

Baltimore Spring Camp 2018

IRISH
SAILING



**Coaching for all
optimist
sailors Levels**

- ⊕ **Beginner**
- ⊕ **Intermediate**
- ⊕ **Advanced**

**The programme's
purpose is to give the
efforts and the sailing
way of thinking in
every level**

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By Nikitas kechagioglou



The Sailing Pyramid of Success

Tactics

Using the rules and your wits to gain an advantage over boats who have the same strategy.

Strategy

The decision making process:
Course geometry, wind patterns,
and current

Boat Handling

Straight line boat speed, sail trim, sail controls, tacking, gybing, sailing backwards, accelerating, stopping, weight distribution, sailing in close proximity to other boats, moving about the boat smoothly and fluidly

Seamanship, Safety, and Sportsmanship

Knots, rigging, terminology, identifying parts of the boat, maintenance and care of equipment, learning about wind and weather, being comfortable on/in the water, self-reliance, knowing your limits, coming prepared, team work, communication, and fair play

Beginner

Beginner



Coach is the professional trainer
Coach is the Leader
The leader make decisions

Instructions for this level

- ↑ Be creative
- ↑ Create a Sense of Belonging
- ↑ Build Relationships
- ↑ Set Clear Expectations
- ↑ Stay Relevant
- ↓ No Risk
- ↓ Don't work too many things at once

Don't forget : at the end of the day
Everyone must succeed at least in one
thing in order to tell him, good job etc etc



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**Intermediate
emphasise on details**

Intermediate

Safety

Less play
More learning

Create a team

Split a movement into steps

Set goals

Work step by step

Join the steps in a fluidly movement

Instructions for this level

- ↑ Be creative
- ↑ Create a Sense of Belonging
- ↑ Build Relationships
- ↑ Set Clear Expectations
- ↑ Stay Relevant
- ↑ Use the land & use the camera for better understanding
- ↓ No Risk
- ↓ Don't work more than 3 things per day.

Coach is the professional trainer
Coach is the Leader
The leader make decisions

Explain before and after the training why we are doing each exercise.
-----Give examples-----



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Advanced

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Advanced

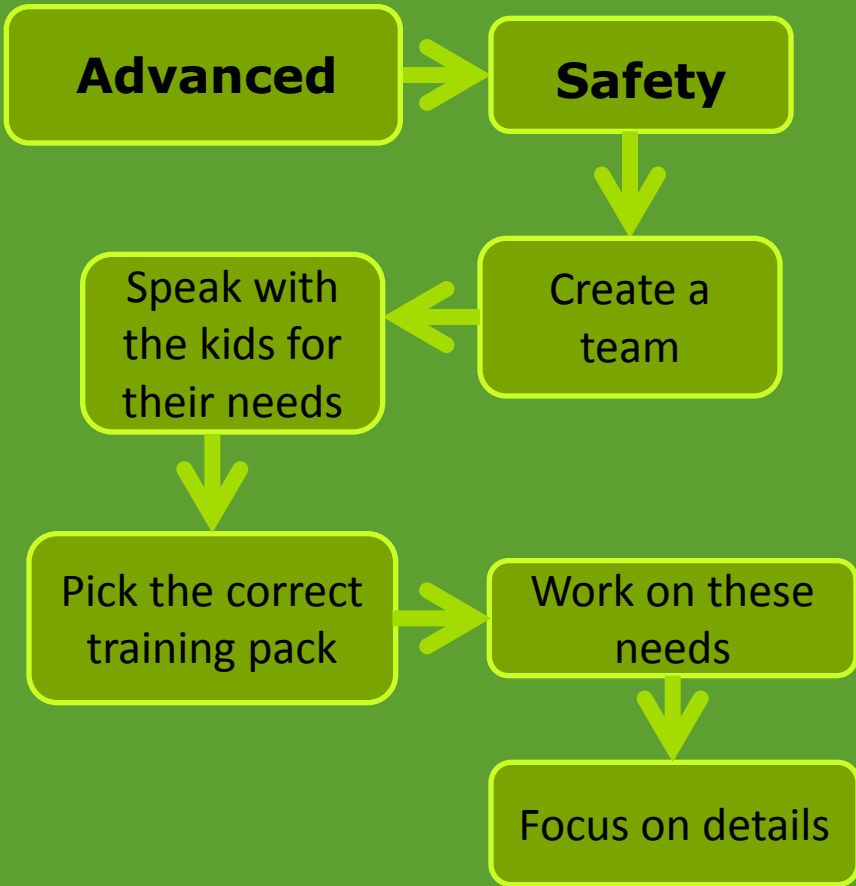
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- ↓ No Risk

Pack 1	Pack 2	Pack 3	Pack 4	Pack 5
5 Essentials Boat handling Speed tests	Body movement Speed tests 5 Essentials	5 Essentials Tack technique Jybe Technique mark rounding	Tactic/strategy Starts 5 Essentials	5 Essentials Tactic/strategy speed tests starts

Timetable

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	Sunday 11/2	Monday 12/2	Tuesday 13/2	Wednesday 14/2	Thursday 15/2	Friday 16/2
9:30	Preparations (ribs/marks/groups) & coach meeting	rigged & ready	rigged & ready	rigged & ready	rigged & ready	rigged & ready
10:00		short Briefing	short Briefing	short Briefing	short Briefing	Races
11:00		training	training	training	training	
12:00		lunch Break	lunch Break	lunch Break	lunch Break	
12:30		rigged & ready	Training	Training	Training	
13:00	Training					
14:00	Training					
15:00	Debriefing	Debriefing	Debriefing	Debriefing	Debriefing	
16:00						
17:00						
17:30						