

**Ontario Sailing Miami Training Block
-November 9-13, 2011-
- Training Report-**



Venue – US Sailing Center, Coconut Grove, Miami, Florida

Athletes – Emily McIlquham & Meredith Megarry (2012 Youth World Female 420 team), Hugh McRae (2012 Youth World Male Radial), Violet Stafford (2012 Youth World Female Radial), Mitchell McDonald (OST Laser) and Bronwyn Richardson (OST Radial).

Coaches – Chris Hewson (Ontario Sailing Development Coach) & Murray McCullough (Ontario High Performance Coach – Sailing)

Conditions – 8-15 knots varying in direction from West to Northeast. Flat and mixed chop days, waves maxing at 1.5feet.

On-Land Training

The group met at 9am each day for morning fitness, which included a warm-up, crossfit workout, and a cool-down. The warm-up included footwork exercises to increase heart rates and improve foot and leg coordination. The main workout targeted major muscle groups including, arms, chest, torso and legs. The cool-down consisted of a series of dynamic stretches targeting the major muscle groups used during exercise.

On-water Training

The primary focus of this training block was dedicated to boat-handling, while a secondary focus was leeward mark roundings. As the majority of these athletes haven't spent consistent time training since mid October, boat-handling was without a doubt an area that required attention. Short course drills enforced boat-handling for two reasons:

1. It forced the athletes to engage in a variety of manoeuvres over a short distance and in a short period of time.
2. It forced the athletes to execute basic manoeuvres repetitively, allowing them several opportunities to improve their skills.

Following short course drills, the athletes were given an opportunity to focus entirely on leeward mark roundings. To end each day, a series of starts and short-races were conducted to incorporate the skills practiced during training in a race setting.

Team Building

As Henry Ford once stated,
“Coming together is a beginning, keeping together is a process, working together is a success”.

In the past, this fundamental principal has been distant to the Ontario Sailing Team. To re-establish this concept, the team engaged in several team activities including, dinner at a local restaurant, visiting the MacDonald family who kindly hosted the group for a homemade pizza night, and finally we topped things off with a trip to the Bank Atlantic Center to watch the Florida Panthers play the Philadelphia Flyers. Might I add that the tickets were \$10.00 each and that season’s tickets were advertised for \$410.00!!! That’s right, season tickets equal to two nosebleed tickets at the ACC followed by a soft drink and popcorn...

Thank You

On behalf of Ontario Sailing, the athletes and coaches, I would like to extend a special thank you to all of the parents who made this training block a success. Without your dedication, support and generosity, the athletes would have been stuck back in the frozen north, dreaming about sailing in the sunny South!

Thanks again everyone! Looking forward to seeing you all again in December!

Kind Regards,

Murray McCullough
Ontario High Performance Coach - Sailing