

# TYMOTEUSZ BENDYK

## A-CLASS FOILING AND BOAT SETTINGS

2021 Campione del Garda, Univela Sailing

### About me

I'm the currently the 3<sup>rd</sup> A-class sailor from 2019 World Championships in Weymouth with a lot of other national titles (A-class, F-18, Nacra 17, 49er). I'm closely cooperating with Exploder and Bryt Sails what gives me great insight in the newest technology and development in the class. Also, as an official A-class and F18 measurer I'm up to date with the class rules and newest solutions. As a member of the Polish National Sailing Team my focus is sailing, and I have a lot to share in tactics, strategy, boat setting and a physical preparation.

### Goals during sailing camp

During sailing sessions we need to focus on some of the main elements to improve the skills. Sample goals:

- Racing on marks and starts
- Boat handling
  - Upwind / Upwind foiling
  - Downwind foiling
  - Tacking and jibing
- Optimizing boat settings
  - Rudders rake
  - Daggerboards rake
  - Sail adjustments
- Physical aspect of sailing

### Possibilities

- Videos from on board and from the rib
- GPS analysis
- Onshore video analysis
- Walk through boat setup (rudders, daggerboards, all ropes and systems)
- Test sailing on the boat

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