



# High Performance Sailing: Faster Racing Techniques

*Frank Bethwaite*

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## **High Performance Sailing: Faster Racing Techniques** Frank Bethwaite

Some people like to sail. Some people like to sail fast. This is a book about sailing faster. During the past few decades there has been a revolution in the way some boat designers and sailors have thought about, designed, built and sailed their boats. This book is about the new ideas which have led to these greater speeds and the faster sailing techniques which have been developed to achieve them.

High Performance Sailing has become the standard reference work on high speed racing techniques - the bible for racing sailors, from dinghies right through to America's Cup boats. Ground-breaking in its thinking on boat speed, strategy and tactics, and timeless in its application.

Now in its second edition, High Performance Sailing has been brought right up to date with new information, the discoveries from new boat testing and new developments.

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