



'The Building Blocks of Success'

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Regional Club and
Coach Conference

Introduction

- Sailing is a complex sport - 'bite size chunks'
- Aim; To give your sailing program **STRUCTURE**
- Identify relative strengths & weaknesses
- Motto - 'do everything, as well, as everybody'

The Blocks

- **PERSONAL**
- Planning
- Fitness
- Mental strength
- Team work
- Study and Research
- **RACING SKILL**
- Starting
- Speed
- Boat Handling
- Tactics & Strategies
- **EQUIPMENT**
- Boat prep for speed
- Boat prep for efficiency
- Boat reliability

Planning

- Arrange a programme
- Co-ordinate resources
- Racing vs training
- Testing period
- Refining period
- Race training
- When to peak? Mini peaks
- Plan Bs...



Fitness

- Winter/Summer
- Sailing training
- Gym training
- Type of fitness
- Type of boat
- Ideal weight bracket?



Mental strength

- Determination
- Focus
- Attitude
- Ambition
- Nerves
- Confidence
- Concentration
- Visualisation



Teamwork

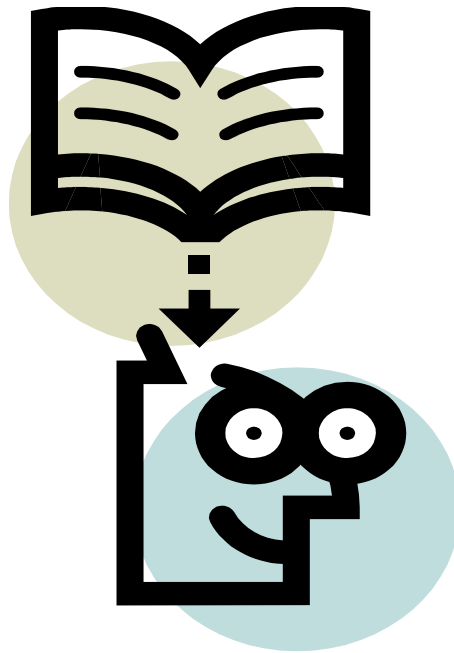
- Communicate
- Co-ordinate
- Division of responsibilities
- Delegation
- Mutual respect



Study & research

- Books, DVDs, internet, magazines, coaches

- Technique
- Tuning
- Meteorology
- Venues
- Compass
- Nutrition



- Modelling - identify/analyse/consider/copy?

Starting

- Pre-start checks
- Select a plan
- Execute a plan
- Low speed handling
- Acceleration
- Timing
- Exit from the line



Sailing Speed

- Pointing angle – best VMG
- Hull trim & balance
- Sail trim & steering
- Gust & wind shift response
- Controls
- Finding ‘the groove’



Boat Handling

- Slow speed
- Acceleration
- Tack
- Bear away
- Hoist
- Gybe
- Drop
- Leeward mark



Tactics & Strategies

- Left or right, high or low?
- Bias
- Corners
- Lay lines
- Mark approaches
- Wind Shadows
- Compass
- Forecast



Boat Preparation

- Speed
- Reliability
- Efficiency



Boat prep for speed

- Fair hull & foils
- Minimise weight
- Tune rig
- Sails



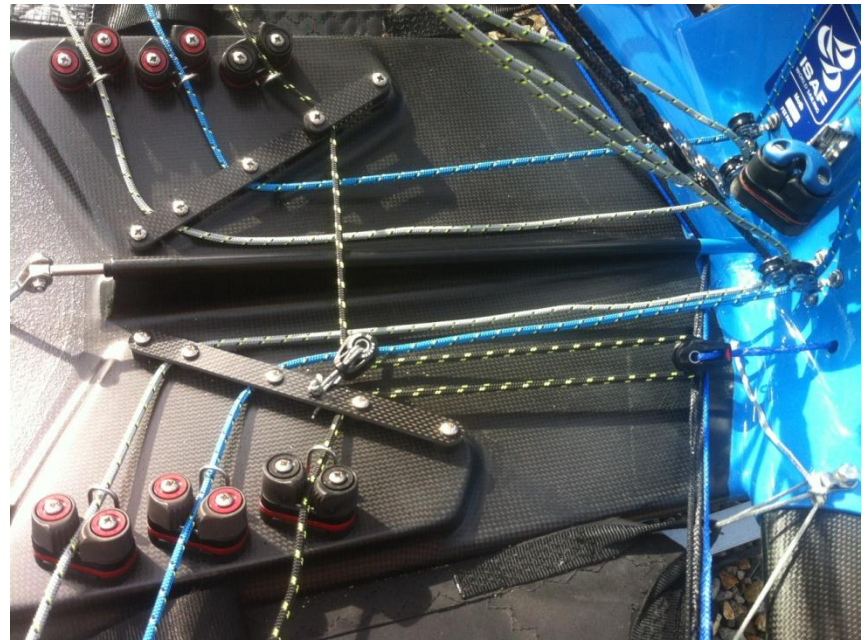
Boat prep for reliability

- *'To finish first you must first finish'*
- Make it solid and minimise weight
- Frequent checks
- Pro-active replacement, BEFORE it breaks!

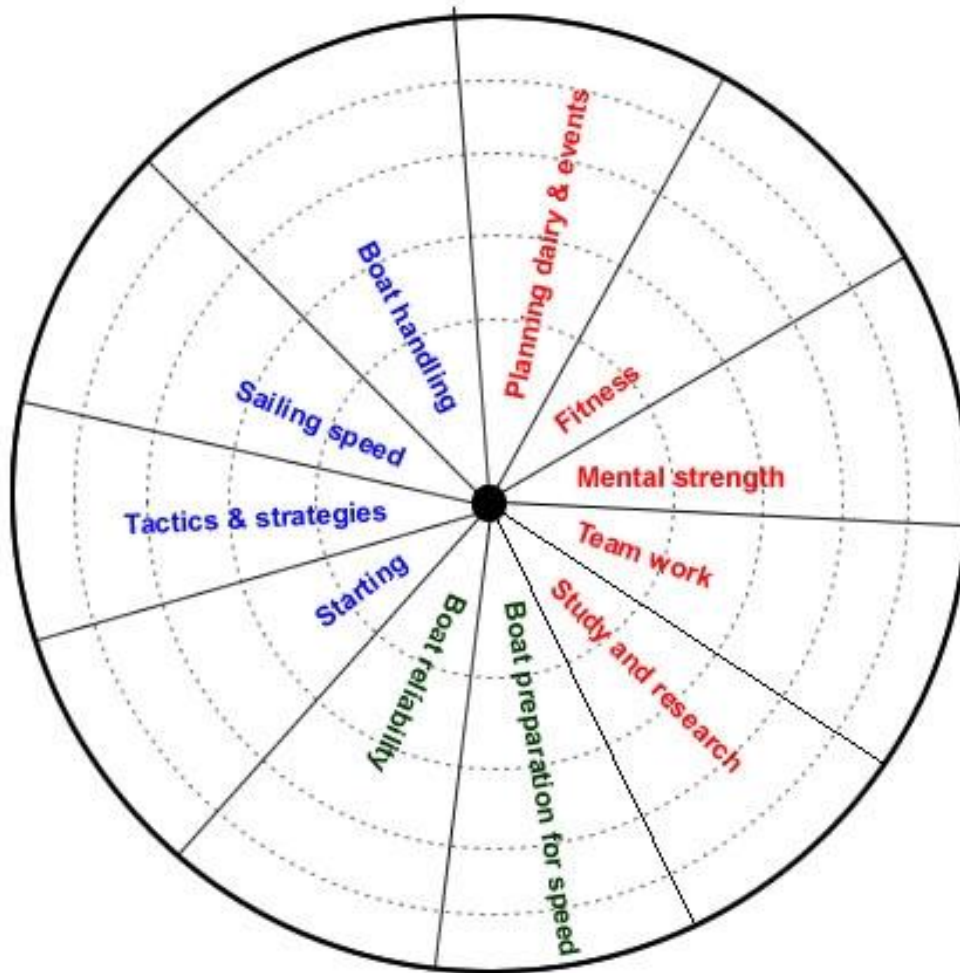


Boat prep for efficiency

- Ease of operation
- Accurate
- Calibration
- Low friction
- No snags
- Right purchase/gearing



Prioritising the Elements



Success?

- Did you tick all the boxes?
- Identify weaknesses and strengths early
- Maximise your strengths
- Minimise your weaknesses
- Do everything, as well, as everyone





CHRISTOPHE FAVREAU / FRANCE OPEN

Thanks for listening