

Pravidelná měsíční zpráva za červen 2024

Sportovní centrum mládeže

Lodní třída: 29er

Datum: 10.7.2024

V červnu se členové SCM účastnili závodů 7P Pavlovská regata a McDonalds Cup a pod vedením polského trenéra Marceli Mierzwickeho závodu 29er Eurocup na Lipně, kterému předcházelo krátké soustředění.

M. Horák

In June we had Lipno Eurocup, another training regatta as last preparation before main events.

In few days of trainings we focused on fixing our still biggest flaws which are still starts, new conditions quick adapting and big picture strategy. We had some speed testing before event In low-medium wind in very shifty conditions, speed and trim were working well on all 3 boats, same with maneuvers.

I have to mention tho difficulties on starts we are having. All of the crews struggle In static aspects of restart, double tacking, controlling drift, crabbing, holding on to chosen place in general, which results later in no faith in their abilities on start and always avoiding beneficial spots on a starting line, because of other good teams already fighting for them. They just need many hours of boat control and persistence to overcome it.

Another key factor to our not repetitive good starts is no clue of the distance to the line and good translation of it to time needed to accelerate fully, and sometimes placing themselves too close to the line resulting in not enough speed at the moment of start. A lot of that flaws were very visible during event.

On the regatta we had very shifty about conditions 30 degrees or sometimes more in a lake characteristics. Sometimes we also had impactful clouds and our teams struggled then to read racecourse for best strategy, but after some lecture on clouds effects I feel like it was better at the end of the regatta. Another weakness to overcome will be adapting to different conditions than previous venue. Girls were still anticipating long shifts as in Workum, and boys were still going close to land like if they were still on Lake Garda. Of course they switched their thinking but it cost them a lot in first few races.

Nela and Anna

They were objectively the fastest boat in training days , but after starts were bad and strategy was not working I felt like their will to fight is fading. They tend to have some absolutely precise moments when they lead the fleet or fight for best spots but one mistake and it all goes downhill. It's a matter of focusing on things they still have a chance to do something about and not focusing on missteps.

Adam and Kristian

They manage to survive in non-favorable conditions in terms of speed and angle but they still need a lot of advice when it comes to choosing sailing modes. They tend to stick to the race committee start end no matter the conditions on course, and they don't control their surroundings on start resulting often in start being destroyed, when they had a chance to escape the crowd only if they were aware of situation development around. After 2 days of regatta they really woke up when it comes to feeling shifts and they were very accurate on precision when picking place to go, they really can use the wind to their advantage and comfortably sail in top 5 , but they need a lot of time to adapt still, and a lot of free space on the start.

Kaja and Petr

They woke up and adapted very quickly to the conditions and were among few fastest boats, but their starts are restricting them a lot in potential. 2/10 starts they had comfortable straight line after resulting in a lot of unnecessary fight in the midfield of the fleet. Of course they are super fast and smart so they manage to gain a lot of places, but their inconsistency on the start is preventing them from fighting for the top places in the regatta. And I think it's mostly because of fear of no control of the boat, and acceleration without knowing where the line is.

Also all the boats struggle to find comfortable places on lay line , and are not very observant of the sky and water combined, they are good on the feeling but they need to observe more and draw conclusions from it.

Marceli Mierzwicki

Výsledky:

Eurocup Lipno:

- Lojková / Pelnář - 6. místo
- Winkler / Bezušek - 8. místo
- Viščorová / Košťálová - 10. místo

Pavlovská regata:

- Lojková / Pelnář - 1. místo
- Višcorová / Košťálová - 2. místo
- Winkler / Bezušek - 3. místo

McDonalds cup:

- Winkler / Bezušek - 1. místo
- Lojková / Pelnář - 3. místo
- Višcorová / Košťálová - 4. místo