



ADVANCED - RACING CREW COURSES

Lesson	Theory	Date	Practice	Date
1	Basic knowledge of Aerodynamics - Trimming of Main Sail - Genoa	18/01/2011		22/01/2011
2	Spinnaker: asymmetrical and symmetrical	25/01/2011		29/01/2011
3	Navigational instruments - Familiarization with GPS-Plotter / VHF	01/02/2011		05/02/2011
4	Safety on board	08/02/2011		12/02/2011
5	Local Meteorology	15/02/2011		19/02/2011
6	Races - Balancing systems - Supplementary comprehensive lessons	22/02/2011		26/02/2011
7			I. Karapetis One Day Sailing Race	13/03/2011*
8 & 9			Methana Two Day Sailing Race	2-3/04/2011*
	Theory lessons will take place at the lounge of NOTK - 19:30 to 22:00			
	Practice lessons: 10:30 to 16:30			
	* Dates of Races to be announced upon the finalization of 2011 program. Participants: Maximum 7 / Minimum 6			