



The North U Seminar Tour (combines the Boatspeed & Tactics Seminars)

by Bill Gladstone

Hosted by the Eastern L. I. Yachting Association (ELIYA)

Thursday, April 3, 2014

6pm to 9pm (registration/sign-in at 5:30)

at the Hilton Garden Inn Riverhead

2038 Old Country Rd., Riverhead, 11901

631-727-2733



The North U Seminar Tour

This 3 hour **evening seminar** is less structured than the full day **Boatspeed** and **Tactics** seminars (described on the next page). The **Tour** format combines highlights from the North U Boatspeed and Tactics Seminars in an engaging, interactive program that can be customized on the fly to suit the audience. Highly interactive, this program uses a case method to explore the essentials of racing success.

Seminar Costs (ELIYA is absorbing a great portion of the costs):

US Sailing Members - \$25

Non-US Sailing Members - \$50

We hope all owners and crew want to become US Sailing members (If you are a new member, you will receive the complete *Racing Rules of Sailing for 2013 - 2016*). You will also get discounts at West Marine, Sperry Top-Sider, and more. **ELIYA is a Member Partner with US Sailing so you can get discounted 1-year membership by joining from the link:**

<http://www1.ussailing.org/membership/MPP/Default.aspx?ycid=1001911>

Individual membership for \$50 (usually \$60)

Family membership for \$75 (usually \$90)

Youth membership for \$20 (usually \$25)

You become a member immediately when you pay online and can even print out a temporary card while you wait for a nice packet in the mail.

Food & Drink Info: "Boat mix" will be available on each table and water will be available in the room. The restaurant is open 5 to 9pm, so you could have a light dinner there first and the bar is open 5 to 10 or 11. There is also a pantry room nearby with vending machines with soda, bottled water, snacks and more. There is an Applebee's Restaurant nearby that is open late, if you want to have dinner afterwards.

Directions to the Hilton Garden Inn Riverhead

2038 Old Country Rd., Riverhead, 11901

631-727-2733

From West: take 495 (Long Island Expressway or LIE) east or Rte 25 east to Old Cntry Rd or Cnty Rd 58 .

Take Exit 73 of the LIE (Old Country Road or County Road 58 East). When exiting the LIE you will go past our hotel on your left when Tanger Mall is on your right. Reverse direction as soon as possible (safest is probably to make a left at the light just before Applebees and then a right back onto County Rd 58 heading west). There is a right turn only lane to enter the parking lot before the hotel further ahead on the right.

From East: take Old Cntry Rd or Cnty Rd 58 west.

Take County Rd. 58 west, you will go past Applebees on your right, and after the light where you could make a left into Tanger Mall, there is a long right turn only lane to enter the parking lot before the hotel further ahead on the right.

Top Instructors

Not every great sailor is a good teacher. Our seminar leaders combine outstanding racing skills with years of teaching experience. The focus is on your sailing, not their sea stories. Bring your questions... Leave with answers.



Instructor Bio - Bill Gladstone

Bill Gladstone is the Director of North U and author of the North U Racing Trim, North U Racing Tactics, and North U Cruising and Seamanship books and discs. In addition, Bill is a collaborator in the creation of the Rules and Match Racing programs and materials.

Bill's racing experience covers the spectrum, including everything from dinghies to Maxies, ponds to oceans, and foredeck to helm. He has finished in the money in Key West Race Week, the SORC, Block Island Race Week, Chicago NOOD, Annapolis to Newport; Chicago to Mackinac, the Annapolis Fall Series, NYYC Race Week, and Queen's Cup.

Bill's cruising grounds range from the San Juan Islands of the Pacific Northwest to the Caribbean and include the Great Lakes and Eastern Seaboard. "The joy of cruising is also its challenge. You get to do and try everything. The learning never stops!"

Bill has been teaching sailing and racing for over thirty years. Graduates of his seminars number in the thousands. They are winning races in racing fleets and cruising with confidence the world over.

The North U Seminar Tour

This 3 hour **evening seminar** is less structured than the full day **Boatspeed** and **Tactics** seminars described here:

The full day **North U Boatspeed Seminar** description:

No matter what you race, you've got to be fast to win. If you race sailboats, then the North U Boatspeed Seminar is for you.

The **North U Boatspeed Seminar** covers boatspeed all the way around the course. Upwind topics include mainsail and jib trim, helming, and a special Trim Solutions section to solve the most baffling problems in upwind performance. The TRIM curriculum shows how angle of attack, depth, and twist combine to control upwind performance, and how to change trim to improve performance. The interactive Sail Shaper allows you to see how changes in sail controls change sail shapes, while video clips show real life trim and performance technique.



The full day **North U Racing Tactics Seminar** description:

North U. Tactics Seminars teach racing strategy, tactics and rules with an emphasis on practical, straightforward ideas that will help you win.

Learn the latest in racing tactics in an interactive Multi-Media format. Hundreds of tactical scenarios play out in full motion. Topics include starting tricks to keep you in control, strategy when you know what the wind will do, and when you don't, priorities in mixed fleet racing, and breakthrough insights on downwind wind shifts. You'll learn how to tell if you are tacking too much, when to split and when to cover, and key differences between reaching and running tactics. You'll also learn how to avoid sailing into corners, come from behind tricks, and more.

What can be ordered in advance or purchased there (as long as supplies last).

If you want to buy any of the below items at the seminar, note it on the registration form so that they will be made available, but there are other books and discs available directly from the store at North U online. There are some deals for combos, so take a look at:

<http://www.store.northu.com/northustore/tabid/60/entityname/category/categoryid/1/segment/racing/default.aspx>

Seminar Books: \$18 per student (regular retail price is \$25).

Seminar Discs: \$25 (regular retail price is \$40).

North U Trim Book

Written by Bill Gladstone, the North U Trim Book covers every facet of sail trim, boatspeed, and boat handling. It is the compliment to the acclaimed North U Racing Tactics. The new sixth edition includes over 200 information packed pages. Sections on Trim Solutions solve the most baffling problems in performance, while the boathandling sections show how you can turn your crew into a cohesive team. Excerpts have appeared in SAIL, Sailing World, and Yachting. You can add the Trim Book to your registration at a discount.



North U Trim Disc

Our revised Trim Disc shows sail trim and boat handling in full motion. The Trim Disc includes animations, photos, and new video segments. You'll see how changes in trim change performance, and learn the latest in boat handling. We use the TRIM Disc to teach the class, but it is packed with more info than we can cover in a day. No worries: You get the complete disc to take home for review and further study.



North U Tactics Book

The North U Racing Tactics book (7th Ed) covers racing tactics, strategy and rules. Written by Bill Gladstone, the 180+ information-packed pages serve as both a seminar text and comprehensive reference. The new edition covers the latest in racing technique, including the current rules, in a graphically driven format which facilitates easy recall. This edition also features insights on wind and windshifts that will change your understanding of both upwind and downwind performance. In addition, North U Tactics explores tactical approaches for catching up from behind (just in case you don't lead all your races all the time). North U Racing Tactics - the most complete text on modern racing tactics.



North U Tactics Disc

The perfect companion to our acclaimed book is the new fifth edition North U Racing Tactics Disc. The course is taught using the North U Racing Tactics Disc. The Disc puts tactics in motion with diagrams, animations, photos, photo sequences, and hours of video! The Disc also features our exclusive interactive Wind Shift Simulators and Tactical Situation Maker. With the simulator, you can set up your own scenarios to learn proper positioning for wind shifts both upwind and downwind. The Tactical Situation Maker allows you to create and analyze tactical situations of your own design.



The meeting room can only hold 66 participants so, to be assured of a seat, send the below completed form and your check for attending made out to **ELIYA** to:

ELIYA, c/o Joan Worthing
104 So. Magee St.
Southampton, NY 11968

so that she should receive it by Tuesday, 4/1.

You can pay at the door (but still need a reservation by Wednesday, 4/2 at noon so correct tables can be set-up).

If not reserving by snail mail, email Joan Worthing by Wednesday, 4/2 at noon, the below completed form info to: JoanWorthing@optonline.net (put ELIYA in the Subject please) and let her know that you will pay at the door.

If you have any questions call Joan at (631) 287-3205 or email JoanWorthing@optonline.net.

_____ Number of US Sailing members attending (\$25 each)

_____ Number of others attending (\$50 each)

_____ Total Amount (of check enclosed) or (at door) - circle one

(To get US Sailing member discount, put the membership number after their name)

Name(s) _____

List any books or discs (and how many or each) that you want reserved for you, but will pay there
(Checks will be made to North U for books and discs).

Complete the information below if you do not already get ELIYA emails for future sailing notifications (races, seminars, social events, etc.) and want to get on the list.

Name _____

Phone(s) _____

Email _____

If you want the ELIYA membership form and Apparent Wind also sent to you by snail mail, then:

Mailing Address _____

Boat Name (optional): _____

Yacht Club(s)(optional): _____