

Hi all, George Kingston here.

First of all, a big thank you for a great time in Braassemmermeer. It was my first time there as a coach and I both enjoyed, and gained a lot from the experience. I would like to speak with as many of you as possible at the trials as we've put so much work in that it would be a waste if we didn't monitor our progress and keep improving.

Thomas has covered a lot of important technical issues in his debrief, and to add to that, all said and done, doing well internationally comes down to three things:

1) Belief/Mentality:

I know for a fact that there were at least 20 kids at the event who honestly believed they were there to win it! The sooner the Irish sailors, YOU GUYS, learn that we're as fast and as prepared as any other nation, the sooner we'll take that giant egg home with us on the plane! You guys seemed to spend a lot of time pointing out "Class Sailors" from GBR or from the USA, but when we trained against them we had 4/5 boats in the top ten each time! Think of some of the poorer countries in the world that kick ass at the international Optimist events, do they have fancy lifejackets and warm cruisers with hot soup, no, but they have the BELIEF!

(P.S hot soup = cold coaches dream! Thanks again to the lunch ladies, and gents!)

2) Goals:

Ask yourself – Did you honestly have a plan for the event? And do you have a plan for the trials? And did you tie both of these plans together!!? Ok so I sound like a broken record I know! BUT... What do Tiger Woods, Manchester United, Kelly Slater and Russell Coutts all have in common? GOALS not only goals, but SMART ones;

**S**pecific, **M**easurable, **A**ttainable, **R**elated, **T**imed.

It was really interesting when we had the 'one to one' chats, I felt that I got to know each of you, but statements like "I want to do well" and "I want to get good starts" had to be more specific, and by the end of the week you were saying "I want to be between 25<sup>th</sup> and 30<sup>th</sup> and have my pin end start sorted for the trials". THAT'S MORE LIKE IT!

3) International Competition

You guys are lucky to have the ISA involved as the amount of overseas travel that some of you have had is great. Compare international events to school, your first time is daunting, and you're nervous, (there are bullies and you want to go home!) BUT once you get to know everyone its easy, and once you keep going you'll rise to the top of your class, mark my words! I would encourage everybody to go to the event next year as one week of top class racing is worth 20 Sunday afternoon training sessions. You may not realize it yet, but all of those start lines with 70 boats and the 20 general recalls were the perfect trials preparation!

Finally good luck at the upcoming Trials... Treat every race as the first race. Remember there are 15. Don't get cocky, and don't get frustrated after one bad race. The main thing about this event is to catch every place possible. Be CONSISTENT and CONFIDENT!

And remember that the only place "Success" comes before "Work" - is in the Dictionary!!

Talk soon,

George!