

Date : 2/10/2004

Sailor : Matthieu Dubreucq & crew

Goal Sheet

Goals for the 2004 season: CAN 605

Technical goals : Be able to sail around a course in 15 knots of breeze in total control, at maximum speed.

Tactical goals : Always have a backup plan for our starts and mark rounding. Learn from others.

Physical goals : Be at the optimum weight + be able to sail for 3-4 hours everyday.

Logistical goals : Be prepare with spare parts for every regatta. Be able to focus on the preparation of the regatta and not how to get there.