

Pravidelná měsíční zpráva za srpen 2024

Sportovní centrum mládeže

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V srpnu členové SCM absolvovali Mistrovství světa v Aarhusu, kterému předcházelo týdenní soustředění a soustředění a MČR na nových Mlýnech. Obě akce proběhly pod vedením polského trenéra Marcelli Mierzwickeho.

Aarchus Trainings

Goal here was to get better with keeping up with good guys after starts, so we did a lot of speed tests and moding, and I made very interesting observations as Kaja and Peter were only ones feeling comfortable in switching modes, the rest were just trimming their sails differently and not switching pressure management or angle or heeling. After 2 days it looked way better teams were closer together but still with tendency that 3087 was higher and faster purely on boat handling. We need to go back to perfecting basics and build „know how“, in the winter, I feel like we didn't have time to do that in the season. We also did variable starts and I was ok-ish with normal/short line but we got problems with keep or being aware of distance to the line when its long, we still didn't learn to control it all the way back to Lipno. We need to revisit this foundation as well on some proper training camps.

We took part in Coaches regatta with 5 races in total. Moding was showing much better effects but race strategy seemed like wandering blind. Even though we knew and discussed that left side gives more pressure I felt like this information was not used too often. If it was data collecting then its fine, but I'm afraid that there was no thinking after bad start and going wherever. And still some starts were bad, but about 60% of them were alright, but I have to mention smaller fleet 25 boats and shorter line...

Aarchus Worlds 01-09

Qualifying series was similar to Gdynia with a lot of non consistency because of the starts, conditions were very difficult as day 1 we did 3 and day 2 2 races due to big shifts, in these conditions you had to get away from the group and then be able to tack on shifts with tendency to go more to moving gusts. But again starts were keeping us from racing always in front. Day 3 was very interesting on bravo course I was there with Nela/Anna and Kaja/Petr and I told them exactly what will be needed in these conditions, we had stable slowly shifting offshore wind. I told them that in my opinion left side held more pressure and its super possible that you need to go left but not full 2 tacks closer to the middle might be in order and then wait for right moment to tack on left shift, and R6 they came 3rd and 4th top mark, good starts, good speed, good plan, but interesting thing happened after top mark I felt like there was completely no thought about downwind strategy, just going straight and then gybe wherever just make your way to the gate. They didn't lose any positions just switched between each other, but the group behind got closer.

Upwind was okay nothing changed. But on the last downwind girls lost like 7 places because they allowed one boat to roll over them, and then many boats did the same, after that they gybed in the middle and then went to the gate. And Kaja/Petr lost like 5 places because they gybed too early with no wind, then gybed back, gybed again on the lay line, and then went super low to the gate, all the boats that went deeper into either of sides were ahead of them. BOTH super unnecessary mistakes, and amateur like. I felt like there was completely no idea how to sail downwind, I have investigate what is the purpose because things like this happened numerous times in this regatta. But still what is our weakness is inconsistency on the starts.

Kaja/Petr Could have been in the gold fleet if not for the last race of qualifying, they were top 3 fastest boat on the course but still they started 5 seconds after everybody, still managed to come 16 or something like that, but because of that they missed gold fleet by 8 points. And their average on 3 races before was 7.33.. so gold was totally possible to snatch that day but... They got a lot of potential we need to seriously work on starts and risk management.

Girls had some very good races as well but they were unlikely to be seen in the front row, they often need to go to deep in the corner for clear wind and lost contact to the top.

Boys That was totally not their regatta, 80 % of time left side was better and I pretty much always seen them on the RC, same when they were with Kajetan on different course but same last day Easy schematics or racing just race to the left, They got all the same info as all the Polish and Czech but still delivered only bad starts from race committee ... They redeemed themselves in emerald fleet last day but it was expected of them in emerald. They should end up in silver/bronze same as girls if they were sailing the same as on the practice before.

Summary

Now I feel like I know everything to work through winter, we need to go back to basics , explain some sailing theory, build more knowhow

And more hours of crude practice sessions. Regattas were about experiencing the level of the top, now we need to catch up in the winter and come back next year to be able to put more teams in the gold fleet.

Czech nationals + training

On the trainings we had super nice wind ~15/+ knt and were doing mostly speed testing with manouvers mastering along with accelerations and drift control on the start in bigger wind. Team makes technique progress and now there are only some minor errors like helmsmen not hiking, lack of observation on the gennaker, wrong feeling of the distance to line, late reactions on shifts/ wind strength changes. They are making progress but they need hours and hours to build these as a habit. Speaking of speed pattern is very obvious girls are super fast in low wind, they

struggle in middle wind, and they use their experience in howt handling in strong wind to keep up for wuitw long now.

Kaja and Peter are fast in low wind, they thrive in middle wind, and some times they look a bit lost in strong wind, they lack ability to go ,full speed,, and keep pushing boat pointing, after some screaming its better but thats a thing to focus on in the future.

Boys on training Adam was with other crew, Ludjan? Anyway they are super fast in the strong wind, and suffer a lot in any other kind of wind, its very hard for them to find some stable way of handling the boat and react to small changes and mode switching.

I feel like this pattern is similar to boys in normal configuration, with Kristian crew, i need to put Adam with someone lighter to see if thats just boat hanging or just the weight is killing them, i think just precision on the handling but need to investigate further.

Speaking of racing we had light wind racing all the time and so is in the results.

Girls paradise, smart sailing with only small mistakes but for the most part very good performance.

Kaja and Peter started the regatta very well too but later when error accumulated with psychological pressure i feel like that put them out of fight for the win, Im speaking mostly about forgetting lake sailing principles of shifts just going straight for 8 minutes and then loosing all crosses to the top mark, or on the gennaker looking backwards and on the wind but not using that information and going further away from the wind, or risk management, i could put here many more errors but the conclusion is they are not confident in their knowledge when pressure is high. But i think this was very important lesson to them.

Similar with the boys Kristian was sick and joined just on the regatta and first day with bit more wind was not that bad they sailed well always 3rd or 4th place which considering their situation was ok, but then as the regatta progressed they stopped to think like they know what happeneing and try cheat everbody by going deep to the side or just sailing unconventionally on the lake, I understand a bit this strategy but that was way of control

Resulting in totall inconsistency in the results.

Summary good regatta as a training regatta they got to learn some important things when it comes to sail in top of the fleet, nos the key is to translate that to bigger regatta