

## Zpráva o činnosti SCM 29er únor 2024

### Sportovní centrum mládeže

Lodní třída: 29er

Datum: 10.3.2024

Po dvou lednových tréninkových cyklech na Mallorce se členové SCM 29er přesunuli v únoru do ElBalis k prvnímu závodě evropského poháru v letošní sezóně. Před závodem byly naplánovány 4 dny na rozježdění. Za velmi složitých podmínek se tréninky zaměřily především na ovládnutí lodí při obrazech a halzách.

V samotném závodě se bohužel pro nedostatek větru jezdilo jen 2 ze 4 dní. Odjelo se celkem 5 rozjížděk. Všechny 3 posádky se kvalifikovaly do zlaté skupiny.

Po ElBalis se posádky i materiál přesouvají do Čech a po krátké pauze budeme v březnu pokračovat dalším závodem evropského poháru v Koperu.

Níže přikládám zprávy Kajetana Jablonskeho z druhého tréninku na Mallorce (konec ledna) a hodnocení tréninku a samotného závodu v ElBalis.

M. Horák

## Summary of the camp Palma de Mallorca 20-28 February 2024

During the camp we were sailing every day in all conditions, but most of the time (second half of the camp) we were training mostly in light/medium wind conditions.

We continued our job with upwind and downwind speed, trim and technique - Adam had to catch up because he was not on the first camp but he did well.

Except this, we started work on tacks and gybes. Sailors received information about possible techniques and my preferences. The crews learn the moves very fast and they were making a possible effect on their manoeuvres, with helms it will take more time - they have bad habits which are hard to change now.

The team knows how tacks and gybes should look in light and medium wind in very detail. We talked a lot about steps, communication and choosing the right spot on the wave.

Now they just have to train this because the job is not finished after this camp and will not be finished after the next one also.

In second part of the camp we finally added some marks to our training, we trained mark-rounding - I found some things that they can do better in this area but it was quite good so we did not spend much time doing this.

On these last days we were also racing every day for 1-2 hours with Austrian and Finnish teams on both short and long course.

We were working on starts, acceleration and racecourse tactics.

The performance of the teams in this areas is very different, some of them has great starts but super bad tactics, or vice versa. But this is good I think because they can learn from each other on water and on the video debriefs.

As on the first camp - sailors received some notes from me on the Google Drive, and all videos from water are also uploaded there.

## El Balis 10-18 February 2024 camp and regatta summary

During trainings we had very difficult conditions: swell (sometimes even two swells) combined with very gusty wind from shore. This made our trainings harder in terms of organisation and planning.

We worked on everything, in every possible conditions during these couple of days.

The biggest improvement of these days were balancing the boat on upwind. We talked a lot about coordinating the hiking with mainsheet and jib sheet work, especially in light/medium wind. Next improvement was gybing in medium and strong wind and downwind itself in strong wind with big waves and swell. In this areas sailors improved the most but there is still a lot of work to do.

Before the regatta we were taking part/organizing some racing with other teams, to check our speed with other boats, train starts and allow me to analyse tactical skills of sailors - we talked a about this things between races and on the debriefs.

The day before the regatta and 2 out of 4 days of the regatta was without sailing due to the lack of wind.

On Friday (first day of sailing, 2nd day of event) 4 races were run.

Our sailors did surprisingly (at least for me) good, Nela and Anna could do better but they had some bad luck with capsize in the first race, but they were getting much better in every next race. Conditions were super hard, windspeed was medium between 12-16 knots but the waves were huge. Czech teams managed to avoid UFD/BFD's which was hard to do and were doing quite good on the starts.

The racing was all about speed and compass. Czech teams do not have compasses, and they are not the yet fastest boats so there was not much talking about things to improve - for them it was just speed test - conditions were very simple.

As my Polish sailors were on 2nd and 8th position in the regatta after this day. I am sure that Czech teams had good (the same as POL) settings/trim and I knew what was necessary to win the races.

All teams got into gold fleet which I think was very good result for them which I did not expected before regatta.

On the last day of the regatta there was one race in super light wind - Nela and Anna did very well finishing 6th in the gold fleet. Kaja and Peter did also well with catching up after bad start - they finished 25 out of 60 boats. For this two boats it was a really good race which shows how big progress they made during this winter, but in general this 5-race regatta are not enough to tell much about their tactical/start/strategy skills. It shows their level in European fleet - but also it was only 5 races in very specific conditions.

I think the team should work more about boat handling and just simple technique. If they did not do it better they will not be able to race in top of the gold fleet. They have to use all the time they have left before main summer events to make their technique top - and than focus on starts and racing.

Kaja and Peter are quite smart on the racecourse but they are lacking this technical things, mainly on starts and after them.

Nela and Anna did well - their result was worse because of the first two races of the regatta with the capsize etc. I am sure that last race of the regatta was no mistake, they can sail that good but sometimes during racing they stop thinking.

Adam and Christian - on the first sight (I did not had much time on races) Adam looks really bad in terms of tactics and strategy. He makes really simple mistakes which in my opinion are on Optimist-level.