

Sailing data squad activities

| Date   | coaches                            | sailors            | Location      | activity          | 0-8kts | 8-12kts | 12-18kts | 18kts+ | comment   |
|--------|------------------------------------|--------------------|---------------|-------------------|--------|---------|----------|--------|---|
| 26-Sep | Thomas Chaix<br>Solenne Brain      | 16                 | Dun laoghaire | Training          | 4.5    |         |          |        | skills session / speed upwind + tacking (wake exercise) / video debrief   |
| 27-Sep | Thomas Chaix<br>Solenne Brain      | 16                 | Dun laoghaire | Training          | 1      | 2       |          |        | skills session / active boat handling + tacking (wake exercise)   |
| 17-Oct | Thomas Chaix<br>Killian            | 13 (am)<br>16 (pm) | RCYC, bank    | Training          | 2      | 2       |          |        | boat handling drills, mark rounding drill, starting drills (short line)   |
| 18-Oct | Thomas Chaix<br>Killian            | 16                 | RCYC, bank    | Training / racing | 3      | 1       |          |        | boat handling drills followed by Cobbler league (2 races)   |
| 27-Oct | Thomas Chaix<br>Killian            | 16                 | Vigo          | Training          | 2.5    |         |          |        | Speed testing ( J +US gp) video / drills  |
| 28-Oct | Thomas Chaix<br>Killian            | 16                 | Vigo          | Training          | 3      |         |          |        | speed testing ( J +US gp) video, very light / starts  |
| 29-Oct | Thomas Chaix<br>Killian            | 16                 | Vigo          | Training          | 3      | 1       |          |        | speed / mark rounding mahem / 2 practice races with Spanish gp/ more speed when winds picked  |
| 30-Oct | Thomas Chaix<br>Killian            | 16                 | Vigo          | event             | 3      |         |          |        | 1 race / several recalls.... Current  |
| 31-Oct | Thomas Chaix<br>Killian            | 16                 | Vigo          | event             | 3      |         |          |        | no races... shifting.... Very light   |
| 01-Nov | Thomas Chaix<br>Killian            | 16                 | Vigo          | event             |        | 1       | 2        | 1      | 3 races... gradually picking  |
| 05-Dec | Thomas Chaix<br>Killian            | 16                 | Palma         | training          | 2      | 1.5     |          |        | drills + 2 training races with SUI and DEN  |
| 06-Dec | Thomas Chaix<br>Killian            | 16                 | Palma         | event             |        | 4       |          |        |   |
| 07-Dec | Thomas Chaix<br>Killian            | 16                 | Palma         | event             |        | 4       |          |        | Waves   |
| 08-Dec | Thomas Chaix<br>Killian            | 16                 | Palma         | event             | 4      |         |          |        | short shop. Very shifty and gusty   |
| 15-Feb | Thomas Chaix<br>Burcu A Giorgianni | 15                 | Schull        | Training          |        |         | 4        |        | Boat handling, speed testing, starts... ended day with match racing drills. 1 race with IODAI   |
| 16-Feb | Thomas Chaix<br>Burcu A Giorgianni | 15                 | Schull        | Training          |        | 6       |          |        | Starts (a lot), team racing (rules), some speed testing (conor, Rob, Daire) trying out sails. Peter, Seafra and Sean D satyed for the IODAI race. |
| 17-Feb | Thomas Chaix<br>Burcu A Giorgianni | 15                 | Schull        | Training          |        | 1.5     |          |        | Windward leeward with Rabitt starts... speed! Not great session. Cold and sailors very stiff!   |