



# Higher Performance Sailing: Faster Handling Techniques

*Frank Bethwaite*

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**Higher Performance Sailing: Faster Handling Techniques** Frank Bethwaite  
'Monumental!' - Bob Ross, *Australian Sailing*

*High Performance Sailing* is now regarded as the bible of racing sailors and carries a string of endorsements from high achievers. Since its publication in 1984, racing yachts and dinghies have developed out of all recognition - a new high-tech breed of 'apparent wind' fast racers has claimed the water and so far no-one has applied themselves seriously to analysing what makes these boats sail fast (and what will make them faster). This is Frank Bethwaite's ground-breaking achievement in *Higher Performance Sailing*.

By means of extensive research, and working with sailors of different racing calibre, Bethwaite analyses how to harness the apparent wind for increased speed and better position on your rivals. *Higher Performance Sailing* will provide the key to racing sailors' dreams.

## **Praise for Bethwaite's *High Performance Sailing*:**

*'It represents a breakthrough...It is a book that my Olympic squad will benefit from.'*

Rod Carr, former British Olympic Sailing Team Manager

*'Allowed only one "if only" in yacht racing, it would have been to have read Higher Performance Sailing years ago.'*

Bob Fisher, journalist, broadcaster and international championship winner

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