

Kilrush : Feb 3/4 , Topper squad training

Coach : Thomas Chaix

Guest speaker on fitness : Antoine Brossard

Absent : Philip Dorran (Skiing)

Weather condition : Easterly 4-6 knots. Cold. Light current from a Easterly direction
(We stayed inside gates as wind too light to sail on the Shannon estuary)

The small training area directed the themes of the weekend.

- Fitness (with Antoine)
- Boat handling in light Wind afloat

Fitness summary

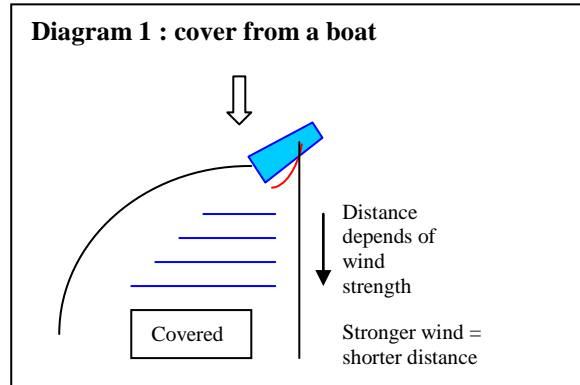
(see power point attachment, Antoine's presentation without the photos)
remember the importance of being fit, especially when light for the boat. This WILL make the difference between you and an unfit good sailor on the third race of a windy event. Stretching and relaxing is an important point of your fitness program or after a session afloat. It will get you ready to race the day after as if you were fresh!

Key areas covered afloat

- *leeward mark rounding*
 1. wide first to be able to exit tight
 2. trim the sail progressively according to your wind angle
 3. minimize tiller movement. Steer the boat with your body (lean in) and do the L shape (not the U turn)
- *Heel the boat upwind*
 1. a slight heel to have a feel of the boat and pressure on the centreboard is acceptable. Too much is not
 2. never heel to windward as you will slide sidewise.
- *position in the boat. Objectives*
 1. find a position allowing you to move your head around to be able to look at your sail (telltales), other boats around and wind patterns
 2. be forward enough but not necessarily sitting beside mast (first point)
 3. your bum is the part of your body helping to keep the lateral balance (heel), by moving right from centreboard case to side of the boat. Shoulders remain "out".
- *Telltales*
 1. sail is your engine
 2. indicator of engine efficiency are your burgee (basic indicator) and your telltales (upwind mainly and fine tuning indicator)
 3. Telltales have to fly parallel to the water line at all time upwind. Adjust your route accordingly.

- *bailer*
- 1. when self bailer not working, close it and use a “bucket bailer” to keep your boat dry (more efficient than the foot technique)
- 2. 20L of water = 20kgs... that is heavy and slows you down

- *Cover and breaking cover*
- 1. see diagram 1
- 2. Being covered is not acceptable unless on a layline or about to round a mark, or finish



- *Tacking*
- 1. minimize tiller movement as it slows down your boat
- 2. Body movements : lean in while pushing slightly the tiller, Then put the shoulders out (not your bum) to induce a roll, slide back slightly at the same time, when the sail is across, stand in your boat and jump forward on the other side to flatten the boat, then swap hands.
- 3. Sail adjustment : keep the sail tight until it fills on the other side, drop it slightly just before you flatten the boat, then pull it back in right after the roll.

Next training
3-4 March, Dun Laoghaire TBC

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