



Optimising Your Performance



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Intro

- Introduction, and what we sail?
 - The Goals?- what are we wanting to achieve
1. Breaking it down- Performance analysis
 2. Creating the plan-
 3. Getting it done- escalator theory

Racing Broken Down

- There are no golden bullets
- Know and learn the routines
- Winners have basic rules of do's and don'ts
- If it didn't work then it won't now
- Keep your options open (symmetry)
- Do the right things every day

Pressure

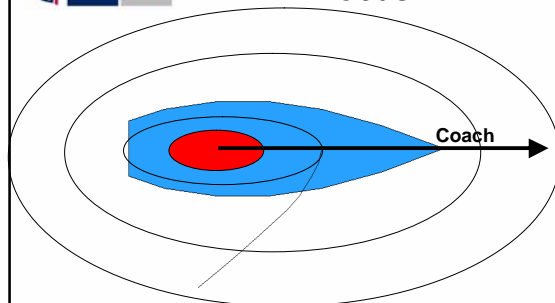
- Recognise the signs of pressure
- Accept pressure and know the symptoms
- Always more time than you think
- Thinking regains control
- Stick to the principles (basics)

Why Train?

- Practice makes permanent
- Train like you race and you'll race like you train
- Learning Curve
- Reward (Goals)



Focus





Breaking it down- Performance analysis

- What's the goal?
- Why bother?
- Element of racing performance
- Standards needed
- Priorities
- How much time & effort?



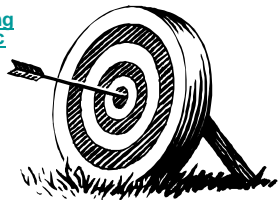
Profiling

- What would your goal performance look like?
- What standards would you have to exhibit?
- How would manoeuvres look/feel?



Creating the plan

- Profiling Template
- [G:\Youth Baseline\Duncan's Workspace\DT documents\DT Coaching Documents\Performance Profiling Sheet.pdf](#)
- The Dart board
- Setting the goals (coach)
- The Programme Template
- Spheres of attention



Getting it done- escalator theory

- Preparation
- Self training (quality & quantity)
- Coach
- Feedback & reflection
- Training partner
- Measuring change
- Target event
- Apply your skills in a regatta (pressure)



Top Tips

- Stick to the basics
- Honest about shortcomings
- Address weaknesses
- Weaknesses become basics

