



## **RS Aero Winter Training**

**Oxford Sailing Club 18/19<sup>th</sup> February 2017**

(18<sup>th</sup> - The Oxford Blue, 19<sup>th</sup> - Winter Training)

**Coaches:** Paul Robson and Hannah Snellgrove

### **Start time:**

Saturday reg from 09:00, Official race briefing 10:00

Sunday 09:30 - Boats rigged, Sails down. Not changed

**Forecast (as of 16<sup>th</sup> Feb):** Saturday SSW 7-14kts, Sunday W 9-18kts

**Weekend Focus:** Dealing with big fleets, starting, strategy and decision making  
Oxford Blue regatta on Saturday. Two half day sessions planned for Sunday with briefing, on the water exercises and debrief.

### **Saturday**

On hand to assist will be our coach team of; Hannah Snellgrove 2001, Paul Robson 2161, Peter Barton 2093, Matt Thursfield 1744 and David Ellis 1209.

**Before racing** - The clubhouse will be packed making a constructive coaching briefing unfeasible. Before launching between about 10:20-10:40 coaches will be on hand at the slipway for pep talk and advice for those interested in the vicinity. If you aim to rig/launch from the area of the slipway nearest the clubhouse we will all be close, which will help.

**In between races** - find a coach for top tips and any questions.

**After racing** - we can try to have a summary debrief in the clubhouse after changing and pack up. It will be less busy. This will be a bit ad hoc and there is always Sunday morning to recap if we don't manage it or if you miss it.

**Saturday evening** - (all important!) if you fancy catching up for a drink and/or dinner Ben suggests the cosy Talbot Inn OX29 4BT ( 5 mins away by car). Plan to have dinner around 6:30-7pm. Text Ben on 07814634892 for spaces if you want to eat there.

### **Sunday morning - starting focus**

**MAKE SURE YOU BRING A WATCH!**

Starting boat handling – hovering, accelerations, repositioning

Big start lines – time and distance judgements

First decision off the start

### **Sunday afternoon – making tricky decisions**

Crowded windward and leeward mark roundings

Making the most of a difficult situation



### **Pre-weekend thinking**

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

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

What are the limiting factors in your starting boat handling that inhibit you executing your plan?

How do you establish the 'type of day' it is when you race? (gain feature/oscillating breeze/persistent shift)

How do your priorities change with different types of day?

Do you have any strategic golden rules for the different legs of a race? (upwind/reaching/downwind)