

## **Training camps**

### Components of a training camp

1. Goal: it needs to SMART (Specific, Measurable, Attainable, Realistic, Timely)
2. Audience : who will this camp target? Coaches, athletes, both, one individual or a group?
3. Schedule : it needs to be well organised and planned towards the camp's goal.
4. Material:
  - a) Sailing (speed, boat prep, boat tuning, boat handling, rules, tactics, strategies, etc).
  - b) Fitness (general v.s. specific, stretching, weather adaptation, etc).
  - c) Nutrition (general v.s. for performance, recovery, during rest v.s. regattas and training hydration, while traveling, etc).
  - d) Mental fitness (self confidence, stress, goal setting, visualisation, etc).
  - e) Other (annual planning, socialisation, visiting, rest periods especially in transition and at the end of the season, trying other boats, local knowledge before a big regatta, etc).
5. Ways to deliver:

As a coach you are the manager of the ways you want to use to deliver your message and achieve the camp's goal.

  - a) Experts (boat specifics, past champions, guest coaches, fitness guru, etc).
  - b) Talks & theories (rule seminar, guest, experience from a different sport, debriefs, strategies, etc).
  - c) Video (video debrief, watching experts and competitors, etc).
  - d) Books (homeworks, preparing a lesson, personal work, log books, etc).
  - e) Fitness session (new type training, planning training, fitness tests, etc).
  - f) Water sessions (main part of most camps, 2 sessions a day v.s. one session, etc).
  - e) Coaching styles (coach centered, athlete centered, interaction, lectures, guided discovery, by contracts, etc).

### Feedback after a camp

1. What was the camp's goal?
2. What did you learn?
3. What did you like the most?

4. What did you like the lease?
5. How would you change the camp to make it better?
6. Other comments

### Coach report

The goal is for you to be able to go back to these sailors and build from where you left them. It is also a tool for the sailors to bring back home and keep building upon alone are with a different coach.

*Here is an exemple of a schedule for a High Performance Camp :*

#### *Wednesday*

*Arrival day, registration and rigging.*

#### *Thursday*

*730am-Fitness*

*8-9 Breakfast*

*9-4 Sailing (includes briefing, lunch and debriefing)*

*5-630 Speaker (Professional Athlete)*

*630 Dinner*

#### *Friday*

*730am-Fitness*

*8-10 Breakfast and Speaker (Sport Psych)*

*10-4 Sailing (includes briefing, lunch and debriefing)*

*5-630 Speaker (Olympic sailor)*

*630 Dinner*

#### *Saturday*

*730am-Fitness*

*8-9 Breakfast*

*9-4 Sailing (includes briefing, lunch and debriefing)*

*5-630 Free Night*

#### *Sunday*

*730am-Fitness*

*8-9 Breakfast*

*9-2 Sailing (includes briefing, lunch and debriefing)*

*3 Departure...*

*Here is an exemple of a coach report:*

#### *29er Bermuda Clinic 2008*

*Coach : Matthieu Dubreucq*

*Camp goal : improve boat handling and communication skills to sail around a course without a capsized in 15 knots.*

#### ***Day 1 : January 2nd***

*Sailors : Halley & Libby*

*Wind : 20 +, short waves + rain in the afternoon.*

*Water session : 2*

*Total time on the water : 4,5 hours*

*Focus during the morning session : get back in the boat and get back in synch. Survive the weather.*

*Focus during the afternoon session : tacks and understanding the boat in heavy air (up wind).*

*Key points:*

*-The more wind, the less warning the boat gives you before to go crazy. Listen and learn to recognise the signs of a fast boat & ready to capsize boat*

*-As soon as the crew is unclipped bring the boat head to wind really fast and then adjust your tiller movement to the wind (less wind you power up fast by bearing off, more wind you stay close to the wind until the crew is on her way out.*

*Homework :*

*What are the key points of a heavy air tack (for the skipper and for the crew).*

***Day 2 : January 3rd***

*Sailors : H&L + Antony & Catalina*

*Wind : 20-25knots*

*Water sessions : 2*

*Total time on the water : 5 hours (one boat for the 2 teams to remain safe).*

*Focus for the day : get Catalina and Antony going. Halley and Libby had to analyse what they do and teach the 2 others how to do it.*

*Skipper (Antony)*

*Upwind:*

*-Get to top speed by bearing off and then you slowly make your way upwind. Everytime you slow down focus on speed before angles.*

*-When a puff hits you, make sure you see it far in advance and that you build up your speed to be able to head up into the puff without stalling.*

*Downwind:*

*-Steer for balance and give clear orders to the crew about where to place their body weight depending on where you want to steer.*

*-Be flatter (steer for flatness).*

*Overall : you have a great feel for the boat. Keep up the good work.*

*Crew (Catalina)*

*Trapping :*

*-leg straiter*

*-get use to not touch the trap handle*

*-you need to work on going out with out clipping in and only clipping when you are strait out.*

*Spinnaker work :*

*-focus only on the spinnaker and ask your skipper to tell you where to place your body weight*

*-make sure the spinnaker is always at max ease (curl the top 1/4. That is where you should look).*

*Overall : keep working hard. Crewing on a skiff is a very hard task as the smallest mistake you make makes you swim. Don t give up you will get it.*

*Halley & Libby :*

*-Good work helping out your team mates.*

*-Give more feedback when you sail. You should walk your partner threw everything so there is no surprise. Remember when I sail with you and that I keep you up to date with everything I do far in advance so everything goes smoother.*

*-That is one thing that will help you a lot in your sailing : be proactive, so you can then focus on tactics without having any surprises on the boat handling part.*

**Day 3 : January 4th**

*Sailors : 2 boats*

*Wind : 8-14 knots*

*Water sessions : 2*

*Total time on the water : 5 hours*

*Focus : body placement, boat balance, crew/skipper communication*

*Key points :*

*-Give clear and short words to the crew/skipper, long time before the event you are talking about happens.*

*-The crew is an extension of the skipper. The skipper has to guide the crew to make sure he is in synch with the boat.*

*-Below 15 knots you should be able to save any capsize just by going on the trap.*

*-On the gybes (tiller movement), start slow and accelerate the turn, don t stop it in the middle of the turn.*

**Day 4 : January 5th**

*Sailors : 2 boats*

*Wind : 5-8 knots*

*Water sessions : 2*

*Total time on the water : 4 hours*

*Focus : mark roundings, racing, managing other boats, FLAT is fast.*

*Key points :*

*-FLAT is fast*

*-Stay close to the boat you want to beat.*

*-Carve the gybe and keep the heel until the spinnaker is ready to be pumped.*

*-In light air it is easy to get the speed, the difference will be in the manoeuvres and tactics.*

**Day 5 : January 6th**

*Sailors : H&L*

*Wind : 5-10 knots*

*Water sessions : 1*

*Total time on the water : 4hours*

*Focus : smooth entry in the gybes for a fast exit, starts and communication (switch skipper & crew).*

*Key points :*

*-Start your gybe as smooth as possible and increase the speed of the turn as your boat speed slow down. A good gybe over 8 knots shouldn t make you loose ground.*

*-When you sail pretend that you are in a “switch position” and that your partner is new to his job and that you have to communicate with her to let her know what you need her to do.*

*-Good starts! use that in racing!!*