

Trim

Poul-Richard Høj-Jensen · BDA Magazine 2006 Annual, p. 11

Summary. Two crew-work tips. When tacking with the winchless genoa system, the front crew should ease and re-take the fine tune while the middleman handles the coarse genoa sheet, so nobody crosses the cockpit and weight distribution helps the boat accelerate. Downwind, heel the boat to weather with the front crew next to the mast and the middleman on the side deck so the helm can see; the frontman holds the spinnaker downhaul so the pole can come back when surfing while the middleman eases the sheet. Steer to follow the spinnaker, as kite surfers do, rather than holding a steady course and trimming the kite to it.

Tacking

The genoa winchless system is sometimes used incorrectly, which slows tacking. It was designed so the front crew should ease the fine tune and take it in again on the new tack.

The middleman lets off and pulls in the coarse genoa. This way the crew never crosses in the cockpit and has a better weight distribution, resulting in a quicker manoeuvre and acceleration from the tack.

Downwind

Heel the boat to weather; the front crew sits next to the mast and the middleman on the side deck, allowing the helmsman a better line of sight.

The frontman holds the spinnaker downhaul so the pole can come back in surfing whilst the middleman eases the sheet.

I try to employ the same principle as the kite surfers – follow the spinnaker rather than staying with a steady course and requiring the spinnaker to be trimmed to this.

Keep the boat behind the power!

— Poul-Richard Høj-Jensen

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