



Efficient Trapezing & Hiking Techniques

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What do I know?

- Team Scandia GBR 49'er Coach
- Work with E.I.S. Specialists
- Competitive background:
 - 49'er
 - International 14's
- Hiking history:
 - Solo's and Laser

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Aims

- Pass on the current messages from Scandia Team GBR
- Identify World-Class Best Practice
 - Trapezing
 - Hiking
- Gaining a Performance Advantage
- Identify the common injuries
 - Why do these happen
 - How do we stop these occurring

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The Fundamentals

- Why do we Hike / Trapeze
- Increased Righting Potential
 - Provide Optimum Righting Moment
- Aid Fore-Aft Trim
- Input Kinetic Energy

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Trapezing

- C or E Positioning
 - Posture
 - Body Angle
 - Trapeze Height
- Balance
 - Core Stability
 - Loaded Leg
 - Foot Straps
- Wing Walking
 - Modes of Sailing
- Kinetics?



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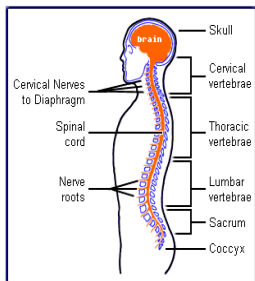
Video Clips 1 & 2

- Apply the Fundamentals
- Identify the Key coaching Points

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The Patient

- **Complaints**
 - Lumbar Spine Pain
 - Neck Pain
 - Muscular or Skeletal
- **Causes**
 - Unnatural Posture
 - Poor Harness Support
 - No Core Support
 - Poor Flexibility



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How can we Help?

- **Correct Posture**
 - Natural Position: Mum and Dad
- **Correct Harness**
- **Activate your Core**
- **Train:**
 - Flexibility
 - Core Stability
- **Stretch**

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Hiking

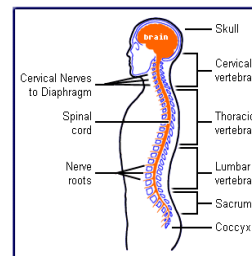


- **Righting Potential**
 - C of E Position
- **Dynamic**
 - Flexibility
- **Fore and Aft Trim**
 - Seated Position
 - Torque
- **Kinetic Input**
 - Transmit to the boat not the umpire

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The Patient

- **Complaints**
 - Lumbar Spine Pain
 - Neck Pain
 - Muscular or Skeletal
- **Causes**
 - Unnatural Posture
 - Post Alignment
 - No Core Support
 - Poor Flexibility



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Common Injury's / niggles

- Lower back (lumber spine)
- Knees
- Ankles
- Neck (stiffness)
- Shoulders

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How do we help? –Lower Back

- Raise awareness of body.
- Core stability – Pilates etc
- Stretching
- Consistent message!
- Know what is right vs. wrong!
- Trying not to sound like M&D

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How do we Help? - Knees & Quads

- Core stability essential
- Muscle activation – the quads
 - Ex on chair
- Quads – two of and the hip flexor!
- Basic ideals – alignment
- Hips to Knee to Ankle!

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How do we help? - Ankles

- Alignment
- Pressure and natural feet angles
- Basic equipment – support
- Starts from an early age: Habit
- Toe strap length?

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Performance Hiking

- What are we looking for
 - Max leverage
 - Total vision
- Comfort
- Quads
 - Blood circulation
 - Pressure change - legs
- Mobility
 - We are dynamic
 - Straight vs. bent legs – Hip Flexor and max extension
 - Fore and aft movement
- Arms
 - Keeping tucked in is better for upper back/ scapulars

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Summary

- Setting the standards early – Good Habits
- Think: GOOD POSTURE!
- Young – even old sailors don't know the difference between skeletal pain, muscle pain, fatigue and general lack of fitness.
- Body awareness is everything: Mum and Dad
- As a coach you can see what is good / bad – your eyes are excellent
- Recreate on shore! Swiss Balls and Hiking Benches

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