



2010 Sailing Resume

Please complete if you plan on participating in our NCWSA races.

Name: _____

E-mail: _____

Best number to reach you: 1. _____ 2: _____

Do you know how to swim? Yes No

Age category: over 60 50-59 40-49 30-39 20-29 18-20

What position are you interested in (check all of interest)?

Skipper Main Trim Jib Trim Spinnaker Trim Pit Foredeck Coach
Other _____

Is there a type of boat you are interested in racing on?

PHRF JAM (no spinnaker) J22 Ensign Dragon Other _____

Prior Sailing Experience

To help you find a boat and a team, we would like to find out your experience levels.

Novice: No experience on a Race course, but has pleasure sailed before.

Beginner: Needs explanation or reminders on how to perform tasks on boat while racing.

Intermediate: With initial guidance, can perform actions on own at mark roundings, sail trim, boat handling.

Advanced: Knows what to do in most race situations, i.e., starting lines, mark roundings, sail trim

Please indicate the level of experience you have for each below:

| | | | | |
|--------------------------------|--------|----------|--------------|----------|
| Skipper (helm): | novice | beginner | intermediate | advanced |
| Main Sail Trim: | novice | beginner | intermediate | advanced |
| Jib Trim: | novice | beginner | intermediate | advanced |
| Spinnaker Trim: | novice | beginner | intermediate | advanced |
| Pit/Halyards | novice | beginner | intermediate | advanced |
| Wind Direction/Tactics: | novice | beginner | intermediate | advanced |
| Starting Line Tactics: | novice | beginner | intermediate | advanced |
| Mark Roundings: | novice | beginner | intermediate | advanced |
| Racing Rules: | novice | beginner | intermediate | advanced |

Physical Ability

Sailing can be a very physical sport. To best determine what boat and team would be great for you, please tell us a little about what activities or sports you do. (i.e., walking, yoga, running, tennis etc.)

Goals

It is important to know what you want to gain from sailing in NCWSA! Please tell us 1-2 goals you have for this summer.

