



The Laser Campaign Manual

Ben Ainslie

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The Olympic Gold Medallist explains how to win in this, the most competitive class. Beautifully illustrated with colour photo sequences of Ainslie in action. An online video including footage of him demonstrating every manoeuvre from starting, tacking upwind to downwind technique is also available. Details of where to view the online videos can be found within the book. Ben Ainslie is the fastest laser sailor on the planet. Here are the secrets that won him Olympic gold, shown in words, photo--sequences, video clips and his commentary. This pack is a colourful, detailed account of how to dominate the world's hottest class. The book contains text and photo--sequences on: Psychology and goal setting / Getting the boat right / Speed around the course / Fitness and training / How to win a championship. The video, available to view online, contains footage video clips and commentary on: * Starting. * Beating. * Tacking. * Roll Tacking. * Windward mark. * Reaching. * Gybing. * Running. * Leeward mark.

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