

Pravidelná měsíční zpráva za září 2024

Sportovní centrum mládeže

Lodní třída: 29er

Datum: 15.10.2024

V srpnu členové SCM absolvovali soutředění na Balatonu a závod Serie EuroCup High Performance Grand Prix 29er Eurocup 2024. Soutředění i samotného závodu se zúčastnil i posádka týmu B. Obě akce proběhly pod vedením trenérů Marceli Mierzwickeho a Miroslava Horáka.

We had only 2 days of training due to strong wind.

First Day was mainly focused on Speed testing in bigger separations between the boats to focus on the VMG, Gust preparation. Manouvers were very good, acceleration sometimes are still too short in time with too much heeling but after they adjust to conditions they are pretty repeatable and efficient. But there is still a problem of knowing time on distance in changing conditions...

Second day of training we were in 5 boats with more speed testing and accelerations and moding in close quarters. First half of the Training huge difference was visible between A team and B team, especially Kaja/Petr and girls showed perfect boat and pressure control on demand, boys struggled to do it on their level but still not disaster, they had some problems surviving choppy waves, in under 10 knots. And the B team, accelerations were completely wrong without any preparation or control, same thing with moding, They all lack experience regarding boat specifics (accelerations, trapeze work, gate roundings) , sail trimming, precision. I can't say bad thing about sailing skills, reading the wind I was looking pretty good, but its of no use when they don't control the boat...

We also did some mixing in crews to share experience and suddenly boats were almost equal, and the quality of whole boat handling was on much bigger level, so I have to give credit to A team for real understanding what is going on the boat if they can share it and sail well with anybody that's the moment when they don't need any more learning now only mastering skills they got.

On the racing I will go briefly through Girls and Boys crew as there were no revalations, all races almost same. Girls starting too safe, always from the middle of the start line and too low on the line always, and then moding when it was not needed resulting in going to clear wind all race mostly about 10th on the top mark, They lacked going more to the side using shifts to gain some leverage maybe if not all the boats, check some and then sail on the shifts the rest, and reality was maybe 2-3 tacks every upwind sleeping through shifts, and losses not possible to repair later

on. Similar with the boys, only difference is that boys actually tried to fight for winning the start, but always lost on 1 min after start, probably because they could maintain speed in close quarters, sometimes because acceleration was too short many times 5s short... and then comes question of the weight, I know its not helping in low wind conditions as were on the regatta, but I think its restricting them psychologically, they still try to do everything as all the small kids around them, not acknowledging that they need to adjust their way of boat handling to their weight and current wind conditions.

Kaja/Petr finished regatta 5th that's super nice, I think racing against the female world champions in this wind was super beneficial for them, to see in which areas we need to put more focus on, some repeating mistakes were being too close to the line and then acceleration was too short or there was not enough space to do it properly, Upwind laylines were also a big problem on the first they, when no taking into account next shift that was coming in the lay line resulting in being over 200 m or so.

Upwind speed is good Moding is good but could be bit better after start this 1 min after lets say, there was a gap in performance to the top crews. Same With downwind VMG especially when defending, They lost few places on the gennakers because they don't quite control pressure on the gennaker, they either go too Low or to high there is not pressure „juggling,, and that was the huge difference to the Hungarian girls we need to work on that, also need to put more effort to look behind on the gusts and understand how are they moving... But overall im super satisfied with their work and I think they are too. PS penalties mentality, for some reason when they know they have a penalty they just refuse to do 360 for no reason... for the future they need to learn how to manage risk and then don't be afraid to lose 5 places instead of dsq...

And for the B team Observations mainly Vanda/Matej and Klara/Berta They have some serious problems with controlling the boat to their will, their intentions are mostly good, but they don't have hours put to knowing the boat.

Strategically, they are well prepared, Tactically not so, or maybe they just don't have means like speed to do what needs to be done, Often times just seeing them going in dirty wind no pressure, no sail trimming just waiting for the next race...

For Klara and Berta i have to say they show some talent on the gennakers on the attack mode, even tho they don't come high on upwind they seem to gain on the gennaker and gates.

Same thing could be said about Monica with Eliska when they are in contact with the fleet, they try and sometimes do find a way to overtake boats and gain places.

And Huge shoutout to Vanda Matej on the last day of racing, before it was struggle like the rest of B team, but then on last 3 races, they just focus on themselves accelerate effectively, and are able to actually execute their plan, they choose safe option, more comfortable positions and are able to deliver if not full races, at least first upwinds are decent. Last race with 4 knots especially coming 3rd to the top mark they would probably loose it on downwind, and the race was canceled, but as for now they show potential.