Dummies

A manual for sailors, parents & coaches

Performance Sailing and Racing

Peter Isler's Little Blue Book of Sailing Secrets

A Complete Introduction to Model Yacht Racing

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Optimist Racing

Sailing To Win Guaranteed Winning Strategies To Navigate From The Back To The Front Of The Fleet Global Publishing Group

Everything you need to know to work your way up the fleet--from the first start to winning the finish. Includes complete course in racing fundamentals, organized in the leg-by-leg nature of a typical sailboat race. Features important post-Olympic rule changes, an

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entirely new section on racing with asymmetrical spinnakers, scores of helpful illustrations, and an updated listing of boats in the table of popular PHRF boats.

Interested in learning to sail but feel like you're navigating in murky waters? *Sailing for Dummies, Second Edition* introduces the basics of sailing, looks at the different types of sailboats and their basic parts, and teaches you everything you need to know before you

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leave the dock. In *Sailing for Dummies, Second Edition*, two U.S. sailing champions show you how to: Find and choose a sailing school Use life jackets correctly Tie ten nautical knots Handle sailing emergencies (such as capsizing and rescuing a man overboard) Launch your boat from a trailer, ramp, or beach Get your boat from point A to point B (and back again) Predict and respond to water and wind conditions Read charts, plot your

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course, use a compass, and find your position at sea Sailing for Dummies shows you that getting out on the water is easier than you think. The authors keep the sailor-speak to a minimum where possible, but give you a grasp of the terminology you need to safely and effectively communicate with your crew. A textbook, user's manual, and reference all in one, this book takes the intimidation out of sailing and gives you the skills and confidence you

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need to get your feet wet and become the sailing pro you've always wanted to be. Anchors away!

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

A World of My Own

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Winning Techniques, Tactics, And
Strategies

Thoughts, Tips, Techniques & Tactics

Sailing America

In Business in Sailing in Life

Tuning to Win

"It takes thousands of hours of sailing to get the kind of knowledge contained in this book." -- from the Foreword by Bruce Schwab
The ONLY bible for how to sail your boat fast, safe, and alone Solo sailing is within any sailor's grasp with a little forethought--and this essential guide. Got a

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35-foot sailboat? No problem. Is the wind blowing 20 knots? No problem. Are you racing offshore overnight? Even better. Singlehander Andrew Evans learned the hard way how to sail and race alone--with lots of mishaps, including broaches and a near tumbling over a waterfall--and in *Singlehanded Sailing* he shares the techniques, tips, and tactics he has developed to make his solo sailing adventures safe and enriching. Learn everything you need to know to meet any solo challenge, including: Managing the power consumption aboard a boat to feed the electric autopilot Setting and gybing a

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spinnaker Finding time to sleep Dealing with heavy weather

Jim Kilroy's long awaited autobiography is the no-hold-barred, behind the scenes story of commerce and competition; of what it takes to succeed; of adventure and glory on the high seas. Kilroy's ocean 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 his tale.

The crew of a racing yacht is as important as the helmsman. Indeed, if you master the

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techniques in this book you should be able to take your pick of boats and helmsmen. Winning begins in the mind, and Andy Hemmings first shows; you how to set realistic goals and get your attitude right. He then demonstrates how to set up the boat so you can work it efficiently, and how to get it fit for the job. The bulk of the book covers the technical aspects of crewing, with each manoeuvre examined in detail and explained in words and photosequences. Finally Andy looks at the crew's responsibilities in a race and when sailing a series. This book covers all the major classes, plus the new breed of twin-

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wire boats with asymmetric kites. It could take you from club sailor to World Champion, and even to an Olympic medal. THE SERIES The Sail To Win books cover every aspect of competitive sailing. Written by world class sailors and coaches, they are designed to take a competent sailor through the 'club racer' barrier to compete successfully in international fleets.

Sailing for Kids is aimed at children aged 8-15 who are taking their first steps into the fantastic world of sailing. Packed full of colour photographs and diagrams, this straightforward and easy-to-understand guide

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is the perfect introduction to the sport. It is based on the Optimist dinghy, which is the most popular children's sailing dinghy worldwide, and endorsed by the UK Optimist Class Association. Topics covered include what to wear, setting up the boat, sailing and safety. For those who want to go further, there are also tips on sailing faster and preparing to race.

Singlehanded Sailing

Getting Started in Sailboat Racing, 2nd Edition

*Catching the Drift of Why We Sail
Crewing to Win*

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The Classic Text

*Guaranteed Winning Strategies To Navigate
From The Back To The Front Of The Fleet*

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

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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.

On Friday 14 June 1968 Suhaili, a tiny ketch, slipped almost unnoticed out of Falmouth harbour steered by the solitary figure at her helm, Robin Knox-Johnston. Ten and a half months later Suhaili, paintwork peeling and rust streaked, her once white sails weathered and brown, her self-steering gone, her tiller arm jury rigged to the rudder head, came romping joyously back to Falmouth to a fantastic reception for Robin,

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who had become the first man to sail round the world non-stop single-handed. By every standard it was an incredible adventure, perhaps the last great uncomputerised journey left to man. Every hazard, every temptation to abandon the astounding voyage came Robin's way, from polluted water tanks, smashed cabin top and collapsed boom to lost self-steering gear and sheered off tiller, and all before the tiny ketch had fought her way to Cape Horn, the point of no return, the fearsome test of any seaman's nerve and determination. *A World of My Own* is Robin's gripping, uninhibited, moving account of one of the greatest sea adventures of our time. An instant bestseller, it is now reissued for a new generation of

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readers to be enthralled and inspired.

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

Sailing for Kids

Tuning Your Dinghy

Top tips from the world's most successful Olympic sailor

Sailboat racing tactics explained simply

Sailing to win. Completely revised ed

Be Your Own Sailing Coach