



Braassenmermeer 2008 : general debrief

Team leader : Charlie Bolger

Coaching team : George Kingston and Thomas Chaix

Sailing team : Alex Rumball, Richy Harrington, Tara Flood, Aodh Kennedy, Eoghan Cudmore, Holly Campbell, Patrick Daly, Fiona Daly, Conor Lyden, Ali Dix, Eoin Keller, Lucy Bolger, Mark Condy, Georgina Corbett, Michael Magowan, Xander Morrisson.

General aspects.

The lessons from last year were learnt and the hotel and the cruiser boat were booked once more. This proved to be invaluable again especially with the extreme weather encountered (wind, low temperatures...). Food in the hotel was appropriate and energy levels replenished each night.

The Irish team was very well behaved, respected bed time fairly well, ate very healthy thanks to the excellent food provided at the hotel and the lunches prepared by the parents, and got all necessary rest each day allowing an excellent physiological response to the harsh conditions. All team members were also very open in their exchange with the coaches and the other members of the team allowing everyone to learn, progress and enjoy the experience.

After reviewing notes and your objectives, individual debrief can be done with each sailor at the trials where you will be more than welcome to ask for further feedback or explanation as George and I will be at the trials. Furthermore, I obtained the coaches debrief from team GBR which I found very entertaining and answering several of our difficulties as well. I made it available to all on the website.

The great positives

We can all agree we were delighted with the team results with great smiles at the prizes giving. Well done Aodh, well done Mark! Two top positions and happy faces.

1. I thought the Irish team BELIEVED they could do it with high personal targets but also with realistic personal improvement points (specific goals).
2. After a slow start (as per usual I must say), you were very concerned by setting their boat correctly and asking the right questions.
3. All of you took the event seriously, using all available opportunities to rest, ask the coaches questions and be very true to themselves and honest in their individual exchanges with the coaches.
4. You showed good spirit and excellent attitude towards the toughness of the event.

Improvement points

1. If the starts were well improved with great "fighting spirit", I think most of you are still not applying the basics (too many black flags?) which are:

Know where the line is? (TRANSITS)

Anticipate what the fleet might do as a result of your action? (FLEET MOVEMENT)

Use other sailor's strength, aka a good sailor holding the fleet at the pin. Remember FIN 700?

2. On marks rounding, it looked way better than previous years but there is still a lack of clear anticipation early enough and a lack of vision of what is going to happen.



3. I felt the Irish team lacked structure in their race prep and often had to be teamed up and organised by the coaches. We as a group need to address this to optimise the 30 min before a race when afloat (loads of drifting or sailors sailing on their own?)

Results

There was 214 sailors and 9 nations (GBR, NED, IRL, USA, GER, BEL, SWE, FIN, NOR) entered this year. We sailed 8 races in cold light to medium conditions apart from race 3 which provided 20-25 kts and a few gusts in excess of 30kts.

rk	nat	sailor	R1	R2	R3	R4	R5	R6	F7	F8
1	BEL	Stijn Van Hoye	3	2	3	4	3	7	1	16
2	FIN	Miikka Nikkila	23	10	4	8	2	8	2	2
3	NED	Kevin Peet	2	1	1	4	3	10	17	62
18	IRL	Alex Rumball	46	11	6	1	16	7	48	17
33	IRL	Richy Harrington	12	14	17	22	18	24	41	75
50	IRL	Ali Dix	7	19	5	39	7	37	70	64
51	IRL	Tara Flood	46	Bfd	23	23	19	6	50	11
62	IRL	Eoghan Cudmore	26	44	9	34	17	30	29	83
84	IRL	Patrick Daly	15	41	14	11	Bfd	42	52	77
91	IRL	Aodh Kennedy	11	Bfd	46	7	Bfd	12	8	4
103	IRL	Holly Campbell	47	28	31	36	63	39	15	14
135	IRL	Conor Lyden	28	34	Dnf	55	41	Bfd	37	9
159	IRL	Eoin Keller	43	Bfd	Dnf	36	29	43	81	30
165	IRL	Lucy Bolger	58	37	28	61	31	Bfd	71	50
168	IRL	Michael Magowan	41	42	Dns	51	50	47	84	47
170	IRL	Fiona Daly	65	47	Dns	39	61	32	44	63
181	IRL	Mark Condry	48	Bfd	29	64	39	Bfd	5	6
189	IRL	Xander Morrisson	57	60	Dnf	31	51	Dnf	20	15
204	IRL	Georgina Corbett	67	69	Dns	63	64	Bfd	8	3

8 sailors achieved a junior card (top 50%, top 107) and will therefore be carded for 2009. The girls secured a excellent result among the 59 female entries

rk	nat	sailor
1	NED	Daphne Van der Vaart
2	USA	Olivia Crane
3	GBR	Sophie Hamilton
5	IRL	Ali Dix
6	IRL	Tara Flood
20	IRL	Holly Campbell
41	IRL	Lucy Bolger
43	IRL	Fiona Daly
55	IRL	Georgina Corbett