

NORTH U.

Since 1980

SAIL TRIM & BOAT SPEED

Bicycles, bobsleds, sailboats...

No matter what you race, you've got to be fast to win. If you race sailboats then the North U Sail Trim Seminar or Webinar is for you.

Two Session Trim Class...

The Trim Seminar is a full day program. The course can also be offered live in 2 x two-hour evening sessions. The Trim Webinar is a two-session course; each session is two hours.



Session 1: Upwind Trim

We open with Theory in (very) Brief, and look at Sail Power, Total Power, Mix of Power, and Sail Controls in a way that will change how you think about upwind trim. We then apply those concepts to the full spectrum of sailing conditions: moderate, light and heavy air; smooth water vs. chop; and best trim through puffs and lulls. We also address a series of Performance Problems and Trim Solutions. We use the exclusive North U Upwind [Sail Trim Simulator](#) to see how changes in sail controls change sail shapes and performance, while video clips show real life trim and performance technique.

Session 2: Downwind Trim

The Downwind session covers symmetric and asymmetric spinnaker trim in the full spectrum of sailing conditions.

Symmetric spinnakers are odd by design: The luff and leech are identical! No other sail is designed that way. In Symmetric Spinnaker Trim we work from initial settings to show how refinements in pole position, pole height, sheet trim, helming, and crew weight can improve spinnaker shape, performance, and control.

The Asymmetric Spinnaker Trim portion shows how to make best use of the limited array of trim controls and take advantage of the inherently better shape of asymmetric spinnakers. Of particular interest are techniques to allow sailing deep with a fixed sprit position and how to find the optimum angle and speed for best downwind performance.

J&M too: The downwind session also includes tips on Non-Spinnaker Jib & Main performance both reaching and running. Heel, balance, lead position, whisker poles and proper angles are all addressed.



Single Session Trim Class...

A bit of a sprint, this two-hour program is divided roughly in half: Upwind and Downwind. We cover many of the topics from the two-session class but not in as much depth or detail. Or we can pick a topic and stay focused.

Fees

Full day Seminar: US\$2400 plus travel
Webinar (2 x 2 hour sessions): US\$2400
Single Session (1 x 2 hour session): US\$1350

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