

## Topper NI junior squad

### Starting routine

<b>30-60 minutes</b>	<p>On the water pre-start:</p> <ul style="list-style-type: none"><li>• Warm up / Wake up. Little drills while going to race area</li><li>• Stretch the muscles</li><li>• Check current at bottom mark</li><li>• Keep an eye on clouds and compare with forecast</li><li>• Beat up to the windward mark, checking shifts.</li><li>• Do some speed testing with a partner. Time to adjust controls (make a mental note of the optimum settings)</li><li>• Do a split pair with a partner.</li><li>• Check current at top mark.</li><li>• Get back to start line in time for the warning signal.</li><li>• Start thinking about possible plans</li></ul>
<b>In sequence</b>	<ul style="list-style-type: none"><li>• Make sure you get the gun</li><li>• Fix transit</li><li>• Get bias</li><li>• Check windward mark</li><li>• Choose a plan</li><li>• Keep close to the line, practice start (gap, double tack, acceleration...)</li></ul>
<b>2-3 minutes</b>	<p>Approach the starting line.</p> <ul style="list-style-type: none"><li>• Start scouting for a possible spot.</li><li>• Decision time, (finalize your plan).</li><li>• Practice start</li></ul>
<b>1 minute</b>	<ul style="list-style-type: none"><li>• Make sure you are front row</li><li>• Create a space to leeward</li><li>• Defend space to leeward</li></ul>
<b>Last few seconds.</b>	<ul style="list-style-type: none"><li>• Move with fleet</li><li>• Bear off into gap and go!</li></ul>

### Starting exercises (in your club)

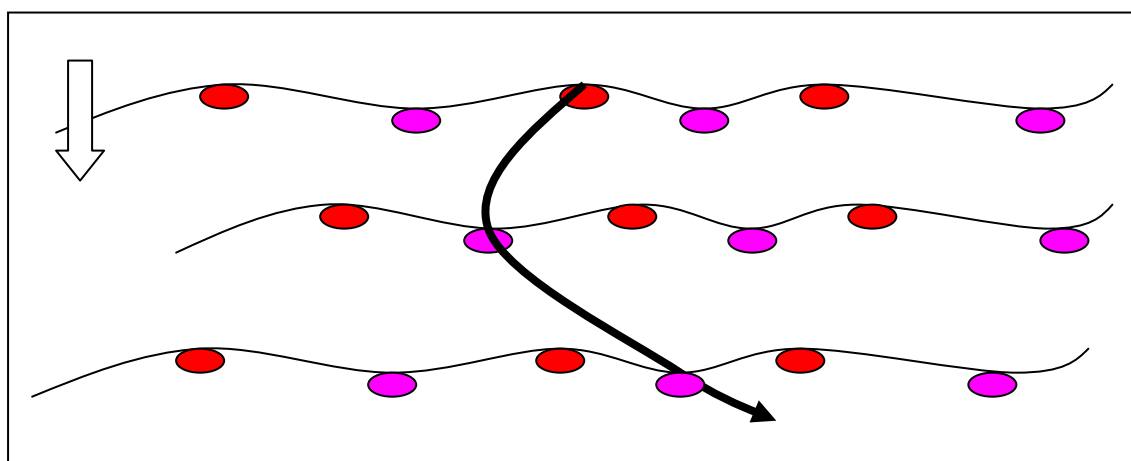
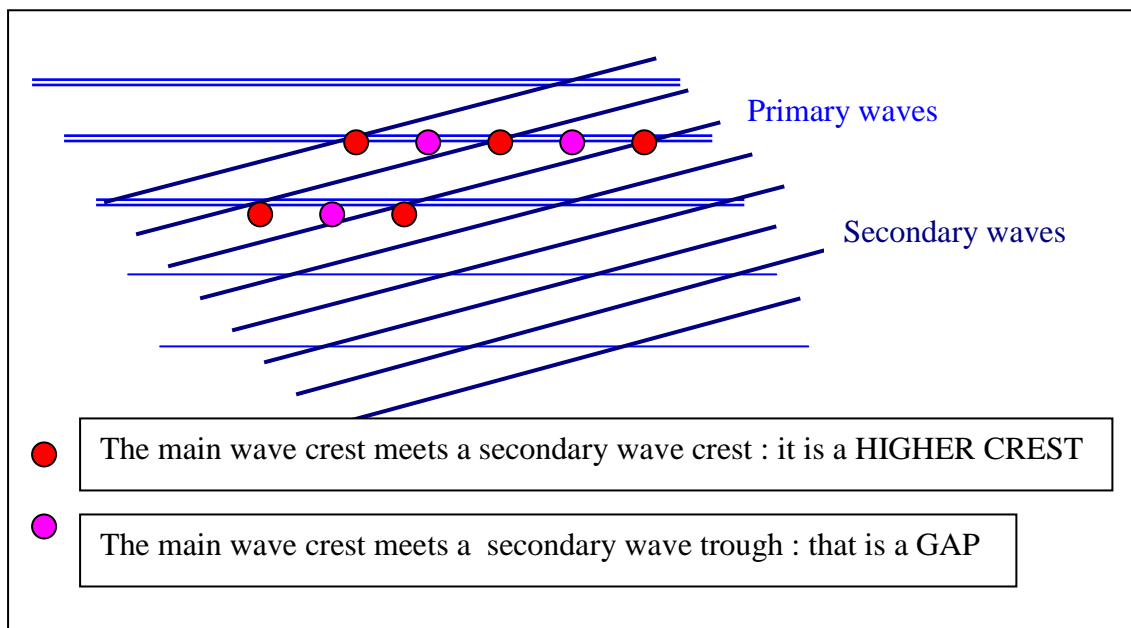
1. maintain position beside a mark (on your own)
2. create a gap (with other boats)
3. double tack, trigger pull...( on your own)
4. timing acceleration (on your own)

5. practice starts (with other boats, at least 10)

### The waves explained (I hope!)

Sailing downwind in waves is like skiing, it is faster downhill! It just means you don't want to be climbing the waves in front of you.

To be able to achieve going downhill all the time you need to understand the concepts of gaps within the crest of the waves in front of you, the concept of higher crest (where you want to be surfing) and transition (going from one surf to another minimizing "slow time")



The idea there is to avoid ploughing into higher crest and using gaps to move from waves to waves. The faster you go the more you can "travel" on the wave to scout for the adequate gap, the one that will allow you to use another big crest. Sometimes you

may have to go through several gaps before getting another monster surf. In black is a short example of what route could be used.

Practice makes better, so when you have the opportunity to train in wavy condition, try hard.

1. look for the waves pattern and try to recognize the crest and gaps
2. practice transition by changing direction from sailing by the lee to a broad reach and vice versa... try to use your sail and your body weight instead of your rudder
3. combine both to execute transition in the gaps in order to maximize your speed downwind.

Best of luck and have fun

Tom