

# Teamwork In the 3 Man Boat

Courtesy of North Sails

1) Everyone should know their responsibilities

Before the race begins:

- a) Who brings the watch, water, life jackets, etc.?
- b) Who checks over the boat, hiking straps, shroud ringdings, etc.?
- c) Who goes to the skipper's meeting? Whose job is knowing the course?
- d) The same person should pack the spinnaker the same way each time.
- e) Who trims the various controls?

2) Teamwork up the weather leg

Know your responsibilities for tactics:

Forward Crew might read compass and worry about boat speed. Middle Crew might feed in the game plan information, "whole battlefield and close combat". Skipper concentrates on steering and sneaks a quick glance around while digesting information from the other two crew. He alone makes the decision.

3) Teamwork approaching the weather mark

Forward Crew puts spinnaker pole up, puts spinnaker guy into eye and undoes spinnaker.

Middle Crew plays jib and hikes. Skipper plays main, steers.

4a) The Hoist

Forward Crew pulls spinnaker guy back uncleats jib and allows to luff, looks for mark. Middle Crew concentrates on getting spinnaker full and flying, always making sure boat is balanced before trimming. Skipper hoists spinnaker to knot, eases main and concentrates on steering towards mark.

4b) The Hoist - heavy air alternative

Forward Crew pulls spinnaker guy back, uncleats jib, allows to luff and hikes. Middle Crew hoists spinnaker and pulls centerboard up. Skipper eases main way out and holds onto spinnaker sheet. He does not trim sheet until boat is balanced; then gives sheet to middle crew.

4c) The Hoist - if stuck and must hoist the spinnaker to weather

Forward Crew grabs whole spinnaker in arms and stands up. Spinnaker pole is not up.

Middle Crew pulls all slack out of spinnaker sheet and guy. Pulls sheet around slightly.

Skipper sails dead before the wind and pulls spinnaker halyard up. Counts 1,2,3 then hoist spinnaker quickly while forward crew throws spinnaker and middle crew pulls spinnaker sheet.

5) After Hoist

Forward Crew balances boat, drops jib from full luff, eases cunningham, outhaul and checks vang.

Middle Crew flies spinnaker only. Skipper trims main, pulls centerboard up to balance helm, steers for mark.

6) On the Reach

Forward Crew balances boat facing aft ( unless it's blowing) so that they can call puffs and watch

competition. Cleans up boat readying for gybe. Middle Crew flies spinnaker only. Skipper trims main, steers for mark or for defense as forward crew says. Steers waves.

## 7) Sailing into Gybe

Forward Crew hands old spinnaker guy (new sheet) to middle crew. Removes old guy from guy hook. Middle Crew grabs old spinnaker guy (new sheet), takes up slack, begins to square spinnaker as skipper bears off. Skipper overtrims main slightly, bears off slightly.

### 8a) The Gybe (from the cockpit)

a) Forward Crew reaches up, legs braced against foredeck, releases spinnaker pole from spinnaker guy and mast. Pole hangs on topping lift. Middle Crew moves to center of boat holding spinnaker sheet and guy always watching spinnaker. Skipper moves to windward seat or rail, continues to bear off slightly.

b) Forward Crew moves to middle of boat under vang and balances boat. Middle Crew sits on new windward seat or rail, concentrates on spinnaker, keeping it full, always ready to dump spinnaker sheet, if necessary; never dump guy. Skipper bears off very hard, ducks as boom crashes overhead and quickly sits on windward rail.

c) Forward Crew reaches up, grabs new spinnaker guy and hooks spinnaker pole to guy and mast. Takes new spinnaker guy from middle crew and hooks in guy hook and cleats. Hikes! Middle Crew releases new spinnaker guy, concentrates on spinnaker. Skipper rebears off, completing "S" turn, eases mainsheet, if necessary.

### 8b) The Gybe (on deck)

a) Forward Crew goes up on deck, facing forward, leans back against mast with feet spread and releases spinnaker pole from old guy and mast. Pole hangs on topping lift. Middle Crew moves to middle of boat holding spinnaker sheet and guy always watching spinnaker. Skipper moves to windward seat or rail, continues to bear off slightly.

b) Forward Crew continues facing forward, grabs the new spinnaker guy, hooks into pole and hooks pole to mast. Middle Crew sits on new windward seat or rail, concentrates on the spinnaker, keeping it full, always ready to dump sheet, if necessary; never dump the guy. Skipper bears off very hard, ducks as boom crashes overhead and quickly sits on windward rail.

c) Forward Crew comes off deck, grabs spinnaker guy from middle crew, places in guy hook and cleats, then hikes if necessary. Middle Crew releases new spinnaker guy and concentrates on flying spinnaker. Skipper rebears off, completing the "S" turn, eases mainsheet if necessary.

## 9) Going into the Drop

Forward Crew pulls on cunningham, outhaul, eases vang and hoists jib making sure it is luffing. Middle Crew concentrates on the spinnaker. Skipper drops the centerboard, cleans up mainsheet, positions boat for mark rounding.

### 10a) The Drop - to Windward

a) Forward Crew releases the spinnaker pole from mast and guy, leaves pole hanging on topping lift, grabs spinnaker and pulls down to windward. Middle Crew lets go of spinnaker sheet, grabs jib sheet and trims jib. Skipper uncleats spinnaker halyard when forward crew is ready, trims main, begins to round mark.

b) Forward Crew continues stowing spinnaker, then grabs jib sheet. Middle Crew lets go of jib sheet, takes mainsheet and helps skipper finish trimming main. Skipper finishes mark rounding and trims cunningham and traveler.

#### 10b) The Drop - to Leeward

(not recommended)

a) Forward Crew leaves pole up, goes to leeward, grabs the middle of the spinnaker and pulls. Middle Crew releases spinnaker guy and sheet and lets luff, grabs jib sheet and hikes. Skipper uncleats spinnaker halyard when forward crew is ready, trims main, begins to round mark.

b) Forward Crew quickly stuffs spinnaker and moves to windward side as soon as possible. When everything is stable, goes forward to get spinnaker pole down, takes jib sheet. Middle Crew lets go of jib sheet and hikes, helping skipper trim mainsheet, if necessary. Skipper continues to round mark and trims cunningham and traveler.

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