

Learn it, do it, win it!




Top Mark
Working for the classes

CHRIS DRAPER
Team GBR
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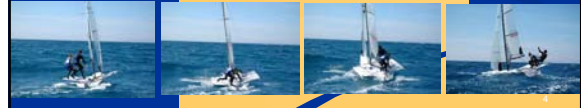
W.E warrior vs World Class

- n Time spent on the water
- n Training against racing
- n Tackling the problems



Parts of the Jigsaw

- n Ultimate Goal
- n Seconds lost against seconds gained
- n Producing a plan
- n Making the plan effective



Profiling

Performance Profile	Team Draper/His	Date			
Notes			Light <10	Medium 10-16	Heavy >16
			Sh	Cd	Sh
Boat Handling					
Tacking	Flat Water				
	Chop				
	Waves				
Gybing	Flat Water				
	Chop				
	Waves				
Drop	Straight				
	Gybe				
	Gybe drop Gybe				
Bear Away	Starboard Approach				
	Port Approach				
Holists	Starboard Approach				
	Port Approach				
	Port Approach Gybe				
Leeward Mark	Exit				

Profiling

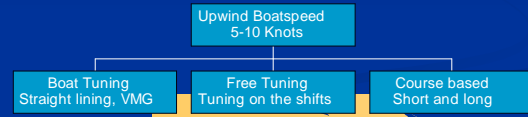
- n Team inputs
- n Harsh but Fair
- n Access results
- n Isolate weak areas

Crunching Data

- n Parts of the process
- n Designing a training program
- n Specific Training

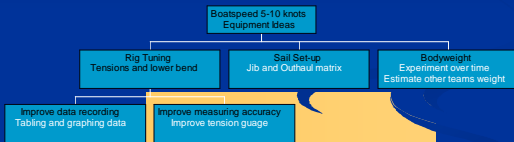
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Developing Exercises



8

Planning Development



9

Questions?



10