

## Pravidelná měsíční zpráva za leden 2025

### Sportovní centrum mládeže

Lodní třída: 29er

Datum: 15.2.2025

Oba týmy SCM A i SCM B se na začátku ledna přesunuly do španělské Valencie a budou tam trénovat až do konce února. Během zimní přípravy se oba týmy zúčastní závodu serie EuroCup Comunitat Valencia Olympic week.

Tým SCM A trénoval v lednu pod vedením trenéra Marcela Mierzvickího tým SCM B pod vedením trenéra polské reprezentace Kajetana Jablonského.

Valencia SCM A - 19.-28. leden – Marceli Mierzvicki

We started camp on very hard conditions with big swell and low to medium wind which was not optimal for these first days after big break but with some problems we managed to use those. In these early part of camp we were doing only technique and boat handling to get back feeling of the boat. My observations on these days were that we struggle to get a feeling of those waves, with major problems with foreseeing pressure changes on the top of the wave, adjusting trapeze in time, changing modes relative to wind changes, lack of observation, but i think it was because they needed take focus too much on those new conditions, which is not surprising when taken their sea training hours spent. By the end of the camp most of these problems were fixed. I the middle of the camp we got bit more wind and worked to improve timing and synchronization on maneuveres. We also did some racecourse roundings to see how is lay-line observation, gate roundings hoists and drops etc. On synchronization and timing on maneuveres only Kaja and Peter were doing good after few rounds, and with some small adjustments it good very good as it was last season. All other crews we needed to start from nothing essentially but in a span of a week they did huge work, now they are able to do everything up to 20 knts, especially Adam with Anna. Newer crews still capsize and maneuvers are somewhat repetitive so in some time it should be good. We joined for some races with Swiss team. 2 of them are on gold level one bit lower and it was more of introduction to fleet than racing for most, only Kaja and Petr were racing but still felt bit uncomfortable on starts. All other crews were just getting used to racing order and communication with first attempts to start and get some sense of speed of other boats. I have to note that it was racing in over 15 knts so i wouldn't take it much as real practice but still more of a diagnosis of communication and race elements. On those races it was bit unorganized in most crews and hasty.

Next days we spent on going for some trimming and more of a long lines and starts. Looking on the speed Kaja and Peter are super fast and well trimmed in low to medium wind, but there is quite significant gap in performance when they are getting overpower, we would need to look on that and try speed comparison with polish. On starts

they are more active than before but i feel like they are never achieving their top speed on the moment of the start and sometimes have problem with finding right mode and comfort after start. Lara and Kristian are surprisingly fast in medium wind and sometimes in overpower many sometimes being as fast as Kaja and Petr and few in strong wind they also showed great improvement on starts, getting more and more consistent and comfortable with speed and time on distance, statics could be better but given the time it very good work. Cant say much about Anna and Adam as they were sick during this part of camp but on few starts they were on speed was there but always on false start which is good just need small adjustments and more training time.

And with speed they struggle a lot in medium to strong wind as Adam needs to adjust his style to current weight, it s harder now to get boat to start planing and to keep it in that. But thats all problems of not enough hours so should be fixed. Zuzana and Ema struggled most both on starts and speed test, i have to quote that they also have to experience on this boat and conditions were in not their preferred wind but, we need to fix positioning on the line, time on distance and most importantly getting into fast mode asap, that was many times problem on speed tests too take take very long time to adjust everything and get in focus mode to get perfect angle flat boat and speed after acceleration and on the line, still they need to focus a lot to keep the boat flat and going and forget completely to look around, trim the sails to changing conditions and just double checking everything. But again to do all that we need to get them comfortable on the boat and build some more muscle memory.

And last days were essentially survival training to see how are we looking in 20-25 knts and everybody managed to sail and do manueveres but new crews after few capsizes are done. Kaja and Petr can sail up to 28 even. And with Adam and Anna i don't know as i seen them only in 23 and it looked good but super overpower.

Pozdrawiam,  
Marceli Mierzwicki

Valencia SCM B 9.-16. Leden – Kajetan Jablonski

No very lucky with the weather, first two days super windy, next days very cold and no wind or very light wind. Only 2 trainings were quite long and have good conditions. On other days we managed shorter sessions in the morning of in the afternoon - in the middle of the day there was no wind.

During first day we focused only on boatwork because wind was too strong and the boats were in bad condition. Of course they are old (except Dan's boat) but we make a lot of work with them spending something like 0-15 euro per boat changing the bungee and rope systems or making the marks for the kicker. Now they are working properly i think - enough for a training.

On first half of the camp we focused on boat balance because it was not good in general but also during the whole camp we have swell 1-1.5 meter high which was something new for the teams (they say they never sails in such big swell before) so we took some time to learn this type of conditions and i think it worked, they adapted to it and started to feel comfortable on it.

I think the boat speed (especially boat balance) improved a lot. For other things we did not have a lot of time to train, but we managed to find what are the problems and all of the teams know what they need to do better - they just need time on the water to execute this tips they received from me.