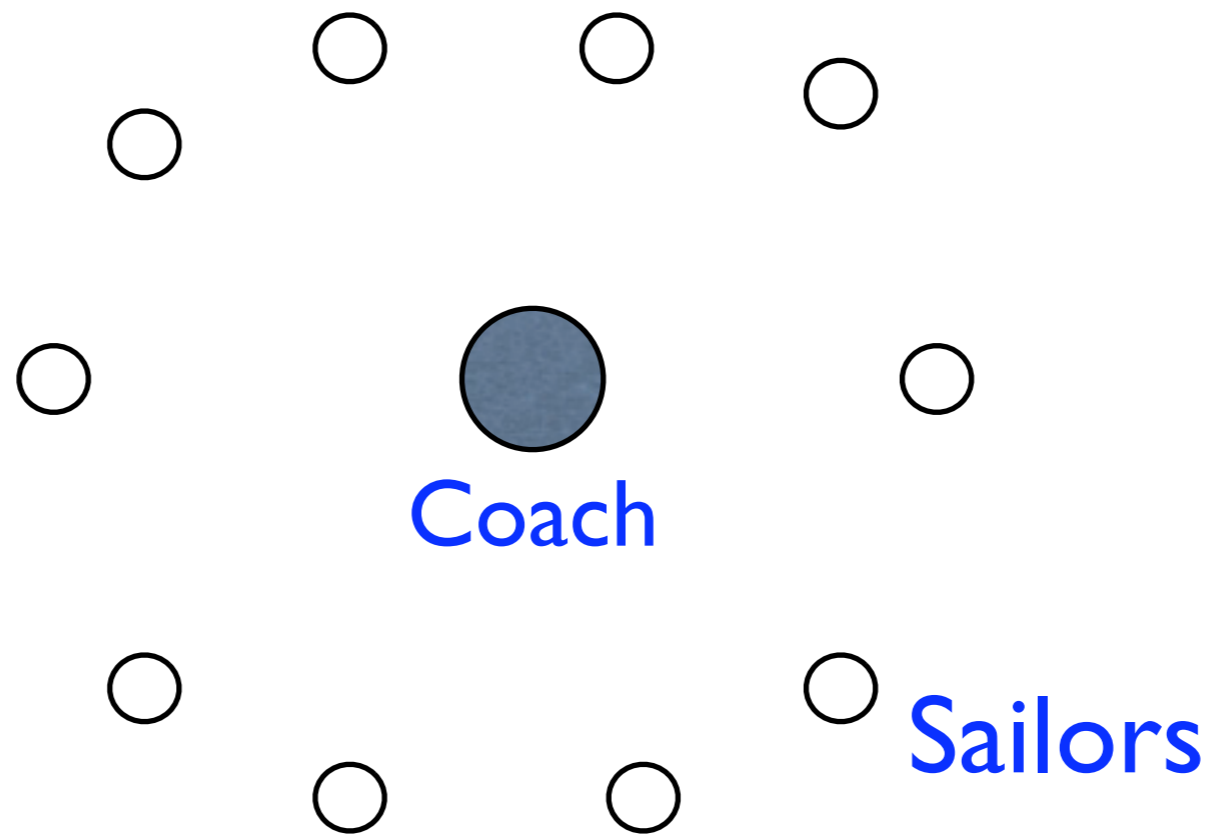


# Coach-Athlete

From a coach center to a athlete center program

# Traditional : Coach in the center



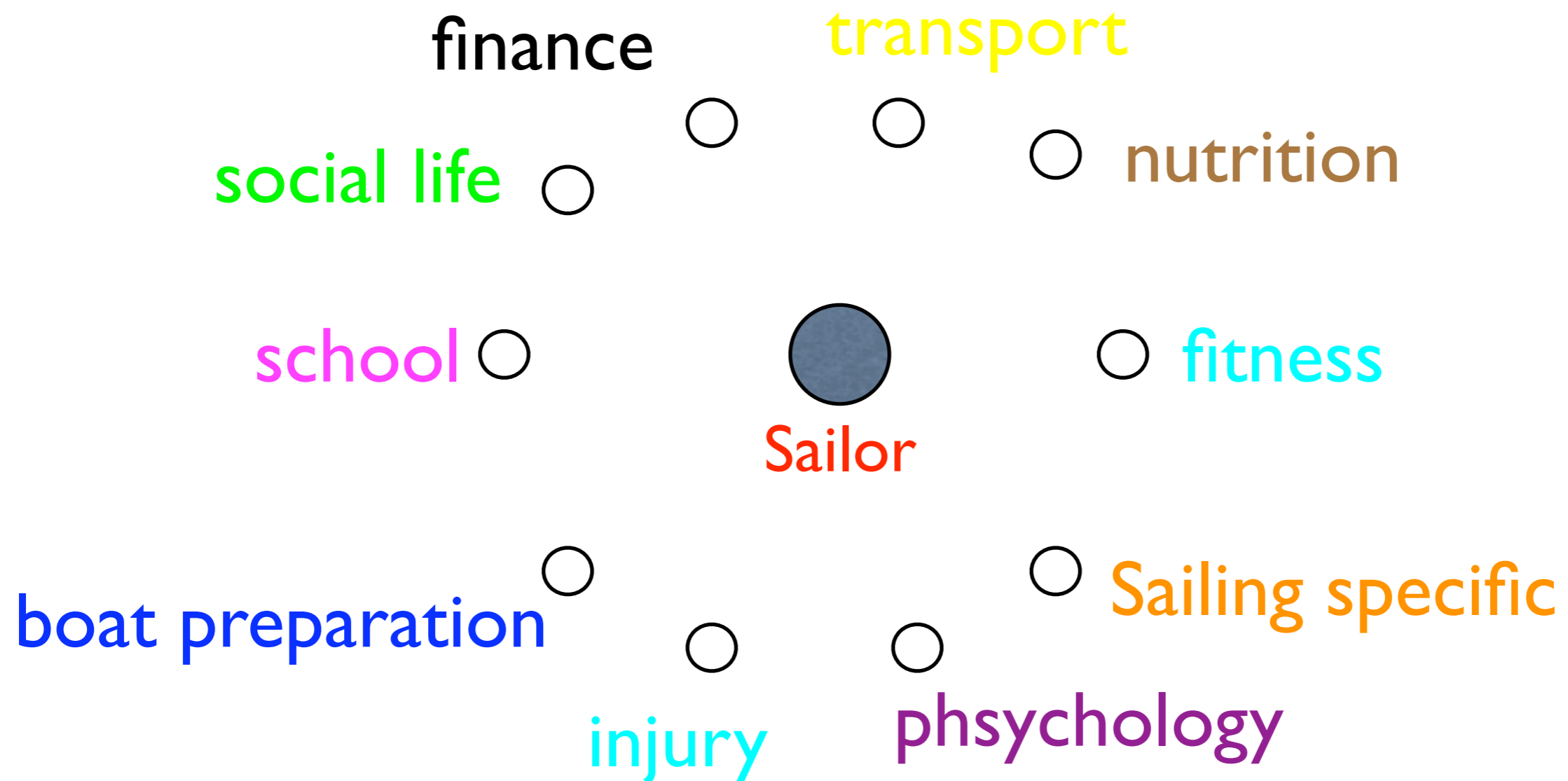
# Coach center program

- Good for initiation, acquisition and consolidation > clear feedback, no questioning.
- I do what coaches says.
- What happens when Coach is not here? (in training, in regattas).

# Coach center program

- Not adapted for high end athletes (consolidation, refinement, create variation).
- Majority of coaches.
- What most of athletes expect (tell me what to do).

# Athlete in the center



# Athlete in the center

- The sport of sailing is athlete driven at a high level : far too many variables to make a simple recipe for success.
- The athlete needs to have a plan for his own goal and personality (S & W).

# The transition

- Where most of people fail.
- Not what the athlete has been used too (self driven).
- Takes time.

# Tricks

- Know yourself : what will you be in charge, where do you need help.
- Communicate clearly what you need from each member of your team (ex : video v.s. boat handling & sail shape).
- Prepare yourself before you need to transition.

# It's your campaign

- Have a annual plan
- Know your ressources
- Assemble a team

# Questions & discussion

## Suggestions

- Annual plan
- Role of OSA
- Role of the Centers
- Role of the athlete