

ILA/ISA MUNSTER LASER SQUAD REPORT

George Kingston Nov 1-4 2007

Hi guys!

Hi all, just a quick report and re-cap on some of the areas we covered during the four days. Firstly, thank you all for coming down to the RCYC for the four days, especially the guys from Tralee and Dungarvan. I thought that we got a lot done considering how difficult the conditions were. The breeze never topped ten knots but we got a total of three days sailing, ten hours afloat, and 8 hours theory. I think it helped that I drew from my own experience as much as possible. I went through the exact same stages you are at now and hopefully gave you food for thought as regards the next step and how to get there.

Areas covered afloat include:

Finding the startline bias

1. Head to wind, centre of line, on the line, multiple checks, clear air.

Roll Tacking

1. Divide the tack into two parts
2. Sit forward, roll gently into the wind
3. Stay down to leeward
4. Jump up and arch your back
5. Make sure your tiller is straight for the final body pump to flatten out.

Finding the layline

1. Tidal considerations
2. Tactics as the upwind triangle gets smaller
3. "Showing low"
4. Sorting your controls, and the order in which you let controls off.

Windward Mark

1. Holding your mainsheet high in the air and dumping it all at once.
2. Leaning the boat to windward and not sitting in too early while rounding.
3. Lift on Starboard on the beat - what do we do on the downwind?
(Don't jibe, but sail by the lee)

Jybing

1. Loads of mainsheet on before going into the jibe
2. A gentle flick as the boom comes to ensure that the sheet wont catch the stern of the boat
3. A body pump to flatten the boat out with the tiller straight in the water

Boat Setup

1. Outhaul rigged on the port side
2. Hiking strap adjuster correct rope thickness and system
3. Outhaul rules
4. Downhaul adjusted for wind conditions before you launch NB

Ashore we talked extensively about

Getting fit

Diet

Heavy wind boat set up

Controlling the fleet

Transition between the 4.7 and Radial

Rules

Event preparation

Goals

During the course of the four days we ran a 4 day series "The George Kingston Invitational" which John O'Flynn from Dungarvan won, well done John. Moira from Tralee won an onion as she made me cry when she somehow went from first to last during race 3. Finally, Mark Taylor won a bread roll, as he has to roll his tacks more

Thanks a lot and I hope you got a lot from the coaching.

See you all soon,

George Kingston

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