

playing the shifts: **oscillating winds**

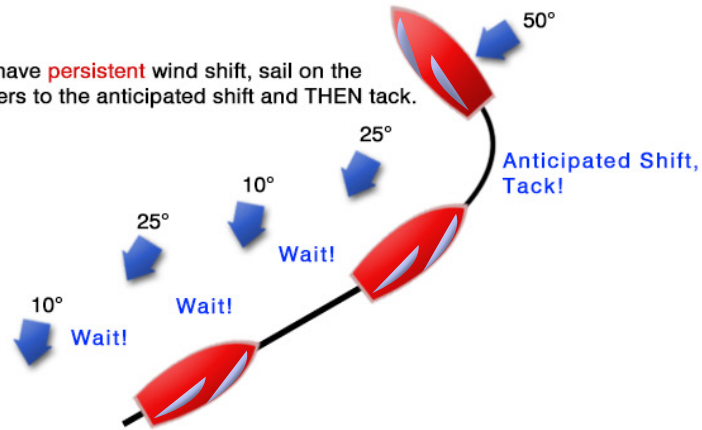
When the wind is **oscillating** back and forth, tack on the headers and sail for the lifted tack.

Wind shifting to the right, time to tack!

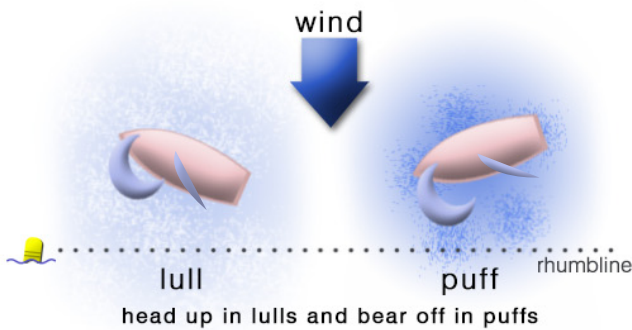


playing the shifts: **persistent shifts**

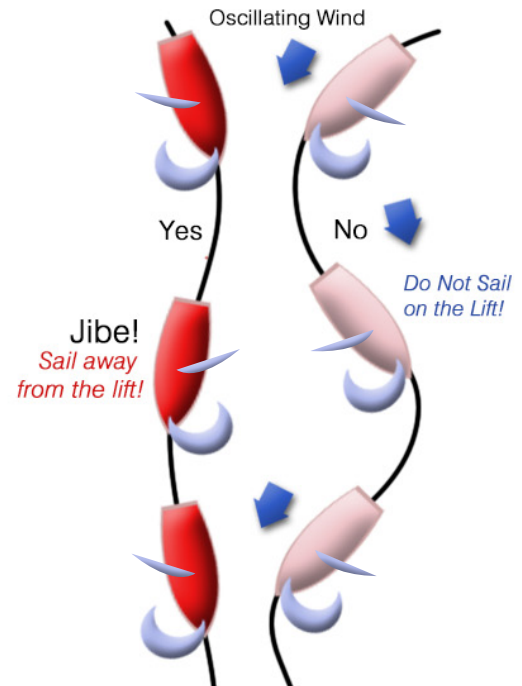
When you have **persistent** wind shift, sail on the small headers to the anticipated shift and THEN tack.



reaching: **Head Up In Lulls**



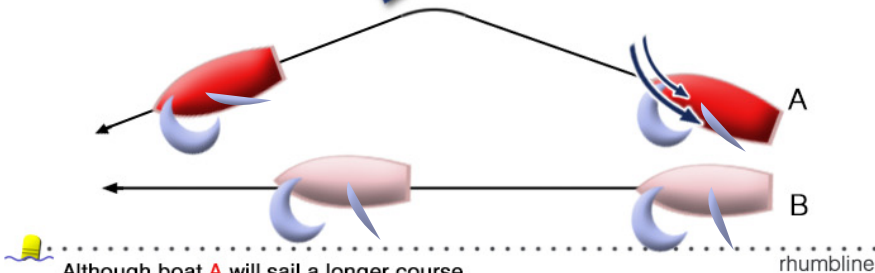
downwind: **Jibe On The Lifts**



reaching: **Go For VMG**

light winds

Steering a higher course will increase your apparent wind, resulting an increase of speed and VMG



Although boat A will sail a longer course, boat A will arrive sooner to the jibe mark.

Unlike when sailing windward and tacking on a header to catch a lift in an oscillating breeze, during a downwind run, you should jibe on the lifts and sail on the headers. This will allow you to sail away from the next wind shift and maximize your VMG to the mark.