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Debrief Hoorn : Laser 4.7 E-Cup / 16-18 May

Coach : Thomas Chaix

Team assistant : Paul Doran (see specific report)

38 entries, 8 nations (SLO, CRO, ITA, NED, IRL, FRA, GER, HUN)

1	ITA	Giovanni Coccoluto	7	2	1	1	1	7
2	CRO	Toni Banovac	2	3	2	5	4	2
3	CRO	Lovre Perhat	1	1	9	2	5	10
9	IRL	Philip Doran	10	9	11	4	9	6
14	IRL	Wesley Brownlow	13	27	14	23	12	4
15	IRL	Rory Lynch	18	10	12	15	11	bfd
18	IRL	Neil Bermingham	23	13	18	11	26	15
25	IRL	Sean Murphy	26	19	29	22	27	20
26	IRL	Ruth Harrington	24	22	28	28	24	17

The good

- The use of the ISA boats, still in excellent conditions. However a formal “charter form” should be organised to put more responsibility in the sailors using the boats. That said I was impressed by the care given to preparation of the boats.
- Communication was excellent and I felt no barriers. Everyone kept open and honest ashore and afloat.
- Dinner each evening. Well done to our three teams.
- Timing. We did not waste any time and all sailors were right on time for brief, debrief and when we had to move from or back to the accommodation. You also were very good with bed time staying in good form for the 4 days. You also allowed yourself plenty time afloat before each races
- Attitude towards learning despite some bad races, always on the lookout to improve your skills.
- Your application at debrief asking the right questions, participating in everyone learning and especially your will to try what was talked about afloat.
- Correcting your mistakes on a daily base.

The bad

- Start or more specifically the first minute after the start. You need to anticipate more how your direct opposition is going to move on the line beside you. You

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will need your space to accelerate but also make sure no-one will be in a position to cover you..

- The use of the control has been improving along the 4 days and the event was perfect for that matter with perpetual changes in wind strength. However you need to be more active in re-adjusting them
- Be careful not to let the boat heel too much (Ruth, Rory!). Flat is fast!
- Positioning in relation to the fleet. Trade off between clean air, lay lines, lifts and pressure without losing sight that you are racing 37 other boats. This was getting way better for Philip, Rory and Wesley towards the end.
- Reaching techniques. Adjust the controls – dagger board to the “heights “ of the reach then go high in the lull and low in the gust. Don’t let yourself be pushed up!
- Reacting to a shift on the reach : go low if you are being lifted (reach getting very broad). Go high if you are being headed (reach getting tight), especially if the wind are getting light (you want to be the first one to catch the new breeze and you want clean air). Remember that one Philip, cost you valuable points!

The ugly

- Sorry Neil! 3 capsizes in 5 kts of breeze, I hadn’t seen that yet!
- The weather on Saturday
- The PRO forgetting to drop the wind mark on race 6 forced to cancel the race with Sean in 3rd position

The learning

- A better use of the controls
- More thinking around fleet placement (up and downwind)
- Reaching techniques and tactics
- Good planning keeps the camp at peace and things roll gently
- You can cook

Well done and best of luck in Croatia

Thomas
26/05/2008