



High Performance Sailing

Frank Bethwaite

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Based on 25 years of research and Olympic coaching, *High Performance Sailing* reinvents the strategies of sailboat racing. It presents revolutionary explanations of wind prediction and boat design, a fundamental rethinking of how to sail a boat fast--literally faster than the wind. Bethwaite's theories boosted the average speed of the highest-performance sailboats from two-thirds the windspeed to windspeed or faster. Bethwaite is Australia's most successful Olympic coach, and his family includes three Olympic sailing champions and three world champions. This book will have a revolutionary impact on racing sailboats and the way they are sailed.

"Essential for any serious racing sailor."--Gary Jobson

"It represents a breakthrough in the way that it relates the theoretical aspects of wind, seastate and rig shape to the way a crew would sail and handle a boat during a race. It has the potential to be a standard reference work on the subject and will not quickly date. It is a book that my Olympic squad will benefit from."--Rod Carr, British Olympic Sailing Team Manager

"Frank's book is a treasure chest, full of brilliant insights into the ways of air and water as they flow around our sailing boats. Best of all, he tells us what to do when we go sailing."--Alan Payne, Designer of America's Cup challengers *Gretal I* and *II*

"Allowed only one 'if only' in yacht racing . . . it would have been to have read Frank Bethwaite's *High Performance Sailing* years ago and to have it available for constant reference. Taking all the advice which he offers from his wide experience would have made championship winning a great deal easier."--Bob Fisher, Journalist, broadcaster and winner of many national and international sailing championships

"The most significant scientific thinking about sailboat racing to come along in three decades. A brilliant and important book for serious racing sailors."--Ed Adams, US Sailing Team Coach; national, North American, and world champion sailor

"Bethwaite's grasp of the entire spectrum of sailing speed is unique and formidable."--Gerry Hoyt, Yacht designer, sailing speed innovator

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Herman Ovalle:

High Performance Sailing can be one of your beginner books that are good idea. We recommend that straight away because this book has good vocabulary that will increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The copy writer giving his/her effort to place every word into enjoyment arrangement in writing High Performance Sailing nevertheless doesn't forget the main position, giving the reader the hottest in addition to based confirm resource facts that maybe you can be one of it. This great information can drawn you into brand new stage of crucial imagining.

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