

"If there is any one person responsible
for the success of the current generation
of British sailors it is Jim Saltonstall"

BEN AINSLIE

RACE TRAINING

with JIM SALTONSTALL



FROM OPTIMIST TO AMERICA'S CUP

Race Training With Jim Saltonstall From Optimist To Americas Cup

J Elliott



Race Training With Jim Saltonstall From Optimist To Americas Cup:

Race Training with Jim Saltonstall Jim Saltonstall, 2006-02-01 Aims to improve every aspect of a racer's personal performance

Race Training with Jim Saltonstall Jim Saltonstall, 2016-07-21 Race Training with Jim Saltonstall is for all those who wish to improve their personal performance within the most challenging sport in the world. It is aimed at racers at all levels of the sport from club right through to international level. It aims to improve every aspect of a racer's personal performance from the most important self-preparation to boat preparation, boat handling, boat tuning, race strategy, starting tactics, racing rules, compass work and meteorology. The book is aimed at all classes: dinghies, keelboats, catamarans and windsurfers, as well as coaches at all levels, providing training programmes and exercises. Jim Saltonstall's method of coaching and race training is acclaimed worldwide. This book is certain to be welcomed by his devotees as well as newcomers to the sport of racing. If there is one person responsible for the success of the current

On Course to Win Jim Saltonstall, 2013-02-15 Jim Saltonstall has coached multiple National, European, World and Olympic racing champions including Ben Ainslie, one of Britain's most successful Olympians. This quick reference handbook distills the wisdom of 40 years in the business to help all dinghy, yacht and windsurfers to improve their performance in one of the most challenging sports in the world. The book tackles all the issues that can arise at any point on the racecourse from the starting line to the first mark to the finish line. It explains how to prepare for a race and how to get the best out of the boat in an accessible format: bite-sized advice, tips and wisdom, and with an encouraging approach offering intelligent analysis peppered with Jim's trademark sense of humour. Featuring photographs that illustrate specific aspects of all races and a checklist of all the key issues racers need to think about as they progress around the course, this book should be in every would-be champion's kitbag both on and off the water. Endorsed by Ben Ainslie and with a foreword by Olympic gold medal winner Iain Percy.

Bibliography of Nautical Books, 1995

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