

RS Aero Winter Training

Alton Water Sports Centre – 28th/29th January 2017

Start time: Saturday 10:00am. Sunday 10:00am. Boats rigged, Sails down. Not changed

Coaches: Paul Robson and Hannah Snellgrove

Forecast (as of 23rd Jan): Saturday SSW 13kts, Sunday SE 8kts backing NE 8knts

Sa	Sa	Sa	Sa	Sa	Sa	Sa	Su	Su	Su	Su	Su	Su	Su	Su
28.	28.	28.	28.	28.	28.	28.	29.	29.	29.	29.	29.	29.	29.	29.
03h	06h	09h	12h	15h	18h	21h	03h	06h	09h	12h	15h	18h	21h	
12	13	12	13	12	9	9	10	6	8	8	7	4	4	
23	23	20	22	21	19	19	20	9	14	12	11	5	5	
↑	↑	↑	↑	↗	↑	↘	↗	↑	↘	↘	↘	↘	↘	
7	7	7	8	8	6	6	4	5	5	7	7	4	3	
1.4k	1.3k	1.2k	1.2k	1.1k	990	1k	930	860	910	880	1.9k	1.3k	1.4k	
79	78	100	90	24	12						16	56	97	
57	32	75	64	93	73	81	32	66	100	60				
69	76	93	82	49	25	70	11	9	91	60				
		0.7		0.5		1			1					

Weekend Focus: Boat handling, boat on boat tactics, strategy

Four half day sessions are planned with briefing, on the water exercises and debrief.

Saturday morning – Boat handling

Tacking

Gybing

Penalty turns

Saturday afternoon – Mark roundings and starting

Windward and leeward mark rounding routines (bear away, gybe, head up)

Gate marks

Hovering, trigger pulls, time and distance judgements

Sunday – Putting the techniques into practise around the course

Pre start routine and strategic planning

Mark rounding boat on boat tactics

Mark approach preparation

Pre-weekend thinking

Do you have set routines for your boat handling manoeuvres?

- Tacking
- Gybing
- Penalty turns
- Windward marks
- Leeward marks
- Trigger pulls/accelerations

If not, should you?

Do your routines vary according to conditions?

RS **aero** *class association*

What is your pre-start routine? Is it the same before every race or does it change?
Should it change?

Before you start a race, what things should you know to be able to form a good strategic plan?

Do you have any golden rules when sailing towards a windward mark? What about when sailing downwind towards a leeward mark or gate?

Venue Map

