

The Laser Book Laser Sailing From Start To Finish

Dinghy Sailing Sail Fitter A Laser Training Manual The Laser Campaign Manual Sailing For Dummies Sailing for Kids Don Casey's Complete Illustrated Sailboat Maintenance Manual : Including Inspecting the Aging Sailboat, Sailboat Hull and Deck Repair, Sailboat Refinishing, Sailbo The Flight of the Dragonfly Wind Strategy The Laser Campaign Manual The Laser Book Fast Track to Sailing Illustrated Sail & Rig Tuning Training to Win Be Your Own Sailing Coach The Laser Book Solar Sailing Land on My Right. Solo Sail Round Britain on A Laser The Foiling Dinghy Book RYA Laser Handbook The Complete Book of Laser Sailing Solar Sails Be Your Own Tactics Coach Des Townson The Winner's Guide to Optimist Sailing Laser Racing Laser Sailing for the 1990s The Complete Sailing Manual, 4th Edition High Performance Sailing Championship Laser Racing RYA Tactics (E-G40) Laser The New Laser Sailing Coach Yourself to Win Laser-Sailing Starships Principles of Yacht Design Sail, Race and Win Tactics Made Simple The Annapolis Book of Seamanship Lasers, Clocks and Drag-Free Control

Dinghy Sailing

Product Description The Olympic Gold Medallist explains how to win in this, the most competitive class. Beautifully illustrated with colour photo sequences of Ainslie in action. An online video including footage of him demonstrating every manoeuvre from starting, tacking upwind to downwind technique is also available. Details of where to view the online videos can be found within the book. From the Back Cover

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Ben Ainslie is the fastest laser sailor on the planet. Here are the secrets that won him Olympic gold, shown in words, photo – sequences, video clips and his commentary. This pack is a colourful, detailed account of how to dominate the worlds hottest class. The book contains text and photo – sequences on: Psychology and goal setting. Getting the boat right. Speed around the course. Fitness and training. How to win a championship. The video, available to view online and contains footage video clips and commentary on: Starting. Beating. Tacking. Roll Tacking. Windward mark. Reaching. Gybing. Running. Leeward mark.

Sail Fitter

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 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,

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recommending specific tactics for each stage. 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.

A Laser Training Manual

A beautifully, uniquely illustrated nautical guide to how to trim your sails and rig for maximum performance. With a revolutionary approach, this guide tackles the practical and realistic elements of tuning your boat, plus the theory of sail aerodynamics.

The Laser Campaign Manual

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 For Dummies

The Laser is the world's most popular adult dinghy and comes with three rigs: Standard (used by men at the Olympic

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games), Radial (used by women at the Olympic games) and 4.7 (used by young people moving up from the Optimist). But the boat is not restricted to top athletes; its versatility means that it is an ideal boat for beginners and club racers too. Lasers can be found at nearly every sailing club throughout the world. Targeted at the club sailor, The Laser Book covers the techniques and skills needed to succeed in Laser sailing, for those starting out through to those striving to win their Club Championship. Whether you are a youngster moving up to a 4.7 or a club sailor looking to improve your results, expert advice from author Tim Davison, plus contributions from Laser gold medallists, world champions and their coaches, will take your Laser sailing to the next level. Beginning with setting up the boat, Davison takes you through your early sailing experiences and caring for your Laser. Developing your skills on all points of sailing, you will then be introduced to race tuning and racing itself. This is detailed for all three Laser rigs, including the new Mk2 Standard sail. Over 350 photographs show you exactly how it's done and 50 diagrams illustrate key boat parts, the different points of sailing and complex on-the-water scenarios with clarity. Whatever your background, your current level or the extent of your ambition, this book gives you all the tools you need to get out on the water and improve your Laser sailing.

Sailing for Kids

Don Casey's Complete Illustrated Sailboat Maintenance Manual : Including Inspecting the Aging Sailboat, Sailboat Hull and Deck Repair, Sailboat Refinishing, Sailbo

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Laser Racing is essential reading for all Laser sailors who want to win in this highly competitive class. Top US racer Ed Baird - Laser World Champion in 1980 - explains in words and pictures how to prepare your boat, practice your boat handling skills and how to sail the race itself. Ed gives invaluable advice on line and gate starts, handling the Laser upwind in waves, adjusting the vang, gybing in heavy air and all the other problems frequently raised at his Laser racing clinics. Plus insights into the psychology of winning a series - while discouraging your opponents from doing the same!

The Flight of the Dragonfly

Written by international experts, this book explores the possibilities for the next 20 years in conducting gravitational experiments in space that would make the most of the new and much-improved existing capabilities. They start from the premise that over the next decade the gravitational physics community will benefit from dramatic improvements in many technologies critical to the tests of gravity. This volume contains a comprehensive presentation of the theory, technology, missions and projects on relativistic gravity in space.

Wind Strategy

A completely revised, colour edition of THE Laser sailing manual giving essential information and tips for faster, smarter Laser sailing. This book takes a complete beginner up to Club Champion standard. It teaches everything from the essentials of sailing theory and rigging, through faster upwind and downwind sailing, to racing tactics and how to outsmart the opposition. The essential skills that are covered in this

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book will also useful to radio controlled Laser sailors who will find that many of the areas of covered also apply to the RC Lasers, in particular faster sailing and racing tactics.

The Laser Campaign Manual

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 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.

The Laser Book

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 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

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championship. Brimming with photographs, it is a colourful, detailed account of how to dominate in your fleet.

Fast Track to Sailing

Illustrated Sail & Rig Tuning

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.

Training to Win

Have you ever dreamed of visiting a distant planet or star? Even the closest stars are so far away that a visit might seem impossible, but maybe not! Learn how physicist Philip Lubin plans to create space probes that can sail on a beam of light to new and distant places faster than ever before. The books in the Out of This World series feature projects that have won grants from the NASA Innovative Advanced Concepts program (NIAC). The program provides funding to teams working to develop bold new advances in space technology.

Be Your Own Sailing Coach

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An essential reference book for sailing enthusiasts, now in its fourth edition with a foreword by quadruple Olympic gold medalist Ben Ainslie. Learn the basics of sailing, master navigation, and maintain your boat with *The Complete Sailing Manual*, written by instructor and former British national champion Steve Sleight. This authoritative text has clear, annotated diagrams and photographs that answer questions about any sailing situation with thorough coverage of all aspects of sailing and boat ownership. Look up how to rig a dinghy, tie basic knots, or save someone who fell overboard. Revised and updated to include the latest developments in equipment, safety, and activities, including foiling, long-distance cruising, and high-speed, apparent wind-sailing, and newest technology such as modern performance systems and electronic navigation. All rules, regulations, and best practices are also up to date. From the novice to the experienced sailor, *The Complete Sailing Manual* is the perfect book for anyone interested in sailing.

The Laser Book

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

Solar Sailing

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

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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.

Land on My Right. Solo Sail Round Britain on A Laser

The twelve fundamental elements of successful sailing from a gold medal winning coach and sailor with detailed analysis, challenging exercises and useful top tips throughout.

The Foiling Dinghy Book

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 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

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point A to point B (and back again) Predict and respond to water and wind conditions Read charts, plot your 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 need to get your feet wet and become the sailing pro you've always wanted to be. Anchors away!

RYA Laser Handbook

Principles of Yacht Design has established itself as the standard book on the subject for practising designers, naval architecture students, discerning boat owners as well as the boatbuilding industry as a whole. The fourth edition is completely revised and expanded and follows the design from scratch of a completely new yacht including all new computer-generated explanatory illustrations. As such, it examines every aspect of the process of yacht and powerboat design. The authors have used a newly designed 41 foot performance cruiser to demonstrate the practical application of yacht design theory. Beginning with the yacht's specifications, the authors examine the vital topics of aero and hydrodynamics and conclude with practical matters such as the layout of the cockpit, deck and cabin, and provide a complete weight calculation for the boat. 'This book is deeply fascinating . . . a must.' Classic Boat 'The standard book on the subject for practising designers, naval architecture students, discerning boat owners and the boatbuilding industry as a whole.' Yachting Life (May 2007) 'A definitive

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work on yacht design.' Cruising

The Complete Book of Laser Sailing

The definitive guide from the world's best-known sailboat maintenance expert Don Casey's Complete Illustrated Sailboat Maintenance Manual combines six core volumes into a single, utterly dependable resource that answers every frequent question, explains every major system, and helps you keep your boat and its components shipshape. More than 2,500 clear and detailed illustrations guide you step by step through every procedure. Casey's technical virtuosity, his user-friendly explanations, and Peter Compton's diesel engine expertise make even the more complicated repairs and improvements easy to understand. This must-have guide saves you time, money, and grief as you learn the fastest, easiest, most effective ways to: Evaluate the condition of your boat or one you're about to purchase Repair structural damage to your fiberglass sailboat Improve or repair your sailboat's electrical system Troubleshoot, maintain, and repair your boat's diesel engine Put a professional-looking finish on your boat's hull, deck, spars, wood, and trim Make and repair sails, sail covers, dodgers, awnings, sailbags, and bimini tops

Solar Sails

Dinghy Sailing: Start to Finish is a complete reference for every level of sailor whether you are a beginner and need a straightforward, easy-to-understand guide or are taking your sailing to the next level and looking for the professional tips and tricks that will get you sailing faster, better, safer and having more fun. It includes single-handed dinghies through to planing speed craft. Full colour with 150 fantastic, clear

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illustrations and 150 photographs, *Dinghy Sailing: Start to Finish* gives the reader a thorough, complete and visual guide to life on the water. Packed with expert advice from the professionals at UKSA, the book covers:

- Basic Principles
- Parts of the boat - exploded illustrations of a dinghy and components
- How a boat sails - Sailing theory explained
- Points of sailing - Sailing a dinghy at different angles to the wind
- Choosing a dinghy - Types of boat and their suitability
- Preparing to sail - Safety afloat, practical clothing, rigging to launching.
- Knots and Ropes - Practical illustrations for basic knots and splices
- Transporting dinghies - Road trailer to roof racks
- Sailing for the first time - Balance, sail trim
- Rowing and paddling
- Rules of the road - Avoiding other boats, Rights of way, Basic racing rules
- Understanding tides and currents
- Weather forecasting - How to spot tell-tale signs of change in wind and weather
- Basic Techniques
- Tacking
- Gybing
- Beating to windward
- Reaching
- Running
- Spinnaker handling
- Capsize and recovery
- Returning to shore
- Packing the dingy away
- Maintenance
- Advanced Dinghy Sailing
- High performance dinghies and catamarans
- Trapezing
- Asymmetric spinnakers - Setting, handling and gybing
- Singlehanded sailing - dinghies and catamarans
- Tuning - dinghies and catamarans
- Heavy weather sailing - dinghies and catamarans
- The Basics of Racing
- The start - Practical lessons and rules explained
- First leg tactics - Practical lessons and rules explained
- Reaching - Practical lessons and rules explained
- Running - Practical lessons and rules explained
- Glossary of Terms

Be Your Own Tactics Coach

Completely revised and updated to address changes in technology, this new edition is the definitive guide to the art and science of sailing. Since the publication of the widely

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hailed first edition in 1983, The Annapolis Book of Seamanship has set the standard by which other books on sailing are measured. Used throughout America as a textbook in sailing schools and Power Squadrons, The Annapolis Book of Seamanship thoroughly and clearly covers the fundamental and advanced skills of modern sailing. This edition of Annapolis is a major overhaul. Over half the book has been revised; old topics and features have been updated, and many new ones have been introduced. The design has been modernized, and many color illustrations have been added. As big and detailed as Annapolis is, the wealth of technical information (including dozens of step-by-step instructions) is presented here in a way that is uniquely readable; it's both useful and easy to use. This is because John Rousmaniere and artist Mark Smith bring to Annapolis decades of experience both as sailors and as professional communicators. Annapolis emphasizes the standard skills and proven methods that eliminate error and confusion, ensure security in emergencies, and allow every sailor more time for enjoyment on the water. Much has changed on the water since 1983 when this book was originally published. Black buoys are now green, the Global Positioning Satellite navigation system (GPS) is almost universally used, new types of anchors and sails have appeared, safety skills and gear are vastly improved, many more women are commanding boats, and catamarans and trimarans are common where only monohulls used to sail. But for all these modern developments, the basic skills and spirit of sailing have not changed at all. Sail trimming, keeping up steerageway, maintaining the dead reckoning plot, heaving-to -- these fundamentals are as important now as ever and receive much attention here. Among the innovations in this edition are: * Basic skills in early chapters: Fundamental sailing and boat-handling skills and gear, which are

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introduced in chapters 1, 2, and 3. * "Hands On" segments: Three dozen special sections, each devoted to a particular seamanship problem and an expert solution. * More how-to tips: Additional rules of thumb that guide a crew quickly and successfully through seamanship problems. * New coverage of multihulls: Advice on evaluating, anchoring, and handling catamarans and trimarans under sail (including in storms). * More on emergencies: New material on emergencies, safety, and heavy-weather sailing, including a section on preparing a docked boat for a hurricane. * Equipment updates: Expanded coverage of the use and care of modern gear and hardware, including radar, GPS, rescue devices, and asymmetrical spinnakers. * Terminology: Full definition and illustration of major terms when they're first introduced, with alternative language provided in parentheses. * Gender: The use of feminine personal pronouns, which reflect the fact that more women are captaining and sailing boats than ever before. From navigation and seamanship to boat and gear maintenance, from pleasure cruising to heavy-weather sailing, here is the definitive, state-of-the-art guide that provides systematic step-by-step techniques to see you through every situation on deck and in the cockpit.

Des Townson

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

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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.

The Winner's Guide to Optimist Sailing

Laser Racing

In 1957 Gordon Gould, then an obscure physicist and perennial graduate student, conceived one of the revolutionary inventions of the twentieth century -- the laser. But before he could submit a patent application, a prominent professor of physics whose office was next door to Gould's filed his own laser patent claims. Gould fought to reclaim the rights to his work, beginning a battle that would last nearly thirty years. Many millions of dollars, as well as the integrity of scientific claims, were at stake in the litigation that ensued. Laser is Gould's story -- and an eye-opening look at the patent process in America, the nexus of the worlds of business and science. Gould was struggling to finish his Ph.D. thesis when he struck upon the concept for the laser, or Light Amplification by Stimulated Emission of Radiation. Light waves, Gould realized, would form a single concentrated beam when reflected between two mirrors inside a gas-filled chamber. Even as he was sketching his invention, Gould foresaw the tremendous potential of the laser in industry, communications, and the military. For three days he feverishly documented his ideas in a notebook, which he had

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notarized in a candy store near his Bronx apartment. A small technology firm took a great interest in Gould's laser and soon won a Defense Department contract to develop lasers for the military. Ironically, Gould was denied a security clearance because of his past communist associations, and so was unable to work on his own invention. He could only watch from the sidelines as colleagues tried to build a working laser in a desperate race with larger, better-funded research labs. Meanwhile, Gould's rival, Charles Townes, had everything that Gould lacked, most notably important academic and government appointments and esteem in the scientific community. In the dispute between the two men, few doubted Townes's word, while nearly everyone scoffed at Gould's claims. But Gould's determination was unyielding, and he fought everyone who stood in his way, including the U.S. Patent Office, major corporations, and the entire laser industry, until he finally won. Gordon Gould, the courts ruled, had invented the laser. Laser is a grand story of technology and law. Nick Taylor has extensively interviewed Gould as well as other key participants in the battle over the laser's invention and patents. In this riveting account of genius, rivalry, and greed, he shows just how difficult it is for the legendary lone inventor to prevail when the license to a valuable invention is at stake.

Laser Sailing for the 1990s

How to rig, sail, maintain, and cartop the Laser. Advanced racing techniques. How-to interviews with expert sailors. Listing of past winners of major worldwide championships. Introduces Masters sailing for the over-35 set.

The Complete Sailing Manual, 4th Edition

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Revised 2nd edition of a guide to improving your fitness for sailing, first published 1997. Provides information on gaining or losing weight, sailing nutrition, specific training exercises, hiking techniques, sailboarding, home fitness tests, recovery, avoiding injury, sailing clothing, lower back health, travel, youths and masters, on-water training, and skill learning. Includes photographs, charts and appendix. Author won the bronze medal in the laser class at the 2000 Olympics and has a PhD in Sports Science.

High Performance Sailing

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!

Championship Laser Racing

Solar sail technology is very close to becoming an

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engineering reality and it will soon be used in the exploration of the solar system and beyond. This fascinating book provides an accessible introduction to solar sails and details how they work and what they will be used for in the exploration of space. It also examines current plans for solar sails and how advanced technology, such as nanotechnology, might enhance their performance. Coverage shows how solar sail propulsion will make space exploration more affordable and demonstrates how access to destinations within (and beyond) the solar system will become within reach.

RYA Tactics (E-G40)

The most up-to-date book on this very popular class. Lots of colour photographs and illustrations make this book a 'must' for anyone interested in Lasers. Detailed chapters on manoeuvring, upwind and downwind technique, care and maintenance, body weight and nutrition and sailing theory..

Laser

An introduction to dinghy foiling enabling most competent sailors to get on the foils and fly! It explains how foils work and how to foil.

The New Laser Sailing

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.

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Coach Yourself to Win

If your goal is to win the Laser World Championship, Glenn Bourke can help you. He has won three in a row! The third time his results were 1,1,2,2,2,4 - to give him the championship with a race to spare. As he said afterwards, "Everyone should have a chance to feel this good" To produce this book Glenn and the publishing team spent long days on the water, analysing how he sails so fast and dissecting the mental attitude that makes him a winner. They shot hundreds of pictures of him in action, then distilled the whole to give you a logical, clear handbook on how to get to the No 1 spot. The ultimate guide to the world's most popular singlehander Written by the best Laser sailor of all time Preparing a boat Setting up the rig Fitness and training The race Mental attitude.

Laser-Sailing Starships

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. 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,

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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 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.

Principles of Yacht Design

Written by one of the best-known figures in all of sailing and a leading authority on Optimist sailing and racing, The Winner's Guide to Optimist Sailing is the ideal training manual for young skippers, their parents, and their coaches. The most comprehensive sailing guide to the International Optimist dinghy class features: Step-by-step instructions on every aspect of beginning sailing More than 100 stunning photographs and helpful illustrations Useful tips and winning tactics for competitive racing Special advice sections for parents and coaches

Sail, Race and Win

Des Townson was a yacht designer and boatbuilder who possessed an analytical mind, an innate feel for sailing boats and a wonderful eye for their visual balance. During a five decade long design career he produced some of the most

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eye-catching, easily handled and well performing maritime craft to ever grace New Zealand waters. The fact he was self-taught and worked almost his entire career alone only intensifies the achievements of this remarkable man. His own recollections and those of his family, close friends and associates combined with photos, boat plans and press reports, ensure a detailed record of his impact on the New Zealand sailing scene is preserved. Des Townson's legacy continues to this day through the thousands of yachts still bearing his name.

Tactics Made Simple

The learn-to-sail book for when you are in a hurry to gain your sea legs At the Offshore Sailing School, the Colgates have taught more than 100,000 adults how to sail. Now they are making their proven instructional methods available to you so you can fulfill your sailing dreams in little time. Though designed around three days of intensive instruction, the book adapts easily to any learning pace. You can master the fundamentals in three days--or over a summer of leisurely sailing.

The Annapolis Book of Seamanship

This is the first time anyone has sailed round Britain singlehanded on a Laser Olympic Class Sailing Dinghy, unsupported. The whole summer of 2004 was spent on this project, but what an adventure.

Lasers, Clocks and Drag-Free Control

Solar sailing - using the sun as a propellant - offers the

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possibility of low-cost long-distance missions that are impossible with conventional spacecraft. This first comprehensive book on this propulsion method provides a detailed account of solar sailing, at a high technical level, but in a way accessible to the scientifically informed layperson. Solar sail orbital dynamics and solar radiation pressure form the foundations of the book, but the engineering design of solar sails is also considered, along with potential mission applications.

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