

Press Release

WILEY  **NAUTICAL**

Be Your Own Tactics Coach **By Jon Emmett**

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Boat speed is not enough - a good understanding of tactics is crucial if you want to win races.

Be Your Own Tactics Coach takes sailors through a comprehensive process to help master race course strategy.

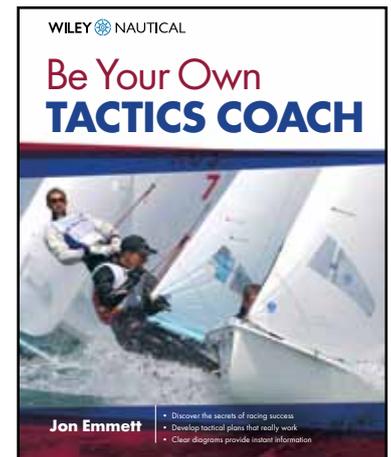
Individual chapters look at every aspect of tactical success from before you get on the water, through the pre-start and start, to the various race stages. Each section contains detailed advice for beginner, intermediate and advanced sailors. Ideal for dinghy sailors, there is also a wealth of advice that will benefit yachtsmen.

Numerous diagrams illustrate every point, allowing lessons to be learned at a glance and making this a useful aide-memoire as well as a tactical text book. Discover whether you're more of 'Finlay Footing' or 'Poppy Pinching' and see what this could mean to your success on the water. There are 47 of these tactical behaviours illustrated with tips on when each one should be brought into play.

Be Your Own Tactics Coach is a practical way to improve your racing results, whether starting out, moving up the club circuit or competing at national level or above.

- Learn the secrets that help win races
- Discover the tactics that will improve your performance
- Clear diagrams ensure immediate understanding

About the author: Jon Emmett is a professional coach and expert dinghy sailor. He is a national and European champion and also a yacht racing tactician who lectures on tactics and racing. He is author of the hugely popular Be Your Own Sailing Coach.





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About Wiley Nautical:

Formerly known as Fernhurst Books, Wiley Nautical was created in 2006. It publishes more than 150 sailing, boating, surfing and diving titles. It is part of John Wiley & Sons, Inc, the global publishing house founded in 1807 that has been a valued source of information and understanding for over 200 years.

www.wileynautical.com

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