

K25 Training Plan 2015



European Championships

13th – 19th of August

Royal Western Yacht Club

Plymouth, UK



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Training Framework

Team Goals (Process Goals)

The team will meet to set overall, long term goals for training and the upcoming season; these will be processed based. For example, *know and be able to complete all spinnaker drops within 3 boat lengths of the leeward mark by the start of April.*

The team will also set short term goals for each training session or block of training sessions, for example; *hoist the spinnaker on the windward/spreader mark and get it to 'pop' within two length of the windward/spreader mark.* Performance based goals may also be set by the team if the majority feel this is necessary.

Individual Goals (Process Goals)

Each team member will set their own long and short term goals which relate to their tasks and roles on the boat. For example the bowman might set a goal to always beak the pole or the trimmer might set a goal to communicate about power with the driver at least once every 30 seconds when sailing upwind.

Session Structure

The session's will both be land based and water based, the training coordinator will check the forecast and arrange a meeting time, he/she will also select a suitable session for the forecast. The training coordinator will be rotated for each session.

For water based sessions the training coordinator will brief the participants while rigging the boat, he/she must ensure they have the appropriate equipment for the session (marks, gps etc.). He/She will also be responsible for organising the selection of a sail area and the setting up of a course if required. Once the first activity has begun he/she is in charge of the timing of each activity. Once the session is over the training coordinator is responsible for leading the session review and feedback. Feedback/de-brief will last approximately 10 minutes and will set areas for improvement in the future. Video feedback and analysis from previous sessions can then be reviewed following this de-brief if required.

For land based sessions the training coordinator will select a time and venue, they will also coordinate and lead the session.

Training Duration

This training plan will cover training starting on the 5th of March 2016 to the European Championship in early August. Training sessions will be intense and will not last for more than two hours (on the water time excluding rigging and de-rigging). The training coordinator will be responsible for keeping track of session duration and time.

Participants

The participants in this training plan will be a driver, trimmer, tactician, mast man and bowman. Currently, Cillian Dickson, Sam O'Byrne, Gordon Stirling, Cian Manley and Luke Malcolm fill these five positions for Kilcullen. The aim is that all of these participants will partake in the training sessions. Others eligible HYC cadet members will be approached to fill in when people are missing.

Johnny Bravo will also be used and this team will be led by Alex Shackleton. It is also proposed that an all-female J24 team is formed using Scandal, Diana Kissane will lead this team.

Resources

The training plan requires J24s (Kilcullen, Johnny Bravo and potentially Scandal), old sails, good sails, a hand held compass, a tactic, a GoPro, a GPS, a training buddy, a training log, marks and a laptop for video feedback. It will always be the aim to train with at least two boats.

Learning Objectives

The learning objectives of this training plan are to improve the teams' boat handling, communication, knowledge, self-awareness and team work. This training plan aims to provide the necessary framework required to achieve this. Additional objectives for the training plan will be developed by the team as a whole.

Evaluation and Feedback

Each session will be concluded by an evaluation and feedback session, this session will be led by the training coordinator. Each team member will start by giving two positives of the session followed by two “*work ons*” from a personal point of view. He/She will identify these and explain why he/she thought they were positive (why they worked), if they are “*work ons*” he/she will attempt to identify the issue and provide a solution for it. Once he/she has done this team members will be welcomed to make constructive comments or provide constructive feedback to the individual. This may be developed into a problem solving conversation. This process will be followed for all of the team members. Once this is completed an overall evaluation of the session will be led by the training coordinator, what worked well and areas for improvement will be noted.

Video analysis will also be included in the evaluation and feedback framework, a channel will be set up for the team on which they can view videos that will be prepared by the analyst. This can be reviewed as an individual or as a group, a clear goal will be set out before the group analysis to ensure time is not wasted. For example, one session might examine tacking technique specifically, each member will analyse and comment on their own technique and highlight any possible improvements required. The group will then provide each member with constructive feedback. A video that consists of successful boat handling will also be put together, this will highlight what the team did when they performed each manoeuvre correctly. This can then be used as a reference guide of best practice for each team member.

Training Sessions

The training exercises have been split up into the categories; boat handling and skills, starts, communication and speed. These training exercises should all be completed in various weather conditions. The training coordinator will be expected to select and run a selection of these exercises during a session when it is their turn to do so. The length of each exercise can vary depending on how much emphasis needs to be put on a specific aspect of training. However, more than one exercise should be included in every two hour water session. The suggested form of training sessions is to start with a whole exercise (Involving many skills eg. intense course), move onto a part exercise (a particular skill or manoeuvre broken down eg. tacking on the clock), and finished with a second whole exercise (eg. Upwind tactical leg and gears).

Each team member should also come up with their own training exercise to run during a session to improve an aspect of their position or the boat as a whole.

Boat Handling and Skill Exercises

Intense Course (Stress Inoculation Training) (Whole exercise)

<p>Skill</p> <ol style="list-style-type: none"> 1. Communication 2. Tacking 3. Gears 4. Lay lines 5. Mark Rounding 6. Hoists 7. Gybes 8. Drops 	<p>Objectives</p> <ol style="list-style-type: none"> 1. Improve specific aspects of boat handling, such as tacking. 2. Train at a higher intensity than we race at. 3. Refine communication and familiarise calls. 4. Highlight and fix boat handling technique issues.
<p>Conditions – All conditions</p>	<p>Equipment – Windward and leeward marks, GoPro.</p>
<p>Explanation</p> <ol style="list-style-type: none"> 1. Set up windward leeward course. 2. Make it shorter than normal windward leeward, the shorter it is the more intense it is. 3. Select two or three aspects or skills to focus on in particular eg. Quick tacks, lay lines or drops. 4. Do three rounds non-stop then review and make any necessary changes for next three rounds. 	
<p>Evaluation</p>	

Tacking on the Clock (Part exercise)

Skill <ol style="list-style-type: none"> 1. Communication. 2. Tacking process for all positions. 3. Tacking for the set conditions (roll tacking or not). 	Objectives <ol style="list-style-type: none"> 1. Improve synchronisation of crew movements. 2. Improve trimming technique. 3. Improve rate of turn and tacking angles (entry and exit). 4. Improve amount and timing of roll. 5. Refine communication and familiarise calls.
Conditions – All conditions	Equipment – GoPro, watch.
Explanation <ol style="list-style-type: none"> 1. Sail upwind. 2. Tactician calls when to tack (this can be surprise, or have a set amount of time between tacks eg. 30 seconds). 3. Follow call procedure for tacking from here. 4. Do a minimum of 5 minutes continuous without stopping. 5. Review after a set amount of time and then attempt to improve '<i>work ons</i>' that were highlighted in this review. 	
Evaluation	

Gybing on the Clock (Part Exercise)

Skill <ol style="list-style-type: none"> 1. Communication. 2. Gybing process for all positions. 3. Gybing for the set conditions (roll gybing or not). 4. Pole work through the gybe. 5. Spini work through the gybe. 6. Tweekers and kicker setting through the gybe. 	Objectives <ol style="list-style-type: none"> 1. Improve synchronisation of crew movements. 2. Improve trimming technique of kite. 3. Improve rate of turn and gybing angles (entry and exit). 4. Improve amount and timing of roll. 5. Refine communication and familiarise calls. 6. Improve pole work.
Conditions – All conditions	Equipment – GoPro, watch.
Explanation <ol style="list-style-type: none"> 1. Sail downwind with kite up. 2. Tactician calls when to gybe (this can be surprise, or have a set amount of time between gybes eg. 30 seconds). 3. Follow call procedure for gybing from here. 4. Do a minimum of 5 minutes continuous without stopping. 5. Review after a set amount of time and then attempt to improve '<i>work ons</i>' that were highlighted in this review. 	
Evaluation	

360/720 Turns (Part exercise – Can be built into a whole exercise)

Skill <ol style="list-style-type: none"> 1. Communication. 2. Upwind and downwind 360/720. 3. Individual roles within the turns. 	Objectives <ol style="list-style-type: none"> 1. Set initial 360/720 call (Tacticians call). 2. Improve synchronisation of crew movements. 3. Refine communication and familiarise calls during turns. 4. Improve the speed of the turn. 5. Clean drop and hoist of kite if going downwind during turns.
Conditions – All conditions	Equipment – GoPro.
Explanation <ol style="list-style-type: none"> 1. Initially these should be practiced in isolation to ensure crew are familiar with their role in the turn. 2. The tactician calls 360/720 while sailing upwind or downwind (this can be surprise, or have a set amount of time between turns eg. 30 seconds). 3. Crew then immediately performs a 360/720. 4. Do a minimum of 5 minutes before reviewing. 5. Review after a set amount of time and then attempt to improve '<i>work ons</i>' that were highlighted in this review. 6. These turns should then be incorporated into other training drills as a surprise 360 or 720, eg. Tactician calls 360/720 in the middle of a gybing on the clock session. 	
Evaluation	

Pole-less Spini flying and gybing (Part exercise)

Skill <ol style="list-style-type: none"> 1. Communication. 2. Sailing angles downwind. 3. Spinnaker trimming. 4. Gybing angles. 	Objectives <ol style="list-style-type: none"> 1. Improve communication for heat and soak. 2. Improve downwind angles. 3. Improve trimming downwind and through gybe. 4. Improve gybing angles.
Conditions – All conditions	Equipment – GoPro.
Explanation <ol style="list-style-type: none"> 1. Sail downwind, do normal pole hoist and then take pole down. 2. Sail downwind without pole using heat and soak calls. 3. Following gybing on the clock explanation for gybes. 	
Evaluation	

Dips/Lee-bows (Part exercise)

Skill <ol style="list-style-type: none"> 1. Communication. 2. Observation and awareness 3. Timing of dip/lee-bow 4. Control of power. 5. Optimum bear away and pointing up timing. 6. Tacking procedure. 	Objectives <ol style="list-style-type: none"> 1. Develop call system for dips/lee-bow (One set of eyes, one voice – then passed to helm once close). 2. Timing of dip/lee-bow (bear away). 3. Timing of return to close hauled course. 4. Set helm trimmer communication and power control for dips. 5. Selection of mode after lee-bow tack (squeeze or drive).
Conditions – All conditions	Equipment – GoPro, training buddy or mark/obstacle, VHF.
Explanation <ol style="list-style-type: none"> 1. Sail upwind with training buddy in close proximity. 2. Time tacks so boats are on a collision course. 3. Port boat dips starboard boat or performs lee-bow. 4. Sail on for a few seconds. 5. Starboard boat calls port boat and tries to get out of/avoid lee-bow. 	
Evaluation	

Upwind Tactical Leg and Gears (Whole exercise)

Skill <ol style="list-style-type: none"> 1. Communication 2. Tacking 3. Gears 4. Tactical awareness and calls 5. Speed 6. Wave technique. 	Objectives <ol style="list-style-type: none"> 1. Improve specific aspects of boat handling, such as tacking. 2. Improve gear selection for conditions. 3. Improve boat speed in all conditions 4. Refine communication and familiarise calls. 5. Refine communication between helm and trimmer. 6. Improve tactical awareness and calls. 7. Improve communication between tactician and crew.
Conditions – All conditions	Equipment – GoPro, GPS
Explanation <ol style="list-style-type: none"> 1. Sail upwind in an open area. 2. Tactician calls which side of beat to go up or when to tack (Tide and shifts). 3. Helm and trimmer communicate to optimise power, speed and height. 4. This can be progressed by getting the mast man to call the location of other boats (imaginary) on the course and their interference. 	
Evaluation	

Downwind Tactical Leg and Gears (Whole exercise)

Skill <ol style="list-style-type: none"> 1. Communication 2. Gybing 3. Gears 4. Tactical awareness and calls 5. Speed 6. Wave technique. 	Objectives <ol style="list-style-type: none"> 1. Improve specific aspects of boat handling, such as gybing. 2. Improve gear selection for conditions. 3. Improve boat speed in all conditions 4. Refine communication and familiarise calls. 5. Refine communication between helm and trimmer. 6. Improve tactical awareness and calls. 7. Improve communication between tactician and crew.
Conditions – All conditions	Equipment – GoPro, GPS
Explanation <ol style="list-style-type: none"> 1. Sail downwind in an open area. 2. Tactician calls which side of run to go down or when to gybe (Tide and shifts). 3. Helm and trimmer communicate to optimise power, speed and angle. 4. This can be progressed by getting the mast man to call the location of other boats (imaginary) on the course and their interference. 	
Evaluation	

Mark rounding and laylines (Part exercise)

Skill <ol style="list-style-type: none"> 1. Calling Lay lines 2. Communication. 3. Observation and awareness. 4. Bowman compass work. 5. Timing of tack. 6. Pole set/spini drop. 7. Mark rounding technique. 	Objectives <ol style="list-style-type: none"> 1. Improve accuracy of lay lines. 2. Develop call system for lay lines (One set of eyes, one voice – then passed to tactician to call tack. 3. Communication system for mark rounding. 4. Optimal timing for pole set/spini drop. 5. Improve mark rounding.
Conditions – All conditions	Equipment – Mark, GoPro
Explanation <ol style="list-style-type: none"> 1. Sail upwind/downwind with a mark upwind/downwind of you. 2. Call lay line for mark. 3. Tack/gybe onto lay line. 4. Call pole up/ spini drop. 5. Round mark. 	
Evaluation	

High Mode (Part exercise)

Skill <ol style="list-style-type: none"> 1. Communication. 2. Balance of height and power upwind. 3. Gain more ground to windward while minimising loss in speed. 	Objectives <ol style="list-style-type: none"> 1. Develop call system for high mode. 2. Sync point up with squeeze and vice versa. 3. Sail in high mode without stalling boat. 4. Gain as much ground to windward as possible while minimising loss of speed.
Conditions – All conditions	Equipment – Mark, GoPro
Explanation <ol style="list-style-type: none"> 1. Sail upwind towards a windward mark. 2. Call tack under lay line for mark. 3. Use high mode to get up to mark. 	
Evaluation	

Others

- Decision Making Session – on land or on the water, tactician presented with a scenario and must make decision on what to do.
- Hiking – crew hike hard and properly.
- Twist in Kite Session – Twist in kite, crew must work to get it out.

Starts

Starting line mock (Whole exercise)

Skill <ol style="list-style-type: none">1. Communication.2. Observation.3. Time and distance.4. Transits.5. Line calls.6. Power ups and de-powers.7. Line tactics.	Objectives <ol style="list-style-type: none">1. Develop call system for starts (observation, power, sailing angle, distance to line, boats).2. Improve time and distance awareness.3. Accurate transits and line calls.4. Effective power-ups and de-powers.5. Starting on time at the right part of the line.
Conditions – All conditions	Equipment – Line, GoPro and iRegatta app
Explanation <ol style="list-style-type: none">1. Set line and set time to start.2. Get transit and follow/develop normal starting procedure.3. Communicate to get optimal start, start on time fully powered up.4. Review calls and timing after.	
Evaluation	

Others

Stop and go – Stop the boat dead and power up fully as quickly as possible. (Part exercise)

Communication

Blind fold sailing – Blindfold the helm, trimmer and tactician must communicate with him.

Outline calls and roles of each crew – On land write out all calls and roles for each crew member, do this as a group to develop communication words and processes.

Speed

Training Buddy Pacing (Whole exercise)

Skill <ol style="list-style-type: none">1. Speed2. Height3. Downwind angles4. Gears	Objectives <ol style="list-style-type: none">1. Gain a good understanding of how slight changes in set up affect speed.2. Refine exact trimming and set-up for speed and height.3. Find good VMG for upwind and downwind.
Conditions – All conditions	Equipment – GoPro, camera for trim monitoring, training buddy.
Explanation <ol style="list-style-type: none">1. Start on a point of sail you want to test as close to your training buddy as possible without affecting each other.2. One boat keeps their settings the same and the other alters their settings to see how they impact speed, angle etc.3. Note what works and then swop roles.	
Evaluation	

Schedule

It is proposed that training will start on Saturday the 5th of March 2016. It is proposed that the team train twice a week, provisionally this will be a three hour session (two hours on the water) on a Saturday afternoon (1300-1600) and Sunday morning (0930-1230). However, this can be changed depending on team members' availability.