



*Bay of Quinte*  
*Yacht Club* Founded 1876

# SAILING SEMINAR

**WITH THOMAS FOGH  
OF THE ONTARIO SAILING UNIVERSITY**

**Seminar 1 (9 am – noon) – Boat Speed and Sail Trim**

This seminar will look at how to get the most speed from your boat. Topics include tuning of the mast for different wind conditions, trimming tips for your sails and steering techniques

**Lunch (Noon – 1pm)**

Pizza, assorted salads and the Long Reach

**Seminar 2 (1 pm – 4pm) – Start and Race Strategy**

This seminar will focus on how to prepare for a start and strategies around the race course. For starts, topics will cover making a game plan. Crew roles and the three main parts to the start will also be covered. Race strategy will look at both upwind and downwind concepts to better understand a race course

Retire to the long reach and discuss.

## **WHEN**

**March 3, 2019  
9:00am – 4:00pm**

## **WHERE**

**Bay of Quinte  
Yacht Club**

86 South Front Street, Belleville,  
On, K8N 5V7

## **TICKETS**

**\$70 PER PERSON  
TICKETS AVAILABLE AT THE  
BQYC BAR OR AT  
[FCS@BQYC.CA](mailto:FCS@BQYC.CA) BEFORE  
FEBRUARY 20, LIMITED SPACE,  
LUNCH INCLUDED**

[WWW.BQYC.CA](http://WWW.BQYC.CA)

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