

Sailors debriefing Braassemermeer 2007

16 sailors
 2 coaches : Tristan Mc Millan & Thomas Chaix
 9 parents

Charter boats : 6 Winners & 10 Van Wettum
 3 RIBs + mother ship

The event

248 entries, 10 countries (BEL, NED, SWE, USA, IRL, GBR, NOR, FIN, GER, DEN)
 North and westerly light breeze 4-10 kts (up to 12 kts on the last day)
 10 races sailed

Results

| | | | | | | | | | | | | | |
|-----|--------------------|-----|-----|----|----|-----|-----|-----|-----|-----|-----|-----|--------|
| 1 | Phil Sparks | GBR | 1 | 2 | 2 | 1 | 4 | 2 | 1 | 1 | 2 | 11 | 16pts |
| 2 | Morgan Kiss | USA | bfd | 9 | 2 | 1 | 3 | 6 | 4 | 3 | 4 | 1 | 33pts |
| 3 | Miikka Nikkilla | FIN | 1 | 19 | 10 | 3 | 2 | 1 | 1 | 4 | 14 | 15 | 51pts |
| | | | | | | | | | | | | | |
| 28 | Cian Oregan | IRL | 13 | 18 | 34 | 6 | 38 | 2 | 10 | 15 | 53 | 26 | 162pts |
| 103 | Jane Butler | IRL | 23 | 39 | 41 | 27 | 39 | 64 | 36 | 45 | 9 | 34 | 293pts |
| 112 | Alex Rumball | IRL | 48 | 37 | 19 | 39 | 71 | 57 | 35 | 28 | 27 | 33 | 323pts |
| 121 | Patrick Daly | IRL | 41 | 35 | 62 | 46 | 28 | 44 | 23 | raf | 44 | 20 | 343pts |
| 141 | Jenny Andreasson | IRL | 37 | 24 | 77 | 43 | 69 | 49 | 51 | 69 | 16 | 30 | 388pts |
| 146 | Eoghan Cudmore | IRL | 72 | 36 | 57 | 26 | 17 | 50 | 48 | 66 | 68 | 28 | 396pts |
| 152 | Katie Gambier Ross | IRL | 46 | 58 | 22 | 57 | 48 | 58 | 43 | 47 | 36 | 56 | 413pts |
| 158 | Scott Flanagan | IRL | 21 | 43 | 58 | bfd | 60 | 36 | 40 | 53 | 31 | bfd | 426pts |
| 167 | Colm O Regan | IRL | 58 | 24 | 12 | 78 | bfd | 13 | 22 | 76 | 73 | bfd | 440pts |
| 174 | Alan Kingston | IRL | 54 | 58 | 40 | 58 | 53 | dns | 47 | 18 | 75 | 53 | 456pts |
| 181 | Killian O Keeffe | IRL | 53 | 51 | 35 | dsq | 32 | 54 | dns | 58 | 4 | 6 | 378pts |
| 204 | Emma Geary | IRL | 60 | 74 | 54 | 42 | 54 | 59 | 61 | 68 | 44 | 31 | 473pts |
| 208 | Andrew Tyrell | IRL | 27 | 65 | 68 | 72 | 62 | 63 | 67 | 53 | ocs | 12 | 487pts |
| 216 | Daniel Drowne | IRL | 50 | 64 | 60 | 81 | 54 | 59 | 64 | 60 | 43 | 54 | 508pts |
| 224 | Paul Martin | IRL | 42 | 80 | 69 | 70 | 65 | 67 | 69 | 78 | 59 | 20 | 539pts |
| 238 | Padraig Finnegan | IRL | 72 | 54 | 76 | 60 | bfd | dnf | 63 | 74 | 53 | 58 | 594pts |

Debrief : key points

- **Food.** Due to the parents choice of food, you all ate extremely well and healthily during the week. None of you suffered from having no junk food so there is no reason why it can't be done at every event. Remember that good food fuels the brain improving concentration and performance
- **Prep ashore.** It was actually pretty good. It was one of the first times we had seen a whole Irish team paying attention to details in getting their boat ready (ties, mast rake...). Your routine looked good. It was also great to see that when you felt your speed or pointing was poor, you used the initiative to adjust your rig.

- **Pre-race routines.** There were not enough team work before each races. If some sailors had a routine, it usually did not involve more than a team mate or two. Doing a split tack is good, but not enough! Don't forget about adjusting your rig/sail/controls for the conditions (speed test).
- **Starts.** Here again, the Irish seemed intimidated by the strength of the fleet and could not get away clear without applying the basics (transit, gap, acceleration). Most of the sailors were not pushing enough. Go into the starts with a positive mental attitude knowing that you can get good one, stay aggressive and push the line the same as you would in Ireland.
- **CONSOLIDATING.** These are the basics to apply on a lake! Have a good start, go to your side of choice and work it taking every lifts you can and keep out of headers. Work the percentages when down the fleet: clean air versus missing a lift. Picking a side does not mean banging a corner! Then you need to place yourself in control of the largest number (that is consolidating).
- **Mark rounding.** Large events with an international standard provide crowdie mark rounding. ANTICIPATION and a good awareness of the situation is very important. Don't deal with a problem when you are in it! Anticipate what may happen and place yourself to take advantage of the situation. **“think ahead, to get ahead”**
- **Downwind.** Don't forget to ease the sprit in light air! Be looking for more breeze and avoid cover. Same as upwind, work a side, but don't bang a corner and make sure you anticipate your leeward mark early enough.
- **Last beat.** In majority of races, Irish sailors loosing places. Reasons are that Irish sailors are not used to the length of the course and a third beat. They are very much mentally unprepared to deal with it!
- **Rule 42.** Sculling! We got too many yellow flags for sculling on the start line. Have a look at rule 42 and make sure you understand well its meaning.

Tom & Tristan