



Sailing Training Videos (and other links)

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Table of Contents

| | |
|--|----|
| Hooper Sailing Club Videos | 2 |
| Kansas University Sailing Program – 4-Part Series on Dinghy Sailing..... | 3 |
| RYA – Dinghy Sailing | 3 |
| RYA – Competent (keelboat) Crew..... | 3 |
| Sailing Quizzes – test yourself..... | 4 |
| Thirty Day Challenge to Learn Wind Direction | 4 |
| American Sailing Association (ASA) Video Tips..... | 4 |
| Heave-To..... | 5 |
| Crew Overboard – MOB – Recovery..... | 6 |
| Bennett Sailing Videos – 40-56 min usually | 7 |
| Knots – practice with a piece of rope or even a shoestring..... | 7 |
| The Bowline has many variations but is a key..... | 8 |
| A Round Turn and Two Half-Hitches | 8 |
| Square Knot – Reef Knot..... | 8 |
| Trimming Your Sails – Mike Sans..... | 9 |
| The Slot – Genoa & Mainsail Interaction..... | 9 |
| Guilietta’s Sailing Instructional Videos - Controls | 9 |
| Sailing Theory Tutorials – Julian Howarth..... | 10 |
| Lake Superior University – Inland Seas Education Assn..... | 10 |
| Cruising Tips from Captain Jack..... | 10 |
| Maryland School of Sailing | 10 |
| Carpe Diem Sailing (I really like these)..... | 12 |
| Sailing Virgins – fun, instructive videos..... | 13 |
| Upwind Mainsail Trim – SailZing | 14 |
| Rigging Doctor – Sailing Wisdom..... | 14 |
| Improve Sailing..... | 16 |
| Navigation | 16 |
| Informed Sailor Tutorials..... | 17 |
| Captain John’s Skipper Tips | 17 |
| Captain John’s Skipper Tips | 17 |
| Captain Lang Sailing Tutorials – mostly 3-5 minute videos | 19 |
| North Sails: Sail Trim Webinars – Royal Sydney Yacht Squadron | 19 |
| Miscellaneous | 20 |
| Tacking and Gybing – Laser – John Emmett..... | 22 |
| Marine VHF Radio | 22 |
| Aids to Navigation and Right-of-Way Rules..... | 23 |
| ColRegs in Depth – The Casual Navigator..... | 23 |
| Sailing Exercise and Stretching – Preventing Injury!..... | 23 |
| For Fun..... | 24 |
| Sailing Soma on a Sunday | 24 |
| Always On – Flying on the World’s Fastest Sailboat | 24 |
| Joshua Slocum – Sailing Alone Around the World | 24 |
| The Narrative of Arthur Gordon Pym of Nantucket by Edgar Allen Poe | 24 |
| Not Videos – Informational Links..... | 24 |
| Practical seamanship: Leadlines | 25 |
| Physics of Sailing and Sails | 25 |
| Stretching and other Exercises for Sailing | 26 |
| Note about updates and changes – Ver. 24.54 - 12 Feb 2024..... | 27 |



Hooper Sailing Club

| Hooper Sailing Club Videos | |
|--|---|
| Intro to Sailing | http://www.youtube.com/watch?v=f0sX1ePKEDk |
| CE & CLR – Center of Effort and Center of Lateral Resistance | http://www.youtube.com/watch?v=urDFZqPNSXw Shot in old Chart Room! Good Stuff! |
| New Badger Sloop Sails | https://www.youtube.com/watch?v=i11fLovCTIo |
| Tack on a Tech - Simulator | http://www.youtube.com/watch?v=xlhia6E-Zco |
| Tiller Pass After a Tack on a Tech | http://www.youtube.com/watch?v=YI6MGQKggwA |
| Slip Knot Method of Tying Bowline Knot – Jedi Method | https://www.youtube.com/watch?v=CmwKBA3XMR0 |
| Rigging a Byte | https://www.youtube.com/watch?v=IUnt1vj7ndU |
| Sailing Soma on a Sunday – a playlist of short videos | https://www.youtube.com/watch?v=vNBs1ocneSc&list=PL014492A9F6716314 |
| Ground School Video (2015) | https://www.youtube.com/watch?v=qT6mGc_VRYy |
| Badger Tech Dinghy (2015) | https://www.youtube.com/watch?v=iYksLgXL45o |
| Lessons Website Tutorial (2015) | https://www.youtube.com/watch?v=Bzlj1FEduU8 |
| Tech Training Video (pre-2008) – Jim Rogers <i>et al.</i> An oldie but a goodie. Includes Capsize and Recovery | https://www.youtube.com/watch?v=75iE9eucJhY |
| Badger Sloops (essentially an ad) | https://www.youtube.com/watch?v=p2BB68DQyh8 |
| Summer 2014 with Hooper Sailing Club | https://www.youtube.com/watch?v=4tCZbrfOeaE |
| Windsurfing - Rigging | https://www.youtube.com/watch?v=nczt4kGfIEw |
| Windsurfing – Uphauling | https://www.youtube.com/watch?v=jNTVwZL3KcE |
| Windsurfing Equipment – Boards | https://www.youtube.com/watch?v=6nC70uHA_Os |
| Windsurfing Equipment – Sails | https://www.youtube.com/watch?v=bKkIWt3JZkg |
| Windsurfing Equipment - Booms | https://www.youtube.com/watch?v=biDkEMa8NKg |
| Windsurfing Simulator – Demo | https://www.youtube.com/watch?v=1oT8tX_232s |
| Windsurfing at Hooper Sailing Club – Yu Chen | https://www.youtube.com/watch?v=6X516EXwO-M |
| Hooper Windsurfing Fleet | https://www.youtube.com/watch?v=FqYxo6uuby4 |
| Shore Station Tutorial | https://www.youtube.com/watch?v=N1ng4Y_pPI8 |
| Hooper Sailing Lessons Website Tutorial | https://www.youtube.com/watch?v=Bzlj1FEduU8&t=154s |
| Hooper Sailing Club Profile 2010 | https://www.youtube.com/watch?v=Pkp5Hz68YU |
| Hooper Sailing Club Shop Documentary 2012 | https://www.youtube.com/watch?v=OLsm3mSTqYI |
| Hooper Scow Fleet | https://www.youtube.com/watch?v=oqeA4yqEb-c |



Hooper Sailing Club

| Hooper Sailing Club Videos | |
|---|---|
| Blue Flag Sunday at Hooper Sailing Club | https://www.youtube.com/watch?v=uPmG5LOZz-w |
| Rigging a Byte Sailboat | https://www.youtube.com/watch?v=lUnt1vj7ndU |

| Kansas University Sailing Program – 4-Part Series on Dinghy Sailing | |
|--|---|
| The Basics (part 1) – Parts of the Boat – 9 min. | https://www.youtube.com/watch?v=yC94C9iNNsI |
| The Basics (part 2) – Parts of the Sail – Rigging and Lines – 9 min. | https://www.youtube.com/watch?v=IL37omIbaAk |
| The Basics (part 3) – Points of Sail – Wind Clock – 5 min. | https://www.youtube.com/watch?v=5Jj-ywUOr0U |
| The Basics (part 4) – Crew Communication and Maneuvers – Tacking, Gybing, Beating – 9 min. | https://www.youtube.com/watch?v=DiYS4nNy4QU |

RYA – Dinghy Sailing

Tacking with Shirley Robertson <https://www.youtube.com/watch?v=JZAPz9BCqJM>

Gybing with Shirley Robertson <https://www.youtube.com/watch?v=dMb6UEZ0pvE>

RYA Yachtmaster - Everything You NEED to Know

| RYA – Competent (keelboat) Crew | |
|--|---|
| Complete Playlist: | https://www.youtube.com/watch?v=RqMqA0VZVYk&list=PLhcVFGMQmGF6XXvdIAryPEhvaxIOQOnFC |
| Quizzes | https://www.youtube.com/playlist?list=PLotYXb50TgPhgXwIppQ5Ae6vTWY4tkdOG |
| 1. Parts of the Boat | https://www.youtube.com/watch?v=RqMqA0VZVYk |
| 2. Life Jackets and Harnesses | https://www.youtube.com/watch?v=cyHcqce3_GI |
| 3. Flares | https://www.youtube.com/watch?v=H5WfF9P-VFI |
| 4. | |
| 5. Winches and Jammers | https://www.youtube.com/watch?v=nZnBpi1LR0A |
| 6. | |
| 7. Points of Sail | https://www.youtube.com/watch?v=9KN5SwUfrYw |
| 7a. Rigging a Preventer | https://www.youtube.com/watch?v=4TLMqo_8DZA |
| 8. Tacking | https://www.youtube.com/watch?v=3kpxng47pzM |
| 9. Gybing (best video I've seen) | https://www.youtube.com/watch?v=rIqL5LKHJcU |



Hooper Sailing Club

| RYA – Competent (keelboat) Crew | |
|---|---|
| 10. | |
| 11. Stepping Off the Boat | https://www.youtube.com/watch?v=-Tee2KXhON4 |
| 12. | |
| 13. Knots (<i>Cleat Hitch is not what we use</i>) | https://www.youtube.com/watch?v=4TLMqo_8DZA |
| 14. Engine Checks | https://www.youtube.com/watch?v=NbAJmwUCAXA |
| 15. Beaufort Wind Scale | https://www.youtube.com/watch?v=wLAJRwnTQiI |
| 6 Easy Steps for a Course to Steer | https://www.youtube.com/watch?v=yBche9iSgDM |

Sailing Quizzes – test yourself

A series of questions to let you see how much you know and what you still need to work on.

Playlist: https://www.youtube.com/watch?v=_gfbD20Rrlk&list=PLotYXb5OTgPhgXwIppQ5Ae6vTWY4tkdOG

Thirty Day Challenge to Learn Wind Direction

<https://www.youtube.com/watch?v=Ky05LORdyvA>

[Back to Table of Contents](#)

Sailing Theory Tutorials - Location of CE CLR and Helm Feel

https://www.youtube.com/watch?v=-cRG_Z3jkf0

Centres of Effort and Lateral Resistance Explained

<https://www.youtube.com/watch?v=l61u232PW4A>

The Cunningham, the Halyard, and Luff Tension – 7 min

<https://www.youtube.com/watch?v=Gxg4k6c3XFo>

How to Avoid Broaching or Recover When Sailing Downwind < 5 min

<https://www.youtube.com/watch?v=DkouAjobzac>

How to Avoid a Gybe Broach – 6 minutes

<https://www.youtube.com/watch?v=iP4yK4mIr3E>

Improve Your Sailing Skills – 45 min <https://www.youtube.com/watch?v=CGFnF1yggNg>

Coastal Sailing – for the Intermediate Sailor – Keelboat (may be a Bennett SS video)

Tacking and Gybing

Sail Trim and Draft Control

Spinnaker Handling

Safety

Anchoring

| American Sailing Association (ASA) Video Tips | |
|--|---|
| Entire Playlist: | https://www.youtube.com/watch?v=4XKs7cTkgTk&list=PLuCYSDfGiH09lfQqAiOyT82625aF02wpa |
| Tidy Lines | https://www.youtube.com/watch?v=4XKs7cTkgTk |



Hooper Sailing Club

| American Sailing Association (ASA) Video Tips | |
|---|---|
| Tacking and Gybing | https://www.youtube.com/watch?v=7ljQntS8cqk |
| Raising the Main | https://www.youtube.com/watch?v=Z1R23GCjpz4 |
| Wind Direction | https://www.youtube.com/watch?v=5B1YdpLkYFE |
| Sail Trim | https://www.youtube.com/watch?v=t2hzz30tAkY |
| Trim and Slot Effect | https://www.youtube.com/watch?v=EqzhmbC8BX0 |
| Slowing the Boat Down | https://www.youtube.com/watch?v=Y5XXCmMSkd8 |
| Heave To | https://www.youtube.com/watch?v=1XU-8lk3C7U |
| Winches | https://www.youtube.com/watch?v=EqzhmbC8BX0 |
| Spring Lines | https://www.youtube.com/watch?v=Y5XXCmMSkd8 |
| Cleat Hitch | https://www.youtube.com/watch?v=QmiYjoUX4lw |
| Roller Furling | https://www.youtube.com/watch?v=NRcTBtPfmw |
| Docking Under Power – Part 1 – Drills | https://vimeo.com/162616469 |
| Docking Under Power – Part 2 – Departing | https://vimeo.com/170075497 |
| Docking Under Power – Part 3 - Returning | https://vimeo.com/194901411 |
| Following videos are 2 minutes or less and not in the playlist | |
| Hypothermia Do's and Don'ts | https://vimeo.com/238231533 |
| Apparent Wind | https://vimeo.com/234585519 |
| Wind Terminology | https://vimeo.com/230519832 |
| VHF Radio Channel Designations | https://vimeo.com/174260424 |
| Deciphering Jib Telltales | https://vimeo.com/163707960 |
| Prop Walk and Prop Wash | https://vimeo.com/166219386 |
| Anchoring Basics | https://vimeo.com/187417221 |
| MOB – First Response (YTPSC) | https://vimeo.com/205481127 |
| Aids to Navigation | https://vimeo.com/225426808 |
| Docking Under Sail – An Ideal Approach | https://vimeo.com/238231533 |
| Docking Under Sail – Downwind Approach | https://vimeo.com/242144421 |
| Figuring Out Marine Flares | https://vimeo.com/186002007 |

[Back to Table of Contents](#)

ASA On-Line Course: Your First Sail

<https://asa.com/your-first-sail/story.html>

| Heave-To | |
|------------------------|---|
| ASA – Heave To – 2 min | https://www.youtube.com/watch?v=1XU-8lk3C7U |



Hooper Sailing Club

| Heave-To | |
|---|---|
| How to "Heave To" – 8 min. | https://www.youtube.com/watch?v=LbjwP6F_N9s |
| Taking in Sail While Hove-To | https://www.youtube.com/watch?v=EI_PnHZwBOY |
| Heaving To in 35 kts on ocean | http://www.youtube.com/watch?v=cqPY4E_P0rI |
| Stop the Boat – Heave To – Navy Sailing | https://www.youtube.com/watch?v=0lZodK9g5gk |
| Heaving To, What You Need To Know | https://www.youtube.com/watch?v=mZdkcaHhMWw |
| Heaving To – Single-Handed | https://www.youtube.com/watch?v=lg_di8FuaT0 |
| How to Heave-To (3 min.) | https://www.youtube.com/watch?v=IB7jgYn9dEk&lc |
| To Heave to in a sailboat | https://www.youtube.com/watch?v=XmOoGvcy-gM |
| Heaving to – Captain Dave | https://www.youtube.com/watch?v=zLU-3MvWnB4 |
| Learning to Sail: How to Heave To | https://www.youtube.com/watch?v=IB7jgYn9dE |

Crew Overboard – MOB – Recovery

| Crew Overboard – MOB - Recovery | |
|--|--|
| Person Overboard – multiple examples Fig 8 | http://www.youtube.com/watch?v=KE4aWTtL8K4 |
| MOB – Figure-8 | http://www.youtube.com/watch?v=rr695xJQXsY |
| Demo of Quick-Stop Recovery | http://www.youtube.com/watch?v=88kq6iZMNM4 |
| Using Your Wake Trail to Recover MOB | http://www.youtube.com/watch?v=uHw6TpqOygg |
| Maryland School of Sailing (about 1.2 hrs) – advanced keelboat – shows leeward recovery – criticism of figure 8 and quick stop | http://www.youtube.com/watch?v=RSk-L0U9VPM |
| Report of MOB Symposium 2005 – San Francisco by John Rousmaniere (pdf of report) | https://cruisingclub.org/sites/default/files/items/COB%20FINAL%20REPORT.pdf https://www.ussailing.org/wp-content/uploads/2018/01/MOB_Study_1986.pdf |
| MOB – First Response (YTPSC) | https://vimeo.com/205481127 |
| Use the Elevator Method of MOB recovery | https://www.youtube.com/watch?v=GTj9WP2CXVw |
| 1986 MOB Study Report | https://www.ussailing.org/wp-content/uploads/2018/01/MOB_Study_1986.pdf |
| Man Overboard Drill (use engine) | https://www.youtube.com/watch?v=jqoSwG0Rfn4 |
| Man Overboard under sail - Reach Tack Reach method | https://www.youtube.com/watch?v=xlexzR3yPKA |
| Man Overboard under sail - the Quick Stop method | https://www.youtube.com/watch?v=yuxCH_6tXko |
| Person Overboard- The figure 8 rescue | https://www.youtube.com/watch?v=KE4aWTtL8K4 |



Hoofer Sailing Club

| Crew Overboard – MOB - Recovery | |
|--|---|
| Man overboard drill - Hove to, reach, tack, reach method (single-handed) | https://www.youtube.com/watch?v=3vc_YtEqUTk |
| Quick Stop Procedure – Hoofer Sailing Club – pdf | https://www.dropbox.com/scl/fi/c5l3v4lmy3btellv44g5h/Quickstop-Procedure.pdf |
| Practical MOB Recovery – Quick Stop variations | https://www.youtube.com/watch?v=LjQtQmX_1VM |
| Figure-8 Crew Overboard Demonstration - Milw | https://www.youtube.com/watch?v=-sNx4CcuC3U |
| Man over board - with Olympic Medalist, Shirley Robertson (dinghy) | https://www.youtube.com/watch?v=LGZrK3tVCFk |
| How to recover a man overboard engine -getting back aboard | https://www.youtube.com/watch?v=MIn3W66N-3I |
| Rescuing a Man Overboard (Williamson Turn) | https://www.youtube.com/watch?v=dFQHG4m8wHQ |
| How To Do A Man Overboard Drill | https://www.youtube.com/watch?v=f7Q-Hipy6QQ |
| HOW TO RESCUE A MAN OVERBOARD - Save a Life - Anderson & Williamson Turn | https://www.youtube.com/watch?v=FAmQPpVgj-I |
| Man Overboard - Sailing tuition on how do deal with the situation – Heave To and Drift | https://www.youtube.com/watch?v=wc0UnFNMF5Y |
| The Figure 8 Man Over Board Maneuver | https://www.youtube.com/watch?v=BiA-8gGBDvE |
| Man Overboard Board using your engine (QS) | https://www.youtube.com/watch?v=H55Dn4MnRDI |
| The Quick Stop Rescue Explained | https://www.youtube.com/watch?v=TVi1BGDFstw |

[Back to Table of Contents](#)

Bennett Sailing Videos – 40-56 min usually

| | |
|-------------------------------------|---|
| Spinnaker Handling Skills | https://www.youtube.com/watch?v=PzKeugdbtac |
| Top 60 Sailing Tips. | https://www.youtube.com/watch?v=CGFnF1yggNg |
| Sail Trimming | https://www.youtube.com/watch?v=1wODsV2yo2A |
| Aids to Navigation and Right-of-Way | https://www.youtube.com/watch?v=qJbocZHi5rk |

Note: These may have been posted in violation of copyright and are likely to be taken down at some point in the near future. Get them while you can!

Knots – practice with a piece of rope or even a shoestring

Note that one of the best ways to learn knots is to take the Marinespike A lesson at Hoofer Sailing Club. Here is a (more extensive) companion list of knot links from that class. It includes all of the links shown here. <https://www.dropbox.com/s/8xtsqvnpnqmg5d3j/Links%20Marlinspike.pdf?dl=0>



Hooper Sailing Club

The Bowline has many variations but is a key.

Slip Knot method for Bowline <https://www.youtube.com/watch?v=CmwKBA3XMR0>
my students like this one <https://www.youtube.com/watch?v=DreoG61VBgE>
<https://www.youtube.com/watch?v=XTH5C5sIAj>

Grog's Animated Knots – Bowline video: <https://www.youtube.com/watch?v=YXRnPEs0Qec>
Same without narration: <http://www.animatedknots.com/bowline/index.php>

Learn the above first until you can do it without looking, then go on to elaborations:

How to Tie a Piling Bowline Knot in 10 sec. <https://www.youtube.com/watch?v=DetspxEunyg>

Easiest and Quickest Bowline Ever <https://www.youtube.com/watch?v=48U0u6H8h3g>

One-Handed Bowline Around the Waist <https://www.youtube.com/watch?v=iEsPbgzn174>
US Sailing

One-Handed Bowline – Lifesaving Knot <https://www.youtube.com/watch?v=H85cMlvwwXA>

Bowline on a Bight – 2 min <https://www.youtube.com/watch?v=wmwvrZYTmv4>
Makes 2 loops (different from a double bowline)

Triple Bowline – useful for rescue <https://www.youtube.com/watch?v=m3M99yydkkg>

A Round Turn and Two Half-Hitches

<https://www.youtube.com/watch?v=NQhgLaGs9gg> (or)
<https://www.youtube.com/watch?v=FqxESYQWTdQ>

Square Knot – Reef Knot

Square Knot <https://www.youtube.com/watch?v=eKatRJYv2EA>

Square Knot *not* <https://www.youtube.com/watch?v=pMZiSpS3xYs>

Grog's Knots – playlist

<https://www.youtube.com/watch?v=gqgz4P1tMzww&index=1&list=PL6928FE0F58CE9849>

Animated Knots – not videos but gifs that go step-by-step – note I do not agree with all

Grog's Animated Knots – website

<http://www.animatedknots.com/indexboating.php>

(I do have their App; it comes for AOS and Android.)

Trucker's Hitch – Power Cinch Knot

<http://www.animatedknots.com/truckers/index.php>

Six Knots You Need to Know <https://www.youtube.com/watch?v=ZZZPYPuonvQ>

You're Doing it Wrong – How to Hold a Line Correctly

<https://www.youtube.com/watch?v=FnxqbcppKKbc>

See also [Basic Knots](#)

| | |
|---------------------------|---|
| Advanced Knots & Whipping | https://www.youtube.com/watch?v=4cbaYXk3vag |
|---------------------------|---|



Hooper Sailing Club

- Rock Symbols on Charts https://www.youtube.com/watch?v=l_XOtoLU8cU
- 420 to the Max – 55 min. <https://www.youtube.com/watch?v=ErcZk7nuzU4>

| Trimming Your Sails – Mike Sans | |
|---|---|
| Trimming Your Sails – Part 1 Basics | https://www.youtube.com/watch?v=TttqFylquFs |
| Trimming Your Sails – Part 2 – Genoa | https://www.youtube.com/watch?v=QyOieV11meY |
| Trimming Your Sails – Part 3 – Main | https://www.youtube.com/watch?v=L0IvU59u5Vg |
| Trimming Your Sails – Part 4 – Spinnaker Sheet and guy. | https://www.youtube.com/watch?v=TttqFylquFs |
| All four playlist | https://www.youtube.com/playlist?list=PLhcVFGMQmGF45zTZ_DnsVkyr90M_aFsJR |

The Slot – Genoa & Mainsail Interaction

<http://www.uk.northsails.com/uk/SailBetter/MainsailTrim/MainsailGenoainteraction/tabid/7041/Default.aspx>

Slot Effect - American Sailing Association <https://www.youtube.com/watch?v=xivue7RrbGw>

How to set up for downwind sailing without a spinnaker

<https://www.youtube.com/watch?v=YJ49KxxoBrU>

How to set up and trim for light airs sailing <https://www.youtube.com/watch?v=wt0IAy9gS8Is>

How to trim sails for going upwind – <https://www.youtube.com/watch?v=nC1cKH6HdVs>

Brian Thompson and Pip Hare – Yachting World

Jib-sail trim by a Master Sail Maker 18 min - tour.offcenterharbor.com/sail-trim-2/

This is advanced stuff, for me. Well worth watching. I signed up to also watch the one on the main sail.

Friendship Sloop Society Tech Notes – electrical/engine/technical issues by Bill Whitney

<http://fss.org/techtip.htm>

Sailing Theory for Beginners

<https://www.youtube.com/watch?v=trwcNk8EeH0>

How to use the Jib telltales <https://www.youtube.com/watch?v=hnOO5Z0zOfs>

| Guilietta's Sailing Instructional Videos - Controls | |
|--|---|
| The Cunningham, The Halyard and Luff Tension | https://www.youtube.com/watch?v=Gxg4k6c3XFo |
| The BoomJack or Boom Vang | https://www.youtube.com/watch?v=C31nGzO54O4 |
| The Traveler | https://www.youtube.com/watch?v=u0wfGzhlRhI |
| The Backstay | https://www.youtube.com/watch?v=9GDro9i1ye0 |
| Outhaul Adjustment and Function | https://www.youtube.com/watch?v=F0f8iVdaRIA |



Hooper Sailing Club

Guilietta's Sailing Instructional Videos - Controls

| | |
|---------------|---|
| The Head Sail | https://www.youtube.com/watch?v=7rYb0am2YTk |
|---------------|---|

Sailing Theory Tutorials – Julian Howarth

| | |
|--|---|
| Introduction To Vectors | https://www.youtube.com/watch?v=nteh7XXyU0I |
| Forces on Sails and Foils | https://www.youtube.com/watch?v=NG5dCUA8HWg |
| Sail Trim, Separation, and Stall | https://www.youtube.com/watch?v=j67sxnwqg3lw |
| Airflow Over a Sail | https://www.youtube.com/watch?v=d7xhPYIY8gU |
| True, Boat, and Apparent Wind Examples | https://www.youtube.com/watch?v=qF_MbYE3_xA |
| Introduction to Sail Shape | https://www.youtube.com/watch?v=LmR_faMxWeg |

Lake Superior University – Inland Seas Education Assn.

| | |
|---------------------------------|---|
| Introduction to Stability | https://www.youtube.com/watch?v=Af0OqOCWEh4 |
| Change in the Center of Gravity | https://www.youtube.com/watch?v=0XsrqNuJyiA |
| Free Surface Effect | https://www.youtube.com/watch?v=64rsc9M2jJY |
| Initial v. Ultimate Stability | https://www.youtube.com/watch?v=cmjsumf2yvI |
| Waves | https://www.youtube.com/watch?v=tiaa53On-ak |
| Introduction to Lines | https://www.youtube.com/watch?v=so6kqBb9Oek |
| Planning a Voyage – Part 1 | https://www.youtube.com/watch?v=NePsH6tCo6o |
| Planning a Voyage – Part 2 | https://www.youtube.com/watch?v=613kQbkQkc0 |
| Lifejackets | https://www.youtube.com/watch?v=NVb2P-2LnOw |

Cruising Tips from Captain Jack

| | |
|--------------------------|---|
| Reducing Heeling – 2 min | https://www.youtube.com/watch?v=vg3biQsajak |
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Maryland School of Sailing

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|---|---|
| Docking Techniques – 82 min | https://www.youtube.com/watch?v=PoGMAEjiHmU |
| Docking Techniques Demonstration | https://www.youtube.com/watch?v=8qOPM_SMJCc |
| Using a Docking Bridle – upwind docking | https://www.youtube.com/watch?v=ZJF7nr6TJx4 |
| Weather for Sailors – 92 min | https://www.youtube.com/watch?v=EP4cclrsk7k |
| US Aids to Navigation – 82 min | https://www.youtube.com/watch?v=RIen2AOKsa0 |
| Crew Overboard Recovery - Sailing (about 1.2 hrs) – advanced keelboat – shows leeward | http://www.youtube.com/watch?v=RSk-L0U9VPM |



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| Maryland School of Sailing | |
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| recovery – criticism of figure 8 and quick stop – covers under engine recovery | |
| Storm Tactics and Sea Anchor 2 | http://www.youtube.com/watch?v=4SAXRH42Df0 |
| Winch Handling Techniques (11 min) | https://www.youtube.com/watch?v=HW5IB8ive-4 |
| Gybe Control | https://www.youtube.com/watch?v=qAhUWCa-KoQ |
| Collision Avoidance – Nav Rules (102 min) | https://www.youtube.com/watch?v=19suVDp8GnM |
| Buoys and Beacons (50 min) | https://www.youtube.com/watch?v=C8mfH2t72wE&t=304s |
| A Perfect Cleat Hitch | https://www.youtube.com/watch?v=KaF9lFn0Inw |
| Electronic Navigation Basics Feb 2022 | https://www.youtube.com/watch?v=EtWrqVCYFzQ |
| TVMDC Table – Compass Conversions | https://www.youtube.com/watch?v=xutumdmQm6vA |
| Paper and Pencil Navigation | https://www.youtube.com/watch?v=r6opBHFaCF8 |
| Celestial Navigation – Sun Shot | https://www.youtube.com/watch?v=4GlbDPhy5Kw |
| Celestial Navigation – Sextant Basics | https://www.youtube.com/watch?v=B_uEWNpnpY |
| Coastal Navigation – Danger Bearing | https://www.youtube.com/watch?v=rZ_iFR2sBYM |
| InterCoastal Waterway Markings | https://www.youtube.com/watch?v=XwpIWQLe5f8 |
| Protractor Triangle for Paper Chart Plotting | https://www.youtube.com/watch?v=IN0O6XIU8j8 |
| Coastal Navigation –s Two-Bearing Fix | https://www.youtube.com/watch?v=_fiOySPHvE8 |
| Navigation Preparation for an Advanced Coastal Cruise | https://www.youtube.com/watch?v=uy6vs8FtH28 |
| Storm Avoidance at Sea | https://www.youtube.com/watch?v=b8ou-Ylfcg |
| Weather Images and Text via SSB Radio | https://www.youtube.com/watch?v=1XmE-YHaxS4v |
| Weather Forecast Downloads – 1 | https://www.youtube.com/watch?v=_IPyvgzyepc |
| Radar Plotting for Collision Avoidance | https://www.youtube.com/watch?v=ek9VEi9-ZSs |
| Circumnavigating the DELMARVA Pen. | https://www.youtube.com/watch?v=JMtE6M8vExM |
| DELMARVA Circumnavigation | https://www.youtube.com/watch?v=tEWcKzA6zxM |
| Circumnavigating the North Atlantic | https://www.youtube.com/watch?v=uX4mWL57IDM |
| Compass Calibration the Easy Way | https://www.youtube.com/watch?v=iIRLTyp8vhg |
| Lee Shore Distances | https://www.youtube.com/watch?v=r2LWtMSaF6Y |
| No-Panic Docking | https://www.youtube.com/watch?v=TK09Xe_VcqA |
| Sailboat Rigging Tuneup | https://www.youtube.com/watch?v=GuhVrb1gI04 |
| Offshore Sailing Emergencies | https://www.youtube.com/watch?v=MnnBBRFPJ_0 |



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| Maryland School of Sailing | |
| Medical Preparations for the Offshore Voyage | https://www.youtube.com/watch?v=cH-c5jqMZDo |

| Carpe Diem Sailing (I really like these) | |
|--|---|
| Entire Playlist | https://www.youtube.com/watch?v=FhtQKFC1C-g&list=PL0ZXXuQk__sjMW8EgYWKPkBYD4EcD5sr9 |
| Points of Sail | https://www.youtube.com/watch?v=4Dp4F-5Qu0o |
| Steering Effectively in Reverse | https://www.youtube.com/watch?v=4Dp4F-5Qu0o |
| ColRegs – Lights and Day Shapes | https://www.youtube.com/watch?v=9GTKeKiDRUM |
| Safe Winch Handling | https://www.youtube.com/watch?v=JZj2vjoheto |
| Coming About or Tacking – Beating | https://www.youtube.com/watch?v=rv8BxBy0rsY |
| Excessive Heeling | https://www.youtube.com/watch?v=Cmmmjpr-DE4 |
| Basic Knots | https://www.youtube.com/watch?v=Vw23pN8vPFc&t=329s |
| Navigation: The Nautical Chart | https://www.youtube.com/watch?v=iTMsNzvcn4 |
| Navigation: Basic Plotting | https://www.youtube.com/watch?v=tvQBy3MsTP8 |
| Navigation: The Compass | https://www.youtube.com/watch?v=7RHQ2FgKJZQ |
| Navigation – the Running Fix | https://www.youtube.com/watch?v=lsJ67QuAbJU |
| Understanding Navigational Aids (Aids to Navigation) | https://www.youtube.com/watch?v=PdV3bDWZNK8 |
| Dressing for Sailing | https://www.youtube.com/watch?v=IQU_dE_y-0M |
| Advanced Knots & Whipping | https://www.youtube.com/watch?v=4cbaYXk3vag |
| Raising the Mainsail | https://www.youtube.com/watch?v=6s7pEnxRjtw |
| Tying Sail Ties (from above at 4:26) | https://youtu.be/6s7pEnxRjtw?t=264 |
| Folding a Sail | https://www.youtube.com/watch?v=9Ok7_AZaexQ |
| Flaking a Mainsail | https://www.youtube.com/watch?v=NjnI4eQCz9s |
| Harnesses, Tethers, and Jacklines – Safety | https://www.youtube.com/watch?v=C7vqMNynIp0 |
| Distress Signals | https://www.youtube.com/watch?v=zhnDzYjjSqc |
| Leaving the Dock – Single-Handed – Close Call | https://www.youtube.com/watch?v=4aPwZ6g_-ww |
| Raising the Mainsail – Single-Handed | https://www.youtube.com/watch?v=0peqq5M3zYI |
| Coming About – Single-Handed | https://www.youtube.com/watch?v=haPiODcVWDU |
| Heaving To – Single-Handed | https://www.youtube.com/watch?v=lg_di8FuaT0 |
| Heaving Lines and Throw Bags | https://www.youtube.com/watch?v=xXpmvG8yKoo |



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| Carpe Diem Sailing (I really like these) | |
|---|---|
| Reefing – Single Handed | https://www.youtube.com/watch?v=Y8IS6A0MH6w |
| Dealing With Prop Walk | https://youtu.be/l55FuEmX8U8 |

| Sailing Virgins – fun, instructive videos | |
|--|---|
| Sailing Virgins – playlist | https://www.youtube.com/playlist?list=PLcefzdv8Vm-jprXGkeB4JFOij4FRbjk5C |
| 01 Check In/Check Out a Charter Boat | https://www.youtube.com/watch?v=4cL7x9FbrW0 |
| 02 Great Sailing Knots | https://www.youtube.com/watch?v=o8Vx6m8n4F4 |
| 03 How to Dock Single-Handed | https://www.youtube.com/watch?v=w2nAliqnms8 |
| 04 Safety Briefings | https://www.youtube.com/watch?v=Y2K5iydPtCc |
| 05 How to Anchor Your Boat | https://www.youtube.com/watch?v=DPbWh8MJkgE |
| 06 Raising Sails | https://www.youtube.com/watch?v=z1xhpDNmWgQ |
| 07 Anchoring Stern-To (Med Mooring) | https://www.youtube.com/watch?v=gt2cOksCGDU |
| 08 Picking Up a Mooring Ball | https://www.youtube.com/watch?v=E2eTu5E7MZ0 |
| 09 How to Tack a Sail Boat | https://www.youtube.com/watch?v=dxFqc81CKvQ |
| 10 How to Anchor to a Palm Tree | https://www.youtube.com/watch?v=82ix2eCh_5M |
| 11 How to Find Your Perfect Crew | https://www.youtube.com/watch?v=Gne1LiBn1Yc |
| 12 Morning Routine – pre-sail | https://www.youtube.com/watch?v=mN0oLoRs2ug |
| 13 Top 10 Coolest Things in Sailing | https://www.youtube.com/watch?v=3dAChwZB9_s |
| 14 Sailing Photography Tutorial | https://www.youtube.com/watch?v=Vrm1-BLX71U |
| 15 Sailing for an Absolute Beginner | https://www.youtube.com/watch?v=Gne1LiBn1Yc |
| 17 How to Build a Tunnel Raft | https://www.youtube.com/watch?v=XEspKNznUQw |
| 19 Med Mooring with Slime Lines | https://www.youtube.com/watch?v=sQjnhQQAlqw |
| 20 How to Build a Circle Raft (of boats) | https://www.youtube.com/watch?v=PoFNVEYSvCU |
| 23 How to Gybe a Sailboat | https://www.youtube.com/watch?v=Th7cuGu2-7s |
| 24 Passage Planning | https://www.youtube.com/watch?v=cMuQQuoOwHI |
| 25 Croatia 7-day course | https://www.youtube.com/watch?v=IHbBQYbs5e8 |
| 26 Simplest Man Overboard Recovery | https://www.youtube.com/watch?v=5WoAT5RopNE |
| 27 Night Sailing | https://www.youtube.com/watch?v=tURw-KVr5do |
| 28 Cardinals and Danger Marks | https://www.youtube.com/watch?v=LK4LGt7Lftc |
| | https://www.youtube.com/watch?v=tTx2jdX7Eoo |
| 29 Three Ways to Climb a Mast | https://www.youtube.com/watch?v=ChHakbWg0Io |



Hoofer Sailing Club

| Sailing Virgins – fun, instructive videos | |
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| 31 Engine Checks on a Sailboat | https://www.youtube.com/watch?v=kwxQzoO_S4c |
| 34 Catamaran or Monohull? | https://www.youtube.com/watch?v=RdfwrNcvnzU |
| 35 Putting the Boat To Bed | https://www.youtube.com/watch?v=omCOheGeT6U |
| 37 Sound Signals – Navigation Rules | https://www.youtube.com/watch?v=Q5do9rNaftY |
| 38 Rules of the Road | https://www.youtube.com/watch?v=0a5v5X7WN10 |
| 39 Vessel Lights - basic | https://www.youtube.com/watch?v=etjnNDP-ofA |
| 40 Performance – Sailing @ Over 20 Knots | https://www.youtube.com/watch?v=GfaSVI0heOo |
| 41 Common Day Shapes on Boats | https://www.youtube.com/watch?v=Twtw7LaP_-E |
| 42 Intro To Tides (Rule of 12ths) | https://www.youtube.com/watch?v=mZGnd97rCKk |
| 43 IALA-A vs. IALA-B Buoyage System | https://www.youtube.com/watch?v=yJ7t8ERacOE |

| Upwind Mainsail Trim – SailZing | |
|--|---|
| Angle of Attack | https://www.youtube.com/watch?v=mkkUPWUpMHM |
| Camber | https://www.youtube.com/watch?v=mkkUPWUpMHMD |
| Draft Shape and Position | https://www.youtube.com/watch?v=yERm1lJq0ls |
| Controlling Twist | https://www.youtube.com/watch?v=Mq7gd27OAjU |

| Rigging Doctor – Sailing Wisdom | |
|--|---|
| Full Playlist – Sailing Basics | https://www.youtube.com/watch?v=UpkqJ4GRfSg&list=PLIDgR504BxwnKVWCvqpM7IvKGYeYgVOJw |
| How Do Sails Work? | https://www.youtube.com/watch?v=OFiifHB_C6I |
| Anchor for Heavy Weather – Bahamian Mooring – Star Mooring | https://www.youtube.com/watch?v=pOilmQn8TBA |
| What is the best keel design? | https://www.youtube.com/watch?v=34s6RnPDnsk |
| Why two keels? – Bilge Keels | https://www.youtube.com/watch?v=7pddUJ8qgFI |
| What is the worst anchor? (Hint: Plow) | https://www.youtube.com/watch?v=fMbKx95T82w |
| Winch Maintenance | https://www.youtube.com/watch?v=Av5OKQjPWPU |
| How Rudders Work | https://www.youtube.com/watch?v=Eq9SLnDpJMc |
| This is the Best Rudder | https://www.youtube.com/watch?v=A8k3MRnjT_w |
| Navigating by the Stars (Celestial Navigation) | https://www.youtube.com/watch?v=_V0S8vLj4_E |
| Cotter Pin – Bend or Spread? | https://www.youtube.com/watch?v=M3nmk2AxsrE |
| How to Inspect Your Own Rigging | https://www.youtube.com/watch?v=rqZa3L9P2kg |



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| Rigging Doctor – Sailing Wisdom | |
|--|---|
| How to Inspect Your Rigging | https://www.youtube.com/watch?v=pI5xRmAwrOw |
| What is the Best Sail Cloth | https://www.youtube.com/watch?v=Ov789rXB-4g |
| Aground – What Now? | https://www.youtube.com/watch?v=p_ppuOYA5-s |
| What to do in a Storm at Sea | https://www.youtube.com/watch?v=M-Z5kE87GwA |
| Preparing for the Storm | https://www.youtube.com/watch?v=yawaavvY30M |
| The Storm (Part 1) | https://www.youtube.com/watch?v=ZawRhTT93mc |
| The Storm (Part 2) | https://www.youtube.com/watch?v=ItrSrH_t8AE |
| Storm Tactics – Your Questions Answered | https://www.youtube.com/watch?v=rJiB76WoHp4 |
| Boat Repairs and Beach Giraffe and Laundry | https://www.youtube.com/watch?v=-_hIw5BZch0 |
| How to Tie a Marlinspike Hitch | https://www.youtube.com/watch?v=JfGIriz6_V4 |
| Weather Routing Explained | https://www.youtube.com/watch?v=zXSfEP55c1Y |
| Is Hank-On better than Furling | https://www.youtube.com/watch?v=PLTDpT1TAVw |
| Which is Safer? Deck-stepped v. Keel-stepped Mast | https://www.youtube.com/watch?v=6yZxdqx_rQE |
| All About Propellers (and Prop Walk) | https://www.youtube.com/watch?v=E1dt19C_vxE |
| Why Two Masts (Ketch vs. Yawl) | https://www.youtube.com/watch?v=iWysnE-_ESM |
| Ten Ways Living on a Boat Changed Me | https://www.youtube.com/watch?v=GuZ_dvjdewc |
| Cheater Trick for Downwind Sailing – Twist | https://youtu.be/GJG2QI5h2e8?t=535 |
| Dyneema and Soft Shackles | |
| Easiest Dog-Bone Soft Shackle (Hank) | https://www.youtube.com/watch?v=C2kJxtrn36Q |
| How to Make a Dyneema Deadeye | https://www.youtube.com/watch?v=9-4AYV7jKRA |
| (Introduction to) Soft Shackles | https://www.youtube.com/watch?v=sNRsDz2KTsE |
| Integrated Soft Shackle | https://www.youtube.com/watch?v=PnYfCxocZnk |
| Synthetic Standing Rigging (SSR) Stay with a Deadeye | https://www.youtube.com/watch?v=MctpeFJ4AuY |
| Does Dyneema Rigging Work? | https://www.youtube.com/watch?v=ZqPf-i1jy10 |
| SSR – Initial Setup | https://www.youtube.com/watch?v=8iGYomvRNZU |
| [Part 1] Replace Your Rigging | https://www.youtube.com/watch?v=TcmwRF9iHuc |
| [Part 2] Measuring Rigging | https://www.youtube.com/watch?v=8mG2MDXQmUU |
| [Part 3] How to Splice Your Stay | https://www.youtube.com/watch?v=DGYu82M-xoA |
| [Part 4] Installing SSR | https://www.youtube.com/watch?v=pVzHyC2EgoY |



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| Rigging Doctor – Sailing Wisdom | |
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| SSR – How to Tension Stays - Shroud Frapping Knot | https://www.youtube.com/watch?v=9ptuywtXM_E |
| The real problem with SSR | https://youtu.be/-Uye1oWpZOw?t=344 |
| Why did our rigging get so loose? | https://youtu.be/4pV6uMIeSHM?t=792 |
| The best kind of Rigging! | https://www.youtube.com/watch?v=Az9NDIG3LMg |
| How Tight Should Rigging Be? | https://www.youtube.com/watch?v=VIjQpgv-ERw |
| Dyneema Eye Splice | https://www.youtube.com/watch?v=UpkqJ4GRfSg |
| Repairing Synthetic Lifelines with Locked End to End Splice | https://www.youtube.com/watch?v=91B-5pE9mwQ |
| How Does Synthetic Rigging Attach to the Mast | https://www.youtube.com/shorts/Q5L_CxqYDJM |

Tom Cunliff on Renewing Standing Rigging <https://www.youtube.com/watch?v=hidRml3JCGI>

Deploying a Life Raft <https://www.youtube.com/watch?v=cYLOxLmDAMM>

Shipboard Firefighting Strategies <https://www.youtube.com/watch?v=1gmG1WF0CQc>

Fighting Shipboard Fires https://www.youtube.com/watch?v=T_1_SW-htfU

| Improve Sailing | |
|---|---|
| Ten Most Common Keel Types Compared | https://www.youtube.com/watch?v=PU5i4TyTG70 |
| Swing Keels and Centerboards Explained | https://www.youtube.com/watch?v=6LcWIkT3pow |
| Boat Hull Types Explained (11 examples) | https://www.youtube.com/watch?v=VaZC0aMLOkQ |
| Sail Types Explained (9 examples) | https://www.youtube.com/watch?v=yWyHjqGRRCA |
| Different Sailboat Rigs Explained | https://www.youtube.com/watch?v=3ZL4iG9MfGQ |
| Sailboat Parts Explained – Overview | https://www.youtube.com/watch?v=hJHkil8HOHo |
| The Hull – Sailboat Parts Explained | https://www.youtube.com/watch?v=utNBAsSMIok |
| Standing and Running Rigging – Sailboat Parts | https://www.youtube.com/watch?v=BXNANoQ2BbE |
| Sail Parts Explained | https://www.youtube.com/watch?v=CVWIquQKWyc |
| Sailboat Length and Speed (Longer = Faster) | https://www.youtube.com/watch?v=V15LgUKwfvU |

| Navigation | |
|--|---|
| Coastal Navigation – Set and Drift - Calculate | https://www.youtube.com/watch?v=80Ad8Y4bZJM |
| Coastal Navigation – Set and Drift Explained | https://www.youtube.com/watch?v=AyqGBa9fexA |
| Set and Drift – White Board 1 | https://www.youtube.com/watch?v=gkS-u42OzzM |



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| Set and Drift – White Board 2 | https://www.youtube.com/watch?v=gkS-u42OzzM |
| Coastal Navigation – Running Fix | https://www.youtube.com/watch?v=63O4drvKrI8 |
| Ded(uctive) Reckoning – White Board | https://www.youtube.com/watch?v=8_uBYkLiLfs |
| Chart Navigation (Part 1) | https://www.youtube.com/watch?v=VKKpZwPOvU8 |
| Course to Steer (Part 2) | https://www.youtube.com/watch?v=LZ4TQ3sZQak |
| Course Per Standard Compass | https://www.youtube.com/watch?v=QKMWnOnYQdQ |
| Backup Cockpit Navigation System | https://www.youtube.com/watch?v=sZN7_1rg3EU |
| See also Maryland School of Sailing (above) | |

Informed Sailor Tutorials

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|---|---|
| K1 – Terminology (Keelboats) | https://www.youtube.com/watch?v=yUdeku8qosU |
| L2.5 Positions | https://www.youtube.com/watch?v=EVcVVfZikcs |
| L5.3 Centres of Effort and Lateral Resistance Explained | https://www.youtube.com/watch?v=l61u232PW4A |

Captain John's Skipper Tips

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| Captain John's Skipper Tips (videos) usually quite short | |
| Captain John's Skipper Tips - playlist | https://www.youtube.com/channel/UCc4M-E6DFyvpQI8DcMDguCw |
| How a Boat Sails in Apparent Wind | https://www.youtube.com/watch?v=8xo0ySZ98oc |
| How to Trim the Mainsail Leach - using leach telltales | https://www.youtube.com/watch?v=vgHY6cxvRww https://www.youtube.com/watch?v=eqjaEX5cS5U |
| How to Trim Sails for Reaching | https://www.youtube.com/watch?v=nxgfywN0OKA |
| How to Make Reach to Reach Tacks | https://www.youtube.com/watch?v=a2jdmQnPB8 |
| How to Reef your Mainsail and Avoid Damage | https://www.youtube.com/watch?v=7Ay4tyvObtQ |
| Five Ways to Reduce Heeling (and why)S | https://www.youtube.com/watch?v=dQtLyaMRCqc |
| Five Signs That It Is Time to Reef | https://www.youtube.com/watch?v=HZn01LXF9zg |
| How to Trim a Genoa or Jib - using Genoa telltales | https://www.youtube.com/watch?v=bNT64BmMezc https://www.youtube.com/watch?v=aZGomgh5NJ0 |
| How to Heave-To Your Sailboat | https://www.youtube.com/watch?v=nUSYSquI3bY |
| How to Heave-To at Sea | https://www.youtube.com/watch?v=rABvrW90O1s |
| COB – Heave-To Method | https://www.youtube.com/watch?v=HBXfd1ezZFI |
| How to Rig a Boom Preventer | https://www.youtube.com/watch?v=xMAi5TdacBo |



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| Captain John's Skipper Tips (videos) usually quite short | |
|---|---|
| How to Sail Windward Fast | https://www.youtube.com/watch?v=AzuCEyZ7gOQ |
| Increase your Mainsail Power (45%) | https://www.youtube.com/watch?v=LxvAoLr-KME |
| Control Windward Sailing with Magic Limit Lines | https://www.youtube.com/watch?v=71-CeEEzL60 |
| Sail Up to a Dock Under Sail Alone | https://www.youtube.com/watch?v=O7gZXvphDeo |
| Dock Your Boat Under Sail With Wind Astern! | https://www.youtube.com/watch?v=oYMz-qh3Z88 |
| How to Dock Your Boat with a Forward Bow Spring Line | http://www.youtube.com/watch?v=zhA_m3x4x8c |
| Dock Your Boat Smooth and Easy with Rudder Control | http://www.youtube.com/watch?v=CFuErEmXiBw |
| Using a Lark's Head Knot to Attach Jib | https://www.youtube.com/watch?v=6fk4nT3Clbk |
| How to Undock Using the Aft Bow Springline | https://www.youtube.com/watch?v=7_Y5G1ke6n8 |
| Elevator Technique for Bringing MOB aboard | https://www.youtube.com/watch?v=Q9tY6YU3Kdg |
| Using Your Wake Trail to Recover MOB | http://www.youtube.com/watch?v=uHw6TpqOygg |
| How to Turn a Boat Around in a Narrow Channel | https://www.youtube.com/watch?v=ZBGZsWNGAho |
| How to Remove a Jammed Sheet from a Sailboat Winch | http://www.skippertips.com/public/Learn_to_Sail_Video__How_to_Removed_a_Jammed_Sheet_from_a_Sailboat_Winch.cfm |
| Keep Clear of this Sailing Line 'Danger Zone' | https://www.youtube.com/watch?v=OTU16OOoutA |
| Entering or Leaving an Inlet | https://www.youtube.com/watch?v=A9SYv5Zn2CQ |
| Backup Cockpit Navigation System | https://www.youtube.com/watch?v=sZN7_1rg3EU |
| How to use the Mainsail Outhaul | https://www.youtube.com/watch?v=fgGmUU2jxAw |
| Using Natural Ranges – Coastal Navigation | https://www.youtube.com/watch?v=jhU50zMrz9Y |
| Ten Ways to Sail Safer in Low Visibility | https://www.youtube.com/watch?v=qmX3VqTITil |
| The Five Foils of Sailing | https://www.youtube.com/watch?v=7bceeXedYvg |
| Spring Line Lingo, Boat Docking Success | https://www.youtube.com/watch?v=2dXVJt8Fbsk |
| Avoiding Running Aground – Charts | https://www.youtube.com/watch?v=Rz1428eicpY |
| Using the Mainsail Cunningham | https://www.youtube.com/watch?v=mQkG4CR7_EI |
| MOB Elevator Recovery Method | https://www.youtube.com/watch?v=GTj9WP2CXVw |
| Defensive Action Steps to Avoid a Collision | https://www.youtube.com/watch?v=39IHDdQV2K8 |



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| Captain Lang Sailing Tutorials – mostly 3-5 minute videos | |
|--|---|
| Entire Playlist | https://www.youtube.com/playlist?list=PLHDYTDUdRxfj6XhH2JAgFAYciQIZ1Qmp |
| How to Tack a Sailboat | https://youtu.be/qOIada4_-No |
| How to Sail Upwind in a Narrow Channel | https://youtu.be/oz4Fg9pkXVc |
| How to Sail Downwind Using the Traveler, Preventer and Whisker Pole | https://youtu.be/KLGczl1nqIo |
| How to Heave-To – note, you would want to do this to end up on starboard tack | https://youtu.be/IB7jgYn9dEk |
| When, Why, and How to Reef Your Sails | https://www.youtube.com/watch?v=4vgu060sYkA |
| How to make a Tripline Anchor Buoy for Safer Anchoring | https://youtu.be/dvD7C3HukrM |
| Using Prop Walk to Turn in a Narrow Channel | https://youtu.be/Swq0Q5Pywnc |
| Boat Tour Showing many of my Unique Modifications | https://youtu.be/EPndVo9AO9E |
| Checking and Tuning Your Standing Rigging | https://youtu.be/H1h0tZDbmRI |
| How to Clear a Seaweed Clogged Prop | https://youtu.be/TvkQnskXW6s |
| Advanced Sail Trim Made Easy, Part 1 | https://youtu.be/11gODoC0Ihw |
| Advanced Sail Trim Part 2 | https://youtu.be/cEjbsRdFKoE |
| Introduction to Charts and How to Check Your Compass | https://youtu.be/gcnNNYpbcHg |
| How to Prevent and Cure Sea Sickness | https://youtu.be/md5n7y-o1Aw |
| Sea Sickness Prevention Exercise | https://youtu.be/O2nRy9NG_pg |
| Sea Sickness - Test and Review of the EmeTerm Electronic Seasickness wristband | https://youtu.be/uVdG542VVMk |
| Jackline Redesigned | https://youtu.be/LS06AKfkIk |
| How to Shoot Video on a Boat at Sea | https://youtu.be/SlgEw2PT_vA |
| The Difference Between True and Apparent Wind | https://youtu.be/yyN8kaghCvU |
| Line Handling | https://youtu.be/2IIIDQia0mI |

| North Sails: Sail Trim Webinars – Royal Sydney Yacht Squadron | |
|--|---|
| How Sails Work – Sail Depth & Angle of Attack | https://www.youtube.com/watch?v=ttyJGdOU9Gs |



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| North Sails: Sail Trim Webinars – Royal Sydney Yacht Squadron | |
|--|---|
| How Sails Work – Part 2 | https://www.youtube.com/watch?v=T5riMnhQVI0 |
| Mainsail Trim | https://www.youtube.com/watch?v=q-W9fA7Vgro |
| Jib Trim | https://www.youtube.com/watch?v=juBRA7-mZnc |
| Spinnaker Trim | https://www.youtube.com/watch?v=KP2fX4ckeBo |
| Asymmetrical Spinnaker Trim | https://www.youtube.com/watch?v=h5efahpobuw |
| Sail Trim Review | https://www.youtube.com/watch?v=rs8ZsXNfb0M |
| RSYS Videos | https://www.youtube.com/@RoyalSydneyYachtSquadron1862/videos |
| Cruising – Flag Etiquette Afloat | https://www.youtube.com/watch?v=aOGAQ5K7YbU |
| Rules Corner – Upwind Legs | https://www.youtube.com/watch?v=yu8Spqat9SE |
| Rules Corner – Marks and Obstructions | https://www.youtube.com/watch?v=evdVM-pXlrcusels |
| Rules Corner – Starting | https://www.youtube.com/watch?v=evdVM-pXlrc |
| Rules Corner – Twilight Rules | https://www.youtube.com/watch?v=k2AJ2ZbKBrA |
| Rules Corner – Protests | https://www.youtube.com/watch?v=QB-MOXR08c4 |

The Shape of Speed – older North Sails Video <https://www.youtube.com/watch?v=2gA-3T-95YQ>
Very Good video ~ 45 minutes looks at Main, Jib, and Spinnaker

Sails: How Much Do You Know? – Emily & Clark’s Adventure
<https://www.youtube.com/watch?v=FSopZN2Wnl0>

Miscellaneous

The Physics of Sailing – KQED QUEST <https://www.youtube.com/watch?v=yqwb4HIrORM>

The Fluid Mechanics of Sailing <https://www.youtube.com/watch?v=6D-4bRXMtwI>
(contains some math – made on Hoofer boats)

Misconceptions of Aerodynamics – see around 15 minutes in
<https://www.youtube.com/watch?v=QKCK4JLQHU>

Sailboat Into the Wind – Hewitt-Drew-It Physics 146
<https://www.youtube.com/watch?v=jJtvGF8vZbE>

Basic Cruising with Owen – from an Engineer’s perspective

The Physics of Sailing 1 – A refresher on adding and subtracting arrows, or vectors
<https://www.youtube.com/watch?v=UiyR54fUDY4>

The Physics of Sailing 2 – Drive in Sails https://www.youtube.com/watch?v=wN_0PhuFi-s

The Physics of Sailing 3 – Basic Sail Trim <https://www.youtube.com/watch?v=xSLKlyyGO4w>

The Physics of Sailing 4 – True and Apparent Wind <https://www.youtube.com/watch?v=ndL1FcTRPwU>

The Physics of Sailing 5 – Points of Sail <https://www.youtube.com/watch?v=txuMs6dBqT8>

The Physics of Sailing 6 – Weather Helm <https://www.youtube.com/watch?v=F929sfZaKkc>



Hooper Sailing Club

(Sailboat Parts Explained)

Sailboat Parts Explained: Overview and Names <https://www.youtube.com/watch?v=hJHkil8HOHo>

Rigging Explained: Standing & Running <https://www.youtube.com/watch?v=BXNANoQ2BbE>

Sailboat Keel Types: 10 Most Common Keels Explained
<https://www.youtube.com/watch?v=PU5i4TyTG70>

Types and Functions of Sailboat Keels <https://www.youtube.com/watch?v=w4MuCz1Z8-k>

Different Sailboat Rigs Explained (Tall Ship, Gaff) <https://www.youtube.com/watch?v=3ZL4iG9MfGQ>

Swing Keels and Centerboards: Pros and Cons Explained
<https://www.youtube.com/watch?v=6LcWIkT3pow>

Boat Hull Types Explained for Beginners (with 11 Examples of Different Styles)
<https://www.youtube.com/watch?v=VaZC0aMLOkQ>

How Fast Can a Foiling Sailboat Actually Go? https://www.youtube.com/watch?v=SWGBgR_Np3E

Hoisting a Roller-Furling Jib (Sail Fanatics) <https://www.youtube.com/watch?v=NcaoM9ELgwU>

How to dock a 40ft Yacht like a Professional every time
<https://www.youtube.com/watch?v=9Y4XlbruPhU>

How to Trim Sails with Carol Haase – Head Sails <https://www.youtube.com/watch?v=lwX66PKrIdE>

Why Are the Wheels on Sail Boats So Big? <https://www.youtube.com/shorts/DD9-ztj1NCI>

Single-handed Docking Stern-To With Lazy Lines <https://youtu.be/-OPs960oR88>

Cruising Etiquette – Do's and Don'ts <https://www.youtube.com/watch?v=Uzj6NzhUsEU>

Good video of keelboat race at windward mark showing Spinnaker raise
<https://www.youtube.com/watch?v=ISlTqyNl0zI>

Sailing Wing-on-Wing <https://www.youtube.com/watch?v=QZadjhHANck>

Reefing the mainsail (Navy Sailing) <https://www.youtube.com/watch?v=tOao0jsDoDg>

Reefing a J-24 – does not show use of reef ties in the sail - SailVision
<https://www.youtube.com/watch?v=ddyB9GwAkI8>

Reefing – Clew Reef error – Doyle Sailmakers <https://www.youtube.com/watch?v=XbXIEsrlo1s>

How Sails Really Work 1 – the Model <https://www.youtube.com/watch?v=Gq5g0SeHkIY>

How Sails Really Work -2 – the Jib and the Mainsail
<https://www.youtube.com/watch?v=1JlbeS294vk>

How Sails Really Work – 3 - the Hull and VMG
<https://www.youtube.com/watch?v=AIV9eJC9MZQ>



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How Sails Really Work 4 – Reefing the Mainsail

<https://www.youtube.com/watch?v=Gq5g0SeHkIY>

How Sails Really Work 5 – Sail Shape <https://www.youtube.com/watch?v=IJ4er8vvTPw>

How Sails Really Work – Answers to Tricky Questions

<https://www.youtube.com/watch?v=TPTqalXrjsM>

How Sails Really Work – Summary Video <https://www.youtube.com/watch?v=vtjqX7xoB1Q>

Using the VHF Radio (Emily & Clark's Adventure <https://www.youtube.com/watch?v=Y6yn0Bmr748>

Springing Off (could be better) <https://www.youtube.com/watch?v=DYZnRekYwnc>

Sailing Backwards – Backwinding the Mainsail <https://www.youtube.com/watch?v=qN86Q2GRK3s>

Marine Diesel Engine Maintenance Raw Water System

<https://www.youtube.com/watch?v=wVqMaXZjrMA>

Engine Belt Checking – Sailing Academy <https://www.youtube.com/shorts/6fRvhUcFv8U>

How to Avoid a Gybe Broach (UK Sailmakers <https://www.youtube.com/watch?v=iP4yK4mIr3E>

Tacking and Gybing – Laser – John Emmett

https://www.youtube.com/watch?v=BR6ec_nPWbw

Marine VHF Radio

How to use a Marine VHF RADIO [Capable Cruising Guides] (25-minute video) *(This is a good video but the radio shown is more advanced than those used at hoopers.)*

<https://www.youtube.com/watch?v=Y6yn0Bmr748>

Marine VHF Radio – the Basics (modified for Lake Mendota and Hoopers)

<https://www.dropbox.com/scl/fi/6ddpwpui8fjbhfhahnehmb/Marine-VHF-Radio-The-Basics-2023-07-23.pdf>

The Problem With Marine VHF Radios

<https://www.youtube.com/watch?v=pZVZqVLhE04>

Marine Radio Etiquette

<https://www.youtube.com/watch?v=CNWyxweNF1U>

How to Send a Mayday

<https://www.youtube.com/watch?v=xkqUqcT4q-E>

The whole of the RYA VHF GMDSS Course

<https://www.youtube.com/watch?v=KX1nUJYH1c>

VHF - An interview with the US Coast Guard and some basic procedures

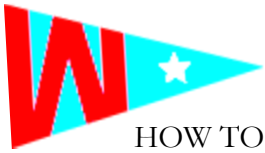
<https://www.youtube.com/watch?v=l2dCSKR1jVs>

Boating and using VHF boat radio basics. Do we still need marine VHF radios?

<https://www.youtube.com/watch?v=c-bZ7DUhoBY>

How to Use a Marine VHF Radio (Australia)

<https://www.youtube.com/watch?v=bzNrBDQd9oY>



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HOW TO MAKE AN EMERGENCY DISTRESS CALL - May Day Pan Pan & Securité

<https://www.youtube.com/watch?v=j-ooHzzwjIE>

Mistakes to Avoid - VHF Radios: Experience from a Captain

<https://www.youtube.com/watch?v=t35F8JRcNK0>

Aids to Navigation and Right-of-Way Rules

NavAids 101 (short) <https://www.youtube.com/watch?v=G1m09KD3GFw>

US Captains Training <https://www.youtube.com/watch?v=z7-yCYECTvo>

Bennett Sailing <https://www.youtube.com/watch?v=qJbocZHi5rk>

Maryland School <https://www.youtube.com/watch?v=RIen2AOKsa0>

Rules of the Road Review – US Captains School (1 hr. 20 min.)

<https://www.youtube.com/watch?v=J4gLCwLWLK0>

Understanding Marine Bouyage <https://www.youtube.com/watch?v=jAQPjdB-3ko>

Self Tests <http://allships.com.au/>

| ColRegs in Depth – The Casual Navigator | |
|--|---|
| Rule 5: Look Out | https://www.youtube.com/watch?v=k7US_zTTFes |
| Rule 6: Safe Speed | https://www.youtube.com/watch?v=f7654LIZ_GU |
| Rule 12: Sailing Vessels | https://www.youtube.com/watch?v=X16GbslsHt0 |
| Rule 13: Overtaking | https://www.youtube.com/watch?v=zz8TZ7ataEo |
| Rule 14: Head-On Situations – 2 power boats | https://www.youtube.com/watch?v=xGd_vJ9DMSE |
| Rule 15: Crossing Situations – 2 power boats | https://www.youtube.com/watch?v=E11GonKfKUs |
| Rule 16: Action by the Give-Way Vessel | https://www.youtube.com/watch?v=bCIU_ITG1Vc |
| Rule 17: Action by the Stand-On Vessel | https://www.youtube.com/watch?v=tslbq8hbuM8 |
| Rule 18: Responsibilities Between Vessels | https://www.youtube.com/watch?v=1zv3mpR4rxU |
| Rule 19: Conduct of Vessels in Restricted Visibility | https://www.youtube.com/watch?v=slATe0045W8 |

[Back to Table of Contents](#)

Sailing Exercise and Stretching – Preventing Injury!

Pre-Sailing Warm-ups and Stretches – AusSailing Team

<https://www.youtube.com/watch?v=zJzJRvUwJrk>

Sailing Fitness - Warm up - with RYA and British Sailing Team Sports Scientist Tim Jones

<https://www.youtube.com/watch?v=4UbdL3KZnDA>

Quantum Fitness - How to train like a sailor

<https://www.youtube.com/watch?v=1W4JrA125KQ>

Dry Suit: Cold weather Secret weapon? or Not worth it?

<https://www.youtube.com/watch?v=NqCVxSHGOVo>



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For Fun

Sailing Soma on a Sunday

<https://www.youtube.com/watch?v=vNBs1ocneSc&list=PL014492A9F6716314&index=1>

(This is my playlist. Mostly Soma, all Lake Mendota!)

Always On – Flying on the World’s Fastest Sailboat

https://www.youtube.com/watch?v=QP_9rFbvY_Q

Joshua Slocum – Sailing Alone Around the World

<https://www.youtube.com/watch?v=iciZer5cbJ8>

<https://www.youtube.com/watch?v=ATJ8wMG9VNE>

(Our boat, “The Spray” was named after this boat.) – 44 min.

The Narrative of Arthur Gordon Pym of Nantucket by Edgar Allen Poe

University of Virginia <http://xroads.virginia.edu/~ma98/silverman/poe/fulltext.html>

Gutenberg Project <https://www.gutenberg.org/files/2149/2149-h/2149-h.htm>

YouTube reading: <https://www.youtube.com/watch?v=CuqmCFqXpyg>

2014 Race to Mackinac Aboard Denali

<https://www.youtube.com/watch?v=5GCCQx0ExO08>

Wind – the Movie:

<https://www.youtube.com/watch?v=c3shpTH59Qk>

Captain Ron’s Docking:

<https://www.youtube.com/watch?v=8alNxLjCBJc>

Flying the World’s Fastest Sailboat

https://www.youtube.com/watch?v=QP_9rFbvY_Q

Not Videos – Informational Links

Sailing Glossary: <https://www.dropbox.com/s/ggw55a6hqemnt2f/Glossary%20of%20Sailing%20Terms.pdf?dl=0>

Origin of Naval Terminology (fun): <https://www.history.navy.mil/research/library/online-reading-room/title-list-alphabetically/o/origin-navy-terminology.html>

Sailing Terms <http://www.selfmadesailor.com/index.htm?glossary.htm&2>

Stop Embarrassing Yourself! Pronounce nautical terms correctly.

<https://www.youtube.com/watch?v=x-ZKi4oBHIY>

Why They are Called Knots

<https://www.youtube.com/shorts/CRHR-TSY41c>

Safety Reports – US Sailing

<https://www.ussailing.org/competition/offshore/safety-information/safety-reports/>

Hooper Sailing Club Safety Manual (PDF)

https://s3-external-1.amazonaws.com/hoopers.clubmanagercdn.com/HSC_Safety_Manual.pdf

Required Safety Equipment – US Coast Guard

<https://www.boatsafe.com/us-coast-guard-minimum-requirements-recreational-boats/>

Wisconsin Boating Regulations

<https://widnr.widen.net/s/0vw8hwrae3>

Boat Line Definitions <http://denverlope.com/definitions.htm>



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Bernoulli Force has nothing to do with it (NASA Incorrect Lift Theory!)

<https://www.grc.nasa.gov/www/k-12/airplane/wrong1.html>

Hooper Manuals <http://www.hoopersailing.org/?q=instruction/manuals>

A Sailor's Guide to Weather (Hooper Sailing Club) <https://drive.google.com/file/d/0BywZ-rLn0R8hanNQRGJXTkjmV2FLQldONU1KRmRsTVNic3d3>

Cloud Charts from NOAA <https://www.noaa.gov/clouds/noaawise>

The Spray Checklists

<https://www.dropbox.com/s/y4q94cepneeyr01/The%20Spray%20Checklists.pdf>

Practical seamanship: Leadlines <https://www.yachtingmonthly.com/sailing-skills/practical-seamanship-leadlines-28316>

Depth Sounding https://en.wikipedia.org/wiki/Depth_sounding .

The Lead Line -- Construction and use <http://navyandmarine.org/planspatterns/soundingline.htm>

Sheetbend knot <https://www.dropbox.com/s/4mx2r0zxfv979jf/The%20Sheetbend.pdf>

Square knot <https://www.dropbox.com/s/ffdomqixe7knlm7/Square%20Knot.pdf>

Marlinspike Links – Knots, Lines and Splicing

<http://addbalance.com/Sail/Knots/Links%20Marlinspike.pdf>

Aids to Navigation

<http://www.uscgboating.org/ATON/index.html>

<http://www.uscg.mil/d13/dpw/docs/usaidsnavigationssystembooklet23dec03.pdf>

Good Tacks Start With the Release

<http://www.sailingworld.com/how-to/good-tacks-start-release>

Sailing Backwards <http://www.cautionwater.com/article.aspx?articleid=88>

Understanding a Lee Shore <https://asa.com/news/2022/10/11/understanding-a-lee-shore/>

UCI J-22 Manual <http://www.campusrec.uci.edu/sailing/includes/J22-manual.pdf>

Balance Your Helm for Speed by John Ellsworth

http://johnellsworth.com/writing/nautical/balance_helm/balance.html

Weather and Lee Helm <http://www.schoolofsailing.net/weather-helm-and-lee-helm.html>

Understanding Apparent Wind by John Ellsworth

http://johnellsworth.com/writing/nautical/understand_appwind/understand_appwind.html

Two Years Before the Mast by Richard Henry Dana, Jr. (book)

<http://ia801403.us.archive.org/34/items/twoyearsbeforem00welsgoog/twoyearsbeforem00welsgoog.pdf>

Physics of Sailing and Sails

Forces on Sails (Wikipedia) https://en.wikipedia.org/wiki/Forces_on_sails



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The Physics of Sailing by Ryan M. Wilson

<http://grizzly.colorado.edu/~rmw/files/papers/PhysicsofSailing.pdf>

The Physics of Sailing by Bryon D. Anderson in Physics Today

(webpage) <https://pubs.aip.org/physicstoday/article/61/2/38/413188/The-physics-of-sailingSails-and-keels-like>

(pdf) https://gewa.gsfc.nasa.gov/clubs/sailing/RESOURCES/Physics_of_sailing.pdf

An Explanation of **Sail** Flow Analysis – Stanford Yacht Research

<http://syr.stanford.edu/SAILFLOW.HTM>

How a Sail Works: Basic Aerodynamics
aerodynamics/

<https://nomadicsailing.com/blog/how-a-sail-works-basic-aerodynamics/>

Busting the Hull Speed Myth (Sailing Monthly 2023) <https://www.yachtingmonthly.com/sailing-skills/busting-the-hull-speed-myth-82832>

The Truth of Hull Speed <https://www.youtube.com/watch?v=aYII3WK2WIw>

Hull Speed (wikipedia) https://en.wikipedia.org/wiki/Hull_speed

Hull Speed Calculator <https://www.omnicalculator.com/sports/hull-speed>

Hull Speed <https://www.schoonerman.com/science-of-sailing/hull-speed.html>

Sailor Explains: What Caused the Fastnet '79 Disaster

<https://www.youtube.com/watch?v=GmT0SAMwDVI>

Physics of boats and waves – excellent!

Many of the handouts used in Intro to Keelboat are based on the book [Sailing Fundamentals](#), which is available at Outdoor UW or from [Amazon.com](#).

Stretching and other Exercises for Sailing

Fitness Means Flexibility – Sailing World

<https://www.sailingworld.com/how-to/fitness-means-flexibility>

Pre-Sailing Exercises – US Sailing

<http://www.ussailing.org/pre-sailing-exercises/>

Sailing Fitness: - The Importance of Proper Stretching – Sail1Design

<https://www.sail1design.com/sailing-fitness-stretching/>

Sailing Exercises – Offshore Sailing School (Strength as well as flexibility)

<https://www.offshoresailing.com/exercises-for-sailing/>

Sailing Stretches and Flexibility Exercises – Stretch Coach

<http://stretchcoach.com/articles/stretches-for-sailing/>

A Winter Fitness Program for Sailing Windsurfing and Kite Surfing

<http://iglimpse.co.uk/blog/2013/02/a-winter-fitness-program-for-sailing-windsurfing-and-kitesurfing/>

Pirate Movies – a list with reviews

<https://www.thepirateking.com/movies/index.htm>



Hooper Sailing Club

Note about updates and changes – Ver. 24.54 - 12 Feb 2024

I intend to be modifying this extensively. It is intended to be used in pdf format so that the links are active. However, I show the full links without underlining so that they are easier to read. This pdf has extensive bookmarks corresponding to the table of contents. **If any of the links do not work, please let me know.** Here is a link to email me: Sail@addbalance.com

Here is a [link](#) to the latest version.

<https://addbalance.com/Sail/Sailing%20Links.pdf>

[Back to Table of Contents](#)