



“CONTENDER WORLD”
created by **Marco Versari**



Silver Medalist at the 2008 Contender World Championship English edition

sponsored by International Contender Association
in cooperation with the Italian Contender Association

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CONTENDER world

Learning to rig and sail a Contender

CONTENDER
ITALIA

CONTENDER WORLD

this training video and it is divided in the following chapters:

Chapter 1: **Rigging the boat**

Marco demonstrates how a boat is rigged, explains why it's effective, and offers general rigging tips.

Chapter 2: **Advanced settings**

Still on shore, Marco goes into further details about rigging for those interested in improving boat performance.

Chapter 3: **Sailing Contender**

Marco demonstrates on-the-water moves, including how to safely recover from a capsize, which is an important step for a beginner. Marco also demonstrates and explains basic boat handling techniques, correct boat balance, and trim for every point of sail.



Chapter 4: **Extras**

Marco demonstrates some special drills like sailing backwards, rudderless sailing, and staying balanced.

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The video can be requested to ICA by e-mail: info@contenderclass.org

