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Be Your Own Tactics Coach (Wiley Nautical)

Jon Emmett

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The sailing secrets that will help you win World-class sailor Jon Emmett, winner of the Radial Europa Cup series and the UK National Championships, has the sort of on-water experience that could improve the performance and speed of any type of boat. In this essential guide for racing sailors, he outlines the strategies that have made him a top-flight yacht racing tactician and dinghy sailing coach. Each chapter is divided into beginner, intermediate, and advanced sections, providing tactics suited to your individual skill level. Discover how you truly can become your own tactics coach, by structuring your training to achieve maximum results, both in practice sessions and races. Ideal for both beginners and advanced dinghy racers and even seasoned yacht racers, this practical guide contains the hard-won insights of a pro, designed to give anyone a strategic--and winning--edge.Includes offensive and defensive sailing tactics--illustrated with diagrams More than 100 diagrams help you understand lessons at a glance For the racing amateur or the sailor interested in discovering hard-to-find tips, Be Your Own Tactics Coach is an invaluable master class in tactics or an as needed chapter-by-chapter guide to answering key tactical questions.

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