



ISA Laser Munster squad 2007-2008

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Training weekend 10-11 November

Coaching team : Thomas Chaix, Nin O Leary (Sat) & Dave Kenefick (Sun)

Sailors : 13 on Saturday and 15 on Sunday

Sailing conditions : North-westerly both days 8-12 kts. Very shifty and gusty.
Relatively flat water.

Timings & activities

Saturday

10.15 : Review of topics covered by George on previous session to make sure it was all understood.

11.00 : launching after short brief

AFLOAT : 1. little warm up on a very short windward leeward course in the river.
Key aspects covered : **controls, bearing off, pointing up, mark rounding.**

2. Jibing on the whistle down river followed by a beat back up river and another run down river. Checking progress on boat handling. Still work to be done to **minimise use of rudder on both jibe and tack.** Use more **body weight, main sheet** to balance the boat.

3. after a rabbit start, we tried a few speed tests. More work and discipline needed on these starts to be able to achieve worthwhile speed test. It is not race towards the rabbit boat, it is a way to efficiently line up!

4. We ended the session with several start. **Timing, acceleration** and **having a plan** are the main factors to consider.

15.00 : back ashore

15.45 : debrief. Key points described : **making a plan** before the start, sticking to the plan... **boat handling** (tacking and jibing... repeats of previous sessions)

END at 16.15



Sunday

10.00 : rigging

11.00 : launching after short brief

AFLOAT : 1. Short windward leeward in the river in order to warm up and try to apply some of the techniques described on Saturday's debrief.
2. jibing on the whistle on the way out to the start area followed by one upwind session (speed testing, boat handling and tactical checks)
3. 3 windward leeward races (Frosbite). Applying the "keep it simple technique" = **prioritising the external factors** affecting your race. In our case, the wind strength (wind dropping as low as 6-7 kts or picking to 12 kts) and the oscillations were the main factors.

15.30 : back ashore

15.45 : short debrief. Reminder of the exercises and their purpose. Each sailors describing their feelings after weekend.

16.15 : END

A couple of reminder!

Be punctual (morning brief on Sunday)

Check your clew tie (3 went off, humm!)

Use training as training. I mean the important thing is not to beat the others but to improve on your abilities (boat handling, speed, tactical understanding)

Conclusions:

Another good session with about 6-7 hours spent afloat. Next weekend is the last one of the Autumn program. Maria Coleman will be leading the group assisted by Kieran Mc Grath. Maria has been a very successful Olympian with invaluable experience! Get the most out of that experience within the two days... Good luck

Thomas Chaix

16/11/2007