

Topper ISA squad Autumn review

Coach : Thomas Chaix

Dates : 17-18 Nov & 2-3 Dec

Venue : Blessington

Topics covered

- speed test upwind (12-18kts breeze). Hiking + controls = boat flat
- downwind in short waves (12-18 kts breeze)
- presentation on mental fitness and goal setting
- discussion around the use of the controls
- demonstration of fitness exercises and stretching
- discussion about surrounding awareness. Gust, boats, marks...

The good.

I was well impressed by the following points:

- full squad attending both weekend
- great enthusiasm despite adverse conditions
- Homework done and analysis form used, even for club events when coach away.
- Time keeping
- Boat reliability
- Goal setting thoughts done

To be improved

The two weekend gave me a fair idea of what will be the focus after Christmas

- fitness
- boat handling remains average to poor and can definitely get a boost
- understanding of kinetics
- spatial awareness, and then tactics.
- Anticipation and surrounding awareness

The 3rd of December was unfortunately lost (50 knots were a little too much) and the session was cancelled all together. It will likely be re-sailed on St Patrick's weekend in March.

Next session will be the first weekend of February at a venue tbc ASAP. In mean time, each sailors will have to email me a short fitness program and keep me updated with progress (remember about exercises demonstrated).

Thomas Chaix

04/12/06