

# NORTH U.

## Sail Trim & Boat Speed SEMINAR Seawanhaka Corinthian YC

*Saturday, March 2; 9:00–4:00 PM*

Check-in: 8:30

Seminar: 9:00 - 4:00 PM

Hosted by  
**Seawanhaka Corinthian Yacht Club**  
314 Yacht Club Rd  
Centre Island NY 11771.

**Pre-Register and Save:**

**SCYC Members \$65** (\$75 at the door)

**Non-Members \$75** (\$85 at the door)

**Junior Sailor \$25** (\$30 at the door)

**includes seminar and lunch**

*\* Risk Free Registration: Full Refund if you Cancel*

[Click for Full info and Registration](#)

[Register Here](#)

38 years ago North U wrote *the book* on Sail Trim. We constantly revise our curriculum to provide the latest insights into sail shape, sail trim and boat speed.

In this full day seminar we cover Upwind and Downwind Sail Trim and Helming with a mix of video, photos, animations, diagrams, and our exclusive Upwind Sail Trim Simulator.

You'll learn how angle of attack, depth, and twist control sail power; and learn proper trim for light, moderate, and heavy air. You'll also learn how optimum trim changes with sea state and how to tell when you are set up right.

Then we'll turn downwind and explore spinnaker trim for both symmetric and asymmetric spinnakers and see how changes in trim and shape can improve performance and control in all conditions.

The difference between good and great trim is subtle but critical.

Come to North U and **learn Fast.**



**INSTRUCTOR**

**Bill Gladstone**  
**North U Director**

Author of the *North U Trim* and *North U Tactics* books, Bill has been teaching sailing and racing for over 40 years. Graduates of his programs are winning races in fleets throughout the world.

*Turning Sailors into Racers and Racers into Winners since 1980*