Ladies of the Sea
COACHING REGATTA

Session 1 Saturday Morning: Outline and On-Water Guide for Coaches and Sailors

Coach Intro. Welcome all! Overall Introduction.

Key Messages Everyone on board keeps a lookout & every crew member has a role to play. Our strategy on the first leg is a major factor when deciding where to start. Sailing fast downwind requires some repetitive practise of pole and spinnaker work for both crew and helm.

A Few Reminders Comms. Common technical language, minimum words, consider keeping quiet unless discussion is constructive and on task. Delegate roles and tasks, review & modify. Think ahead! **On Water Activities** Coach- use coaches' guide to explain on water activities, radio will be used to announce Session 2. Coaches support groups during tasks. *Coach's Guide replaces coach when/ if there is no coach on board. Note; One Start Line will be used, two windward marks will be set with a* longer downwind leg & for Spin. Group.

Explain/ demonstrate on White Board using magnetic boats;

- Sail to course area as fast as possible. Define roles and tasks en-route.
- **MOB Warm Up Activity approx.10am -10.15am** Using a fender or suitable item as an MOB, practise the steps required for MOB. Be sure to discuss precise roles and timing en-route to the sailing area. Once, start marks are set and clear of coach boats, gather in vicinity of the line. Keep a lookout and continue to define roles during manoeuvres.
- (Describe colour and location of marks) Move on to next activity task when ready.
- **Task 1 Start Line Basics 10.15am – 10.30am** Head to Start Line Area; Gather information; wind direction, length of line in seconds, approach line on port/ starboard tack. (Keep a lookout!) Do a timed run into start. Practise slowing and accelerating by using sail trim and bodyweight. Continue to define roles and who is best positioned for specific tasks during Start. (Timer, leeward lookout, info on other boats, mainsheet backup, weight on rail. etc).
- **Task 2 First Leg strategy 10.30am – 10.45am.** Complete one timed run into the start, then continue up the first leg of the course. (Assess whether you were too early or late to recalibrate next time) Sail upwind and gather information which will determine 'strategy'. How significant are the wind shifts? (Take readings on P/S tack) Is there more pressure on the left/ middle/ right side of course? Where is the flattest water? What obstacles can be seen that might affect wind/ limit your opportunity to tack? (other vessels/ ships/ ferries/ fleet size) How will your first leg strategy affect where on the line you start?
- **Task 3 Rounding the Windward Mark Efficiently 10.45 – 11am**
  Once on the lay line to the top mark, discuss; Is it best to approach on port or starboard? Who will move in board/ stay on the rail? (Windward heel is the goal to roll the boat around the mark) Should we gybe? (More pressure to left) Which sail is eased first? What 'point of sail' is the next leg? Ease to match the rate at which the boat turns. **Your coach may ask you**; What actions are needed to accelerate away from the mark? Where is the next mark? Can we sail deeper/ more directly towards the next mark on port or starboard? Ask questions.

On Board Coaches Each boat will have a coach on board for either the morning or afternoon session. Changeovers may span 20 minutes. During coach change overs, sail straight, ease sails (to slow boat, not flapping)
Karyn/ Nickie will coach from coach boat when you have no on-board coach)

Activity 2 'Apply New Knowledge & Skill in Consecutive Races 5 Min. Start Sequences 11am – noon. As explained/ demonstrated on White Board using magnetic boats;

- **Start Race 1 and 2** Focus on getting a good start by applying knowledge gained in Session 1. Consider your strategy for the first leg. How will it affect where you will start? Ask questions about rules. (during session & and at De-Brief)

On Downwind Leg aim to build pole/ spinnaker handling skills. At what level is your team proficient? This is your Team Determined Baseline for Spinnaker Skills.

1. Pole up, pole down. (Wing on Wing if no spinnaker)
2. Hoist, set and drop. (basic set and drop with pole)
3. Hoist, set and trim, efficiently communicate & alter course with no kite flapping.
4. Gybe. No kite flapping.
5. Hoist using Gybe Set, Carry out Float Drops and No Pole Hoists.

Session 2 Sunday Morning: Outline and On-Water Guide for Coaches and Sailors

Topic/Content	Learning method(s)/activities and key instructing points
10 am Warm Up Slowing and Accelerating on the Same Tack. Repeat to perfection en-route to training area. (15 minutes)	En-route to the training area, practise slowing and accelerating on the same tack. Allow the boat to slow by easing sails (balance the boat), then use sail trim, body weight and 'bow down' to accelerate. Repeat to perfection en-route to training area. Use clear communication & common language. Ensure headsail trimmer keeps winch loaded, use bodyweight and efficient trimming techniques. How slowly can the boat be sailed without a loss of control? Discuss methods to monitor speed. Consider boats close by. Note modification of activities for Spinnaker. Group as per Briefing.
10.15 am Activity 1 Sail upwind *several times* (each for 5-8 mins) once to tune the sails then again to assess factors affecting strategy. (30 minutes)	**Simulated Prestart Activity:** Sail upwind to tune the sails to the prevailing conditions. (See Tuning Guide- Mainsail Draft Position and Twist) Incorporate effective headsail trim. Include all sailors in this process. Then Sail Upwind again to assess strategic factors including wind strength and direction, frequency and magnitude of wind shifts, gusts/ lulls, areas of greater/ less pressure, current, flatter sections of water, traffic, etc. Complete some practice tacks. While returning to start area, discuss your findings. When ready, practise pole/ spinnaker skills at your team's determined baseline level (1 to 5) (to check set up & boost crew confidence)
10.45am Activity 2 Mock Starts and at least one Mock Race. Windward/ Leeward Course or Triangular Course with inner/ outer windward mark to cater for speed/ vessel variances (90 minutes) *Course to be clarified at Briefing. *Starting Signals to be clarified at Briefing; Starts -Repeated whistles and orange flag- get ready for a start. Flag up at 5 minutes. One long whistle. 5 fingers raised 1 minute. Whistle one finger raised Start One long whistle, flag down. We will support with radio calls as much as possible during training.	**Repeated 5 Minute Starts 1** Your boat is now tuned for speed! You have gathered information and developed a first leg strategy. Now, your strategic plan will influence where you'd like to start. Consider the fleet (Tactical considerations) Fleet size and ability, known 'approach' patterns, ensuring clear air/ clear to tack. Who might be aggressive? (How will you manage them?) Who is unpredictable? (Steer clear!) **Focus on getting the start you planned for**. (Return to start on repeated whistles/ radio call- We will sail on for several minutes and *may not call you back.* If unsure, listen to radio.) While sailing downwind and back to the line, discuss what went well, what could go better. What adjustments will you make? **When a 5 Minute Start Becomes a Race…** Continue racing unless you hear a clear signal to return to start. **On Upwind Leg** apply strategic factors gleaned in pre-race activity. **On Downwind Leg** Spinnaker Group Focus is on spinnaker trim. Communication from Helm is key. "Holding course" "Ready to…" "Bearing away now" "Coming up" etc. Refine roles and tasks to expert level. Discuss who calls gusts/ lulls. Other relevant feedback for Helm? Sail as deep as possible to minimise gybes. May drop spinnaker then gybe to finish or gybe spinnaker if ready. Non Spins Group Pole up to sail wing on wing. Focus is on strategic factors. Sail as deep as possible to minimise distance sailed. Stay in the pressure! **On Upwind Leg** apply strategic factors learned in pre-race/ previous race. Who went left/ right/ up middle: which seemed best. Why? Assess and respond to any changes in weather/ shipping/ traffic/ tide. **On Downwind Leg** Spinnaker Group Focus is on Gybing Note Helm: Your communication and ability to steer minimally through gybe is key. "Ready to gybe, Bearing away" (Ensure spinnaker trim. Do not gybe a flapping spinnaker) Once deep/ square, "Ready to gybe" "Trip/ Gybing now!" (exact moment boom crosses centre and pole is released from mast) Ensure spinnaker is re-set before adjusting course. Then, "Ready to…" "Coming up" etc. Refine roles and tasks to expert level. Discuss who calls gusts/ lulls. Other relevant feedback for Helm? Sail as deep as possible to minimise distance sailed. Consider tactical moves if team is ready, otherwise, focus on 'spinnaker mechanics'. Non Spin. Group Apply Strategies and Tactics Continue to apply strategic factors, consider tactical moves/ use of rules/ wind shadow to hinder opposition. All Sailors Emphasis is on building teamwork and confidence, trouble-shooting problems in a race-like scenario. Be sure to stay on course and close to start area especially at lunchtime. Keep radio on hand for comms during lunch. (for advice on movement to racing area) Debrief post Racing.