



## How to WIN

### 1. SET A GOAL – Then methodically set a plan to tackle the disciplines as listed.

#### 2. TECHNICAL

- 2.1 Speed : Equipment selection, Tuning & Set up
- 2.2 Technique : Gear changing, sailing technique and class idiosyncrasy
- 2.3 Preparation: The prevention of unforced error & technical failure

#### 3. TACTICAL

- 3.1 Racecourse Geometry: Analysis of the course area and it's relationship to local geography, topography, current, stream or tide
- 3.2 Weather: Gradient breeze, Thermal Breeze, Storm systems, The effect of Geography / Topography on the wind
- 3.3 Strategy: A race plan based on the above information.
- 3.4 Tactics: Boat on boat positioning to maintain strategy, Risk management, Attack and Defence

#### 4. PHYSICAL

- 4.1 Fitness: Specific to class of boat and type of racing (sport science specific)
- 4.2 Weight: Optimum for class weight and how to get there (sport science specific)
- 4.3 Fuel required for optimum performance (sport science specific)

#### 5. PSYCHOLOGICAL

- 5.1 Periodisation: Planning your peak performance
- 5.2 Managing emotion: Pre race, during competition and post race
- 5.3 Self belief

Careful planning and structured practice, training and coaching in gaining a complete understanding of these disciplines of the sport will take you a VERY long way....even achieving your goals and more!