

# *Competitive J/105 Boathandling*

## **Chalk Talk Notes: Spinnaker Douses**

### **Three Different Types**

#### **1. Leeward Douse**

Happens when the boat is approaching a leeward mark on Starboard Tack

#### **2. Windward Douse**

Happens when the boat is approaching a mark on Port Tack

#### **3. The Gybe Take-down**

Begins as a Leeward Douse would but incorporates a gybe that scoops the sail into the cockpit

All mark roundings can have two distinguishing stages:

- The Set-up where the spinnaker comes down
  - The rounding where the actual turn is executed
- Proper preparation in the Set-up stage is necessary for good execution in the Rounding stage.*

### **General Process (Leeward Douse)**

- 1. Unfurl the jib**
- 2. Bear away enough for the team to control the spinnaker**
- 3. Trim the spinnaker in tight**
- 4. Release the tackline**

5. Retract the bowsprit
6. Release the halyard
7. Gather the spinnaker
8. Head up around the mark
9. Trim the jib and main and hike out

## **The Driver**

### **Procedure:**

1. Communicate overlap with other boats
2. Bear away for control of the spinnaker
3. Take a last look at options for the windward leg
4. Communicate the rate of the turn and sheeting necessary

### **A note on the finer points:**

Start thinking and acting on the rounding early. Generally the last third of the leeward leg is spent considering how to set up for the best rounding. This also helps insure an inside position at the mark.

## **The Main Trimmer**

### **Procedure:**

1. Pulls the jib sheet to unfurl the jib
2. Takes the spinnaker sheet for the last moment
3. Grabs the main sheet to trim during the rounding

## **The Headsail Trimmer**

### **Leeward Douse and Gybe Take-down:**

1. Hands the spinnaker sheet to the main trimmer
2. Releases the tackline

3. Releases the bowsprit
4. Releases the halyard
5. Grabs the jib sheet to trim for the rounding

#### **Windward Douse:**

1. Hands the spinnaker sheet to the main trimmer
2. Unfurls and presets the jib
3. Releases the tackline
4. Releases the bowsprit
5. Releases the halyard
6. Grabs the jib sheet to trim for the rounding

### **The Mastman**

#### **Procedure:**

1. Presets the outhaul
2. Hops down below
3. Gathers the spinnaker through the forward hatch
4. Goes for the rail

### **The Bowman**

#### **Procedure:**

1. Makes sure the spinnaker halyard is uncleated
2. Grabs the port spinnaker sheet
3. Pulls the entire spinnaker onto the foredeck
4. Stuffs the sail down the forward hatch
5. Resets the halyard with a piece of tape on the shrouds to be sure it's clear for the next set
6. Hits the rail to hike for the upwind leg

### **A note on technique:**

The Bowman has to pay particular attention to keeping the foot of the sail on deck, and it is also good form to “paw” at the spinnaker gathering the loose parts first since those are the bit that can get in the water.

## **The Sixth Person**

The sixth person allows the headsail trimmer to stay focused on trimming, which also allows the main trimmer to watch course considerations more carefully

### **Procedure:**

- 1. Hops into the cockpit**
- 2. Unfurls the jib and presets the jib sheet to an eased setting**
- 3. Releases the tackline, bowsprit and pole**
- 4. Goes for the rail to hike out as the boat rounds the mark**