



Training report 21-22 Oct 2007

Lead coach : Thomas Chaix

Assisting coach : Viviane Chaix

Number of participants: 21 on Saturday (1 std, 4 radials, 16 las4.7)
 16 on Sunday (4 radials, 12 las4.7)

Sailing conditions : southerly both days 10-15 kts. Very shifty and gusty. Few waves entering Cork harbour through mouth (at high tide).

Timings & activities

Saturday (*note that we started the day behind intended schedule!*)

10.15 : introductory talk with sailors and parents. 3 parents designated as club liaison. Martin Fitzgerald for RCYC, Seamus Mc Lavery for Kinsale and Lorna Browne for Tralee. Described "spirit of the program"(time afloat, responsibilities at training, enjoyment, coach input...).

11.00 : rigging checks on boat park

11.30 : launching after short brief

AFLOAT : 1. The reversing exercise on a windward leeward course. When whistle goes, go back to the mark you were coming from. Key aspects covered : **controls, bearing off, pointing up, mark rounding.**

 2. triangle followed by a windward leeward with a Rabbit start. We did 6 of these. Key aspect covered : **controls, reaching** (work the lines aka gust, lull, controls), **mark rounding, lining up for a rabbit start** (need more of these).

 3. triangle followed by a windward leeward with a 3 minutes start on a line. Slight bias to starboard. We did 3 of these. Key aspect covered : **controls, reaching, mark rounding, rules, starts** (whaoo, loads of work to be done : poor position control, no plan, lack of anticipation!!!)

15.45 : back ashore

16.30 : debrief. Key points described : how to use the **controls** (the order of things to de-power a sail)? **Mark rounding techniques** (avoiding sliding sideways, wide then tight, keep boat flat...). **Using the gusts on the reach** (keep the plane by going higher in the lull and low in the gust). rules of training = rules of racing (doing your turns, avoiding contact).

END at 17.10



Sunday

10.00 : rigging

10.45 : short warm up jog with few stretches.

11.20 : 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. Tacking and jibing on the whistle. Start lined up behind RIB. Each drills were about 10-12 minutes long. Key aspect covered: **tacking techniques, jibing techniques, intensity of training** (repetition of the manoeuvre). Need more discipline when lining up behind RIB.

3. the river between two RIBs with a start lined up behind RIB. Key aspect covered: **tacking techniques under pressure, rules, intensity of training** (repetition of the manoeuvre).

14.30 : back ashore

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

16.00 : END

A couple of reminder!

Be on time

Be enthusiastic. You don't have to sail; you do it because you like it and you want to improve your racing skills

Be working hard at training. Capsizing is ok, messing up a manoeuvre is fine as long as you are trying hard. These difficulties are almost necessary to be able progress.

Conclusions:

Very intensive time afloat overall (about 7 hours of active training). Key aspects described at debrief, however not in depth as std of the group very different. A split will allow to answer more specific needs.

Great attitude from all sailors made it a very enjoyable initial weekend.

Thomas Chaix
25/10/2007