

*Hello Skiff Team ! Here Tino reporting to all you.*

*First at all I want to thank all you for the opportunity of being there to meet you and work with you. It was a great experience and very productive for everyone, no doubt.*

*I want to thank **Greg** so much for contacted me and give me the chance to start working with the team , to **Chris and Duncan Williford** for approached and help during the weekend too with info from the team, of course to **Helena** (it was a HUGE pleasure to work back to back with you) and again to **All the Sailors and their Parents**. Hope to see all you soon and keep working together again.*

### Clinic and Regatta Report

#### Clinic Meetings / On Land:

- All the sailors had the opportunity to be on the ODP Clinic and learn a lot of new things and to listen great experiences and advises from Great Sailors and Coaches specially. Regarding this , I would like to see the sailors more compromise on this, be aware and care more about it. I would like to see everyone taking notes and then be able to discuss them with your Crew/Skipper/Coach/Team. The sailors need to understand the Meetings are part of the process to reach their goals, they will apply all the information that they get there on the daily basis training and close future.
- I saw this weekend boats were not ready like they should. Doesn't matter if is a Clinic or a training day, our boat should be ready, complete and 100% checked always. We discuss aspects like the Marks on the Halyard, Boom Vang, Outhaul. They need to be there, they will help you to be better & easier to adjust/measure it when use it. The other important thing is about your stuff (materials), the conditions that they are. You need to take care every single thing on your boat, they are expensive and essential for your goals. You need to clean them and do the maintenance that is required for each thing everyday.

#### Regatta / Training :

- Communication between Crew and Skipper: This is so important.
- ★ Both need to know what is going on and what you need BUT not only on the water while racing or practicing.
- ★ I will like to encourage all you to work on land together too.
- ★ Organize yourself, discuss things, make a project for short and long term, define your goals.
- ★ The last and really important: **“Support each other always” “Remember that it is OK to disagree and we know will make mistakes , but there should be always the Skipper or the Crew to let it go and motivate each other to find the solution of that situation and do your best to come back together”, “YOU ARE A TEAM”.**
- Communication between Crew/Skipper to the Coach:
- ★ I will like to encourage you to always go and talk with your coach or coaches, every day and when you have the chance.
- ★ The coach will have always something to share with you and for sure you with them too. Remember they are waiting for you and they are an essential part to accomplish your goals.
- ★ Be open to new coaching styles, this will give you more options.

#### Before the Race Start:

- ★ On the water , during the regatta we have on the same course 420 and Laser. This boats were sharing the upwind mark with the 29ers. If we look them and pay attention (they started before us always ,“Almost”) we can see what is happening on the 1st up wind and this means you have more information that can be used on your advantage. Anyway not always you will have this chance but, if you have someone racing or testing around, you should keep an eye on it.

## **Other important things**

### **Physical Training: Exercise**

★ All the sailors should incorporate to their program a physical training routine. Sailing will be not enough to be 100% ready. Running, swimming and Gym exercises will be a huge complement for each of them. They will become stronger and healthy. On top of this Yoga for stretch your muscles and relax you mind and body everyday will be as important as the rest. ***“Remember if you exercise , you need to stretch”***

### **Food and Hydration**

★ I will like to see the sailors eating better , not only during the week. You should take care on land and on the water between races too. Eat Fruits and cereal bars, Drink more water and gatorade before and between races, will give you the energy that you need to be ready for what is coming ahead (Crew and Skipper).

### **Tools:**

- Will be great for all you to have Compass and start getting familiar with it (how it works).
- ★ I keep seeing sailors that do not know if they are lifted or headed on the course.
- ★ Boats arriving to the windward mark and gate without knowing also what they should do: if they need to Gybe , Tack or keep going.

### **Things to Improve**

- Create a Routine: all you are different and can create your own, make adjustments and change things till you feel very good with the one you have
- Check the boat from bow to stern: BOTH , CREW AND SKIPPER
- Tool Box: Extra parts, lines, tools, tape, towline
- Crew and Skipper need to work and practice more how to rig or fix the kite on the water
- Gybe Sets: Why or When we should do it?
- Pre Start Check: If you will dry the Kite , do it close to the start line or by the side of the RC, don't go to far downwind and compromise your start
- Starts: Don't miss the tracking of the Pin End and RC position (we need to have 3 line sights to understand where we are on the line: Under the line - On the Line - Over the line)
- Fix and maintain the carpet on your daggerboard

Hope this information helps all you. Please be in touch if you need anything or if you will like to discuss something , I am more than happy to keep helping you.

Thank you so much for all and hope to see all you soon.

Santiago Galán “Tino”

