

Kingston Training Camp August 8th-11th, 2011

Leading up to Cork OCR, some of Ontario Sailing's Quest for Gold Laser athletes combined with Canada's National Team athletes for some great training. The group was also lucky enough to be joined by US Sailing Team Clay Johnson as well as New Zealand Sailing Team Andy Maloney, two well respected sailing figures on the international stage.

The four days of training brought all types of conditions including one day each of shifty north easterly and due east breeze followed up by two days of the typical sea breeze from the southwest. Wind strength varied each day ranging from 8-16 knots. Training consisted of three hours of on-water training per day focusing on starting technique and racing strategy and fleet management. A series score was kept during the camp and points were totalled at the conclusion of the camp to maintain friendly competition amongst athletes during training. Daily de-briefs were conducted which targeted key differences between sailor technique and strategy which was reinforced with video footage.



In addition to highly focused and intense training, the camp also included a hydration study conducted by National Sailing Team member and current University of Toronto Master student, Evan Lewis. The study was intended to conclude if athletes at the Provincial, National or even International level are training/competing in a hydrated state. Athletes were required to give pre and post sailing weight, urine and blood measurements and samples which

were compared following the study.

Each day athletes were given a fixed amount of fluid with varying electrolyte mixes in each to determine which solution best suits the nutritional requirements of a laser sailor. Results for these findings are still being calculated and reviewed but will be posted once completed.

In order to increase the level of professionalism to the camp, a message therapy component was added. This provided athletes with the opportunity following each day of training to receive therapy to help stretch muscles, increase range of motion in joints or flush lactic acid from muscles etc... Common therapy included; hip, knee, lower back and hamstring mobility.

Following the camp, athletes were also provided with a 30 serving bag of Infinite electrolyte mix which will help facilitate recovery of muscles following training and competition.

Thanks to the Canadian Yachting Association, the Canadian Sports Center Ontario, Ontario Sailing and the athletes for making this camp a great success! Keep an eye on our athletes as they compete in Kingston August 21-24 at Cork International

Kind Regards,
Murray McCullough
Ontario Sailing Team Coach/Manager.