

Windsurfing

What is *Fastfwd*?

The *Fastfwd* coaching formula was introduced to the RYA National Windsurfing Scheme by Simon Bornhoft. It has been incorporated within our syllabus and coaching environment for almost two years. Feedback has been fantastic from all instructors and trainers who have participated in the conversion courses, and they are now actively using it to deliver the scheme.

Each practical area of the scheme can be enhanced and coached using the formula to break down key areas. Transitions can be simplified, helping to develop skills into a transferable and progressive delivery.

Fastfwd is an on-water coaching guide and self-reminder system that can become a common language between instructor and student. Here is a quick introduction.

When coaching, the formula can be used in a versatile manner. You may choose to concentrate on one particular point at a time, or use the formula in a

continuous cycle as a constant student and instructor prompt.

The formula is made up of five elements and a few key actions forming the basis of our movements on a board. The first four of these elements establish an effective stance. Combining these with key actions such as 'shift and switch' will help to explain transitional skills and achieve everything in recreational windsurfing!

- Vision • Trim
- (Counter) Balance
- Power • Stance

“VISION maintains our sailing line”

Where you look – your sailing line, should always be your first consideration. Try starting your coaching or diagnosis with **vision**. Such a simple point, but it is unquestionably the most important aspect of coaching and improving technique.

“TRIM keeps the board flat”

A flat, stable platform increases the ease

with which you can control the board and rig in any situation. All actions and the other elements in the formula refer and relate to **trim**.

“BALANCE forms our framework”

OR ‘*Counter Balance*’ refers to the continuous objective of maintaining distance from the rig (by extending the

front arm) and always opposing and counter balancing the rig’s pull, position and movement with your body.

“POWER channels the rig’s forces”

Power refers to channelling the rig’s forces by sheeting the boom in, back and down – critical in many skills learnt in windsurfing.



“STANCE is how you use your body”

Stance refers to how you position, angle and direct the rig’s forces with your body. There are some very specific actions to create a range of movement that maximises the effect of your body whilst windsurfing.

All that remains is for your new enthusiasm not to be damped by an over-complicated delivery that blows the minds of your students!

*If you are a Level 2 instructor or above and have not yet familiarised yourself with the *Fastfwd* formula, subsidised conversion courses are available via the RYA Regional Development Officers.*