

Learn To Teams Race --

An introduction to the game; why and how it's played

- //Introduce self and get a sense of rooms' racing and TR experience
- //** next to items that you should really expand upon (this is an outline)
- Teams Racing is a fast-paced GAME with close-quarters sailing. It combines the sport of sailboat racing with the X's and O's of Football, basketball or Chess. It is widely loved by high school and college sailors, as well as adults on both sides of The Pond, and is a great way to expand your sailing horizons. More on why we love it to come, but first some explanation.
- //show best of british team racing video:
<https://www.youtube.com/watch?v=Ug0pGRDbiZ4&t=15s>

Fleet racing vs. Match racing vs. Teams Racing:

Match racing (1v1) is all about beating your opponent, going fast is only part of the game. Fleet racing is all about how fast can you get around the course, the other boats just slow you down. Teams racing is a cross between these two (3v3).

Similarities to fleet racing:

- starts, buoys, finishes
- what's the most important aspect of racing? Speed! Both require strategy, boat-handling
- in both, you have to think about several things as skipper; wind, telltales, heel, boats around you, crew, trim, waves, current, etc.

Differences from fleet racing:

- In teams racing the boats around you are either with or against you, never just in it for themselves, so might be gunning for you
- In TR, you have to keep track of six boats, not just your own and the ones that might be in your way, while still watching all those other things (wind, waves, trim, marks, etc.)
- In TR, it's either win or lose (as a team), which can be frustrating but you are never out of it, as your teammates can rescue you from a losing situation to a winning one.
- More complex strategy, when to slow down to hurt your opponents vs. just going fast
- New boat-handling maneuvers: slow your opponent to help your teammates pass (called a passback; more later).
- It's a work-out, physical because of so many maneuvers, short races, and stopping the boat is physically demanding
- It's a team sport, you get to communicate during the races, practice together, discuss strategy and represent your club/group/friends, etc.

Mechanics of teams racing:

-Course: Port Box or Port Triangle or other starboard-rounding courses

-The goal is to finish with a better combined score than your opponents:

- 10 points or less wins, but don't do the math...
- **5 winning combos are... (every combo has an opposite, losing combination)
 - 1, 2, X or 1, 3, X (Play 1)
 - 2, 3, 4 or 2, 3, 5 (Play 2)
 - 1, 4, 5 (Play 4)
 - note, you have to have first or second
- **Recognizing the combos (another way: first and/or not last, two pairs)

-Minor rule changes (limit dial downs (unlike match racing), 2-boat zone, 360 penalty, umpires)

-Common boats: Ideal 18, 420, FJ, Firefly, Sonar, J22, even done in Merc, Laser, Shields, Bullseye, more

Passbacks: (choose a couple to discuss at length, including defense)**

What causes you to lose ground in a fleet race? Same things apply to a team race: windshadow, tack a lot, sail more distance, sail slow angle (pinch). Do this to your opponent to leapfrog your teammate forward.

You make a passback to convert a losing combo to a winning one (eg. 1, 4, 6 to 1, 4, 5).

- **Soapdish / Speed Passback (overtrim main, position boat, control speed w jib and rudder)
- Pin or peel
- **Mark trap (enter zone clear ahead & stop; following boat either outside or no room inside)
- **Defending** the three passbacks (**golden rule**, make it take longer, don't get hooked)
- First to make the play wins the day
- **Use passbacks to condense the fleet
- Slow from behind: high-low (or just blanket)
- Slow from behind: luff (if leeward) or tacking duel

Starts:

- Start like a fleet race EXCEPT opponents will be gunning for you. Counter-intuitively, you have to be engaged to be safe
- Man-on-man vs **Geographic starts
 - most teams divide the line into boat, middle and pin
 - regardless, it's important not to crowd your teammates from 45 seconds onward
- Tailing & Dial up/down
 - Pick off a tailer on a teammate or use the committee boat as a pick
- Pull/Push approaching the line (like match racing)

Strategy:

- **Losing? bring it back to the middle and condense
- Winning? extend
- **do unto opponent behind you as opponent in front is doing unto you
- closer to opponent behind than opponent in front.
- Plays (solid combinations) //expand on this if you have time
- balancing vs double-cover

Conclusion:

- Speed is still king -- when in doubt, sail fast
- Recognizing the combo is the hardest thing
- Extend/spread if winning, condense if losing
- Golden rule: Do unto the opponent behind you as the opponent in front is doing unto you

//Show new video and break it down with what was learned

//give links to other videos