**Data:** giugno 2015

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|  | Valutazione | Appunti |
| Velocità vento leggero | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | 1 | |  | | |  | | --- | | 2 | |  | | |  | | --- | | 3 | |  | | |  | | --- | | 4 | |  | | |  | | --- | | 5 | |  | | |  | | --- | | 6 | |  | | |  | | --- | | 7 | |  | | |  | | --- | | 8 | |  | | |  | | --- | | 9 | |  | | |  | | --- | | 10 | |  | | | Fiocco in basso aperto (scotta), in alto aperto (barber).  Cunningam fiocco con catenaria |
| Velocità vento medio | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | 1 | |  | | |  | | --- | | 2 | |  | | |  | | --- | | 3 | |  | | |  | | --- | | 4 | |  | | |  | | --- | | 5 | |  | | |  | | --- | | 6 | |  | | |  | | --- | | 7 | |  | | |  | | --- | | 8 | |  | | |  | | --- | | 9 | |  | | |  | | --- | | 10 | |  | | | Fiocco in basso chiuso (scotta), in alto chiuso (barber).  Cunningam fiocco ??????????????? |
| Velocità vento forte | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | 1 | |  | | |  | | --- | | 2 | |  | | |  | | --- | | 3 | |  | | |  | | --- | | 4 | |  | | |  | | --- | | 5 | |  | | |  | | --- | | 6 | |  | | |  | | --- | | 7 | |  | | |  | | --- | | 8 | |  | | |  | | --- | | 9 | |  | | |  | | --- | | 10 | |  | | | Fiocco in basso chiuso (scotta), in alto leggermente aperto (barber).  Cunningam fiocco ??????????????? |
| Virate | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | 1 | |  | | |  | | --- | | 2 | |  | | |  | | --- | | 3 | |  | | |  | | --- | | 4 | |  | | |  | | --- | | 5 | |  | | |  | | --- | | 6 | |  | | |  | | --- | | 7 | |  | | |  | | --- | | 8 | |  | | |  | | --- | | 9 | |  | | |  | | --- | | 10 | |  | | | Segno sulla scotta fiocco per virata con leggera poggiata. |
| Strambate | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | 1 | |  | | |  | | --- | | 2 | |  | | |  | | --- | | 3 | |  | | |  | | --- | | 4 | |  | | |  | | --- | | 5 | |  | | |  | | --- | | 6 | |  | | |  | | --- | | 7 | |  | | |  | | --- | | 8 | |  | | |  | | --- | | 9 | |  | | |  | | --- | | 10 | |  | | | Segno sulla scotta fiocco per braccio non sbatte sullo strallo.  Segno sulla scotta tangone per il rientro del braccio. |
| Giri boa bolina  DX-dx, DX-sx, SX,dx,SX-sx | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | 1 | |  | | |  | | --- | | 2 | |  | | |  | | --- | | 3 | |  | | |  | | --- | | 4 | |  | | |  | | --- | | 5 | |  | | |  | | --- | | 6 | |  | | |  | | --- | | 7 | |  | | |  | | --- | | 8 | |  | | |  | | --- | | 9 | |  | | |  | | --- | | 10 | |  | | |  |
| Giri boa poppa  DX-dx, DX-sx, SX,dx,SX-sx | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | 1 | |  | | |  | | --- | | 2 | |  | | |  | | --- | | 3 | |  | | |  | | --- | | 4 | |  | | |  | | --- | | 5 | |  | | |  | | --- | | 6 | |  | | |  | | --- | | 7 | |  | | |  | | --- | | 8 | |  | | |  | | --- | | 9 | |  | | |  | | --- | | 10 | |  | | | Tenersi larghi passare la boa alla massima velocità di bolina stretta senza scarroccio. |

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|  | Valutazione | Osservazioni |
| **Partenza classica** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | 1 | |  | | |  | | --- | | 2 | |  | | |  | | --- | | 3 | |  | | |  | | --- | | 4 | |  | | |  | | --- | | 5 | |  | | |  | | --- | | 6 | |  | | |  | | --- | | 7 | |  | | |  | | --- | | 8 | |  | | |  | | --- | | 9 | |  | | |  | | --- | | 10 | |  | | | (Vento 10 nodi)  Mettersi a 2-3 lunghezze dalla linea, prua al vento.  A – 25 secondi iniziare a cazzare le vele per una bolina larga.  A – 20 secondi la barca comincia a prendere velocità. |
| **Partenza in velocità** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | 1 | |  | | |  | | --- | | 2 | |  | | |  | | --- | | 3 | |  | | |  | | --- | | 4 | |  | | |  | | --- | | 5 | |  | | |  | | --- | | 6 | |  | | |  | | --- | | 7 | |  | | |  | | --- | | 8 | |  | | |  | | --- | | 9 | |  | | |  | | --- | | 10 | |  | | | (Vento 10 nodi)  Mettersi a 5-6 lunghezze dalla linea, prua al vento.  A – 40 secondi iniziare a cazzare le vele per una bolina stretta. |
| **Partenza con scarroccio** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | 1 | |  | | |  | | --- | | 2 | |  | | |  | | --- | | 3 | |  | | |  | | --- | | 4 | |  | | |  | | --- | | 5 | |  | | |  | | --- | | 6 | |  | | |  | | --- | | 7 | |  | | |  | | --- | | 8 | |  | | |  | | --- | | 9 | |  | | |  | | --- | | 10 | |  | | | (Vento 10 nodi)  Mettersi a 1 lunghezza dalla linea, prua al vento a derstra dalla barca comitato.  A – 40 secondi iniziare a scarrocciare cazzando leggermente il fiocco.  A -10 cazzare le vele e partire |
| **Partenza con virata** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | 1 | |  | | |  | | --- | | 2 | |  | | |  | | --- | | 3 | |  | | |  | | --- | | 4 | |  | | |  | | --- | | 5 | |  | | |  | | --- | | 6 | |  | | |  | | --- | | 7 | |  | | |  | | --- | | 8 | |  | | |  | | --- | | 9 | |  | | |  | | --- | | 10 | |  | | | (Vento 10 nodi)  Partire a 6 lunghezze dalla linea mure a sinistra.  A 1 lunghezza dalla linea virare mure a dritta e partire. |
| **Partenza con strambata** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | 1 | |  | | |  | | --- | | 2 | |  | | |  | | --- | | 3 | |  | | |  | | --- | | 4 | |  | | |  | | --- | | 5 | |  | | |  | | --- | | 6 | |  | | |  | | --- | | 7 | |  | | |  | | --- | | 8 | |  | | |  | | --- | | 9 | |  | | |  | | --- | | 10 | |  | | | (Vento 10 nodi)  Partire mure a dritta, percorrere la linea, strambare e partire mure a sinistra. |

Da fare:

segno sulla scotta paterazzo

e/o

segni sulla scotta strallo

comprare gognometro

procedura partenza

diagramma