

Pentwater Presentation 2009

Preparing crew for most conditions [or your worst expectations]

On land:

Crew meeting prior to race or regatta. Discuss weather, length of race, physical fitness, proper clothing or gear, watch system if long race, need to follow rules of the boat regarding stowage of gear, alcohol, food. Discuss crew assignments, and the role of each job, preparation, execution, and back up, if person injured or sick.

On the water:

On the way out to the sailing area, we try and discuss the day's activities. What our plan or goals for the day are. What problems we might have. What unusual moves we might have to make. Set goals that are attainable. Don't wait till you win to feel good and have a good time. Your goals could be to be on the starting line on time or to do a good gybe or do a good windward take down or to be in the top half or to beat your brother in law. You must have a specific goal each time racing. **Remember: Don't wait till you win to have a good time.**

Racing:

Communication is the key to fun racing. Everybody on the boat has to know where they are going, what sails to have ready and what the start plan is, and what first beat plan is. Just as it is important that crew have assigned jobs you must have specialists: LUNCH, WEATHER, and RC. You must have race committee specialists who know all the flags and can anticipate the starting sequence, the course instructions and how much time till your warning signal. If the skipper is this person then he/she must share all of this information with all of the crew. It is all ways better if a separate member of the crew could do this to let the skipper concentrate with setting the boat up for the expected conditions.

You must sail before the start and it is best is to sail upwind to get your upwind sailing angles, write down degrees on each tack and after going up for 5 minutes tacking every 2 minutes, then plan on setting the chute you plan to race with. Do a couple of gybes and then a windward takedown on the port side. Set your jib one more time and check the starting line to determine what end of the line is favored. Confer with the timer/tactician/rc specialist about the start and let the rest of the crew know the time and the style of the start

During the race you must continue to discuss what is going on with the crew. If your plan changes let the crew know.

Postmortem:

On the way back in is a good time to discuss the day's activities. What went right and what went wrong and what could be done better? Did anyone need more help with his or her job and did anyone need more time, was there enough communication? Did you achieve any of your goals? We always awarded a game ball. **Great Job.**