



# Effective Club Race Training

**What is effective  
race training**

**Why run it??**



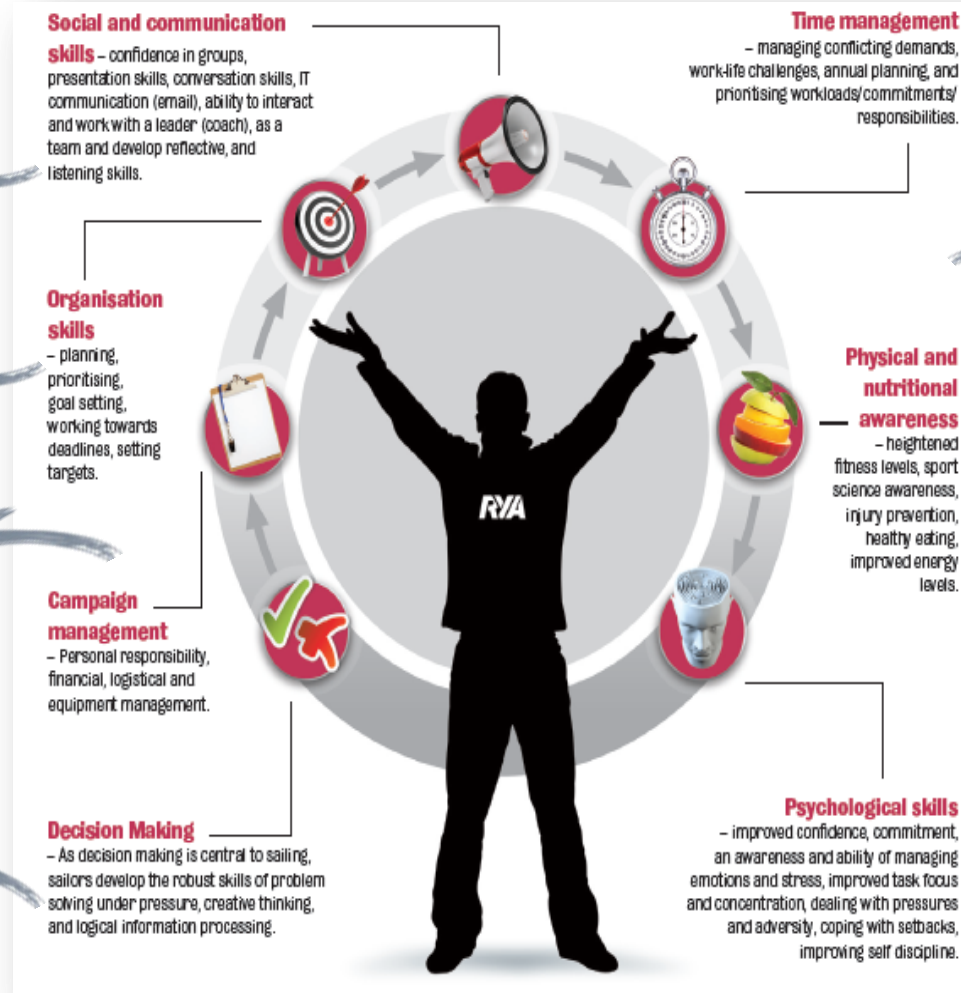


## Effective Race Training, should:-

- Give sailors the necessary skills to start racing.
- Inspire more sailors to race.
- Needs to be fun and engaging
- Help existing racers to develop the right skills at the right time
- Help retain more sailors within the sport of sailing.
- Increased membership and active members in clubs and class associations



# Benefits of sailing ??..



Social & communication skills

Organisation skills

Campaign Management

Decision Making

Time Management

Physical & Nutritional Awareness

Psychological Skills



# The 4 Key Phases for Effective Race Training

- Planning
- Set Up
- Delivery
- Follow Up





# 1. Planning Effective Race Training

**The planning of the training is critical to the success of the club!**

It is this part that will determine the success of your offer to your sailors.

In two groups, please list all the key areas that need to be covered prior to starting your program



# 1 Planning Effective Training

## Needs to include

- A program of courses and schedule of dates
  - Start Racing
  - Intermediate Racing
  - Advanced
- An audit of RYA instructors and Coaches
- Appropriate paperwork for
  - People booking onto courses
  - Medical form
  - Registers



# 1 Planning Effective Training

Needs to include

- Activities planned for No Weather / Foul Weather
  - **See Plan B**
- Schedule of Instructors / coaches to run the program.
  - [..\..\Gurnard\Schedule.xls](#)



# Planning Effective Training

Needs to include

- How long do you want to run the program ?
- Consider the evening vs weekends
- Plan any key racing events





## 2 Setting Up Your Race Training

**If you do not tell people what you are offering and trying to achieve as a club, do not expect them to guess!**

- What do you need to tell people
- How will you achieve this?

In two groups please consider



## Setting Up Your Effective Training

- Enrolment evening for sailors
  - The objective of your programs
  - How people can get involved with racing
    - Novice racing
    - Scheduled racing
    - Open meeting / Regatta fleet racing



# Setting Up Your Effective Training

- How the training will run
  - Timings on the day or evening
  - Expectations
  - Appropriate clothing / equipment
- Volunteer and sailor training

# Setting Up Your Effective Training



- Volunteer involvement.
- Parent Brief.
- The club pathway, the next step!





# 3 Delivery of your Effective Training





## Programme stages

**Olympic Development Squad**  
 Top Youth sailors aim to progress here via Olympic Transition Training.



**Volvo RYA Champion Clubs & Team 15**  
 c10,000 sailors in Optimist, Topper, Cadet, Mirror, RS Feva, and BIC Techno.

**RYA Zone & Home Country Squads**  
 c550 sailors in Optimist, Topper, Cadet, Mirror, RS Feva, and BIC Techno.



**RYA Volvo National Youth Squads**  
 c70 sailors invited each year. 420, 29er, Radial, and RSX 8.5.  
**Tailored Support:**  
 Top NYS sailors. c30-40

**RYA National Junior Squads**  
 c200 sailors in Optimist, Topper, Laser 4.7, Cadet, Mirror, RS Feva and BIC Techno.  
**Invitation Training:**  
 Top NJS sailors. c40-50 sailors

**RYA Volvo Transition Training Squad**  
 c70 sailors invited each year. 420, 29er, Radial, and RSX 8.5.












# A few thoughts on Race Training

- The Controllables
- Laying the foundations
- Skill vs Technique
- The Skills model



# ‘The’ Controllables

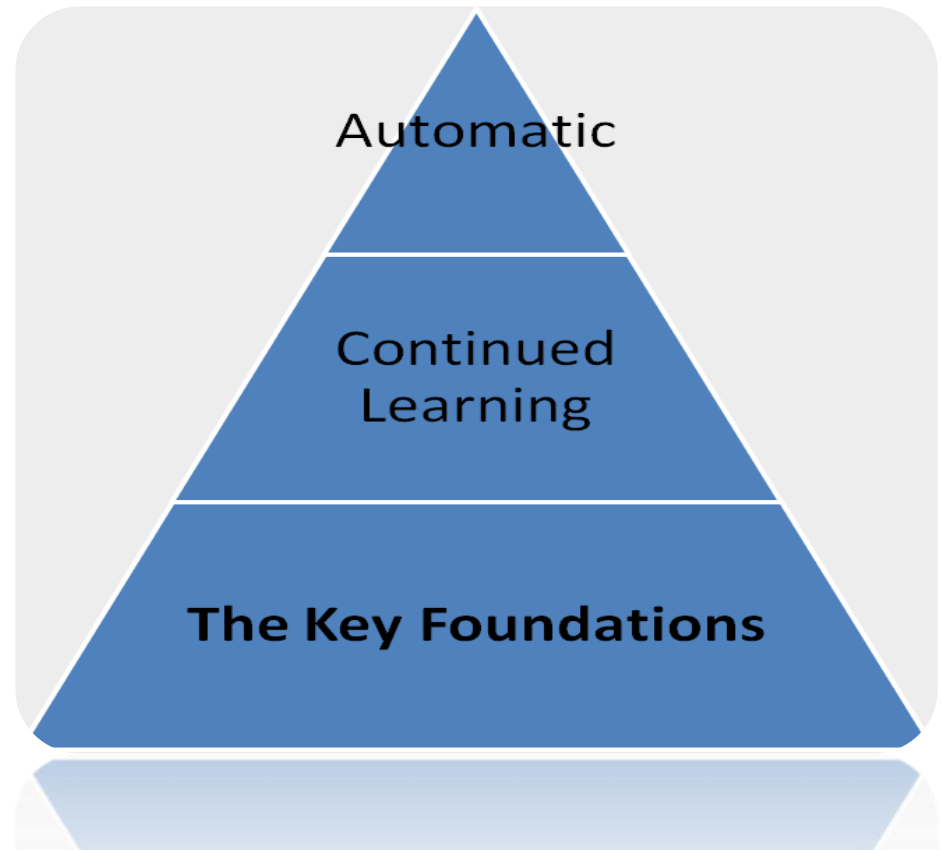
“Success doesn’t  
just happen by  
chance”

 <p><b>Physical Preparation</b></p> <p>Knowledge of body awareness, posture and core stability training as well as basic fitness training, good nutrition and hydration for sailing.</p>	 <p><b>Mental Preparation</b></p> <p>Adopt the learning cycle: Plan – Do – Review. Knowledge of the 5C's: Confidence Communication Control Concentration Commitment</p>	 <p><b>Equipment Preparation</b></p> <p>Ability to conduct a basic equipment check and be able to rig own equipment suitable to the day's conditions.</p>
 <p><b>Planning and Communication</b></p> <p>Understand the importance of communication before squad weekends, thinking about the topics and coming prepared.</p>	 <p><b>Tactics &amp; Strategy</b></p> <p>Ability to construct an effective plan for the race and develop boat on boat decision making.</p>	 <p><b>Boat Handling</b></p> <p>Ability to consistently perform boat handling techniques in a range of conditions and under pressure.</p>
 <p><b>Met and Tide</b></p> <p>Understand synoptic charts, forecast media and influence on sailing day. Meteorological features and basic impact of tide on strategy.</p>	 <p><b>Lifestyle</b></p> <p>Use a homework diary prior to sailing weekends. Ability to effectively schedule time to complete school work and sailing preparation.</p>	 <p><b>Rules</b></p> <p>Knowledge and understanding of key definitions and rules of part 2. Understand race procedures.</p>





# Laying the Foundations





- **Technique:**

- The physical movements that make up a manoeuvre



- **Skill:**

- The ability to perform a technique appropriate to the conditions, at will, consistently, while under stress





# Technique/Skill

When does it

[..\..\Land Day\2011\All\\_Blacks\\_Skills\\_-\\_Part\\_1\\_-\\_Tricks\\_at\\_Training.mp4](#)



# Skills Model (basic)

**Unconscious Competence**

**Conscious competence**

**Conscious incompetence**

**Unconscious incompetence**

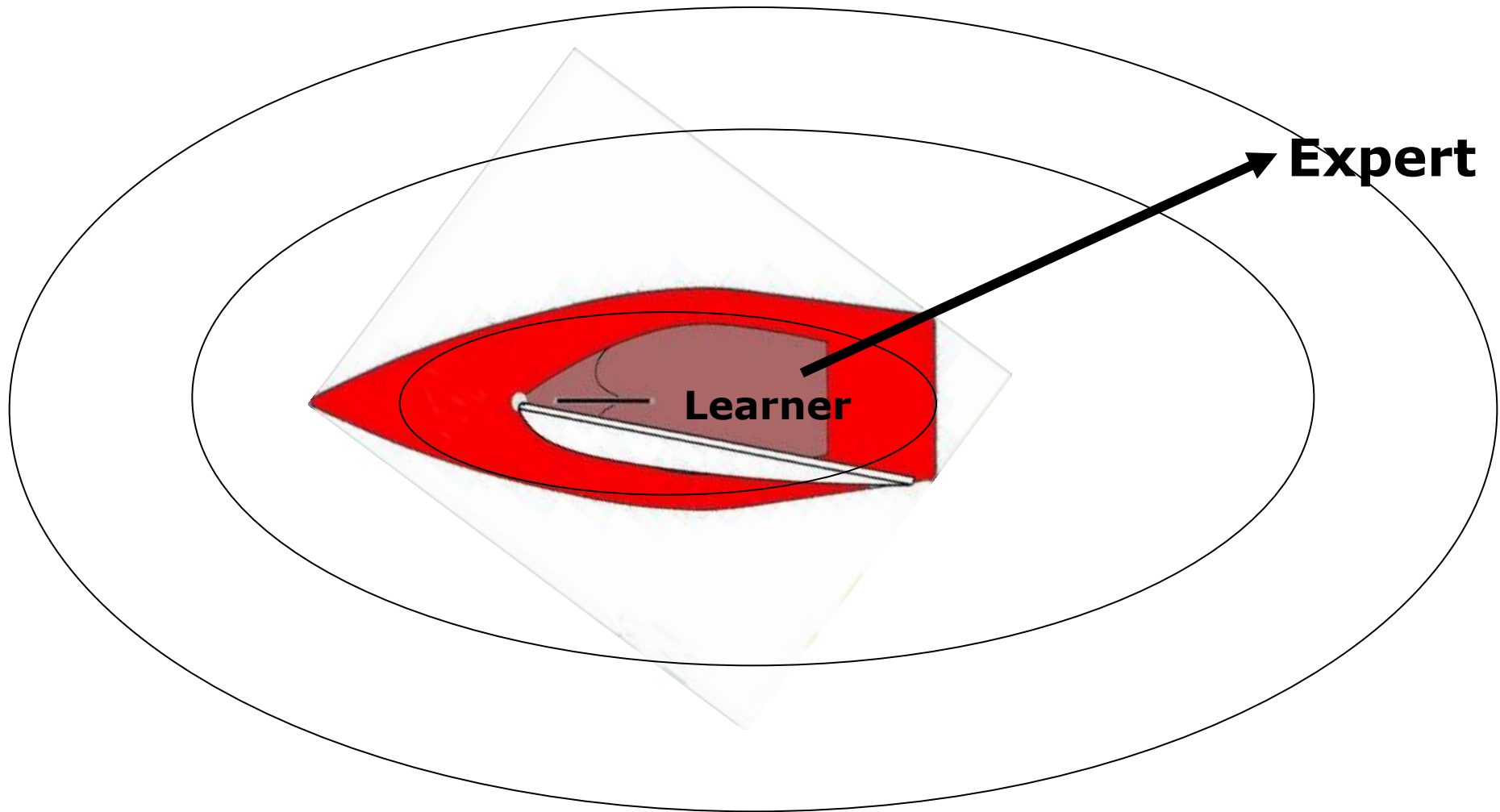


**Coaching**  
Developing the sailor's own analysis

**Instructing**  
Creating the building blocks

# Zones of Attention

Ian Clingan





# 3 On the Water



YACHT RACING IMAGE OF THE YEAR 2012 presented by Mirabaud © Matias Capizzano



## 3 On the water

What must we do to “run” a good session for our sailors on the water?

In two groups please outline what are the key ingredients??



# On the training days

- **Weather forecast**
- **Risk assessment**
  - Should be completed
  - Kept
  - Communicated where necessary
- **Session plans**
- **Sailing Areas**
- **Register of sailors**







# The Session Structure

- The Brief
- Running the exercises
- The De-Brief





# BRIEFING

- Introduce the subject
- Involve the sailors
- Keep it structured
- Focus – bite size chunks!
- Explain the exercise
- Signals & safety
- Summarise



# RUNNING THE EXERCISE

- Is the session Fit for Purpose?
- Use signals
- Keep the sailors busy
- Allow time to practice
- Make notes for the debrief
- Be flexible
- On water coaching



# THE DEBRIEF

- Timing
- Re visit the aims of the session
- Involve the sailors
- Make it specific & individual



# Your program syllabus

What are key elements of a race program?



# The big picture....

© 2008 Europa Technologies  
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Image NASA  
© 2008 Tele Atlas

©2008 Google

Eye alt 8651.07 k

lat 50.786141° lon -0.936726°



# THE BIG PICTURE...

## The Essentials of racing:-

- Preparation
  - Learning & Knowledge
  - Personal
  - Physical
  - Mental
  - Boat & Kit
- Technique/Skill
  - Boat Handling
  - Boat Speed
- Decision Making
  - Tactics & Strategy
  - Leadership
  - Teamwork



• Breaking it down....

English Channel





# BREAKING IT DOWN...

- Boat handling
  - Tacking
  - Gybing
  - Hoisting
  - Dropping
  - Mark Rounding
  - Accelerating
  - Stopping
  - Slow Speed Control



# The 5 Essentials

What are they then?

1. Sail Setting
2. Boat Balance
3. Boat Trim
4. Dagger board Position
5. Course made good



## Back to basics..

- THE 5 ESSENTIALS

- Fundamental at club level - for learn to sail and learn to race programmes
- Still worked on at Zone Squad level
- We need to coach the sailors to do the basics exceptionally well



## 5 E's round up

- Whatever boat handling skill we are learning, at whatever level, invariably it comes back to the 5 Essentials
- Really needs to be hammered home right at the beginning at clubs



# What exercises have you got that are ??

- Fun
- Interesting
- Sailors enjoy
- Teach core skills



## 4 The Follow Up

- Club prize giving
- Special awards
- Certificates presented
- Thank the volunteers!
- The next steps
  - Regional Class coaching
  - RYA Zone Championships
- Review of year





# Effective Race Training

## 4 key elements

- Planning
- Set Up
- Delivery
- Follow Up

