

**Thistle Winter Training Series**  
Hosted by Fleet 133 and The Florida Yacht Club  
**February 3-4, 2007**  
**February 17-18, 2007**

**Summary:** The plan is to have a flexible, informal, fun weekend learning to sail Thistles better and faster. Skip Dieball of Quantum Sails has several drills that we will utilize to accomplish this goal. The plan is to have a coach boat that will be manned by a rotation of Skip, Greg Griffin, Scott Griffin, Craig Koschalk, and Paul Abdullah. At the latest day of Thursday prior to each event, the decision will be made to “go” or “no go” based on the weather forecast. Since people will be traveling long distances, this will avoid a “wasted trip” due to weather. So far we’ve had a very mild winter and it will hopefully continue. Anyone is welcome to attend; we just need to know if you are coming so we can plan accordingly. The only costs will be for your food and beverage and maybe a small fee(\$5) if we get a videographer. We can arrange to store your boat as well. It should be a great time of learning and fun.

**Focus:** Improve boat handling, boat positioning, timing and smoothness through mark roundings, tacks and gybes. Improve boat control (acceleration and deceleration). Improve starting.

**Schedule for both Events:**

<b>Saturday</b>	<b>Rig Boats</b>	<b>0900</b>
	<b>Drill Briefing</b>	<b>1000</b>
	<b>Drills Begin</b>	<b>1100</b>
	<b>Debrief &amp; Dinner</b>	<b>1900</b>
<b>Sunday</b>	<b>Drills Begin</b>	<b>0900</b>
	<b>Thistle Fleet 133 Races</b>	<b>1230</b>
	<b>(Anyone can participate)</b>	

**More Information:** Contact **Greg Griffin** for further information or to let us know you plan to attend. [thistle3746@comcast.net](mailto:thistle3746@comcast.net) or 904.388.4394