

## Zpráva o činnosti SCM 29er leden 2024

### Sportovní centrum mládeže

Lodní třída: 29er

Datum: 10.2.2024

Posádky SCM absolvovaly v rámci zimní přípravy ve dnech 2.-10.1. a 20.-28.2 dvě soustředění na Mallorce pod vedením polského trenéra Kajetana Jablonskeho. Na prvním soustředění zastoupil nepřítomného Adama Winklera Michal Sazama. Po ukončení tréninkového cyklu na Mallorce se tým přesouvá Do El-Balis, kde ve dnech 25. - 28.2. proběhne první závod Evropského poháru.

Níže přikládám zprávu Kajetana z tréninku na Mallorce a krátkou prezentaci posádek SCM pro rok 2024.

M. Horák

## Summary of the first camp with the CZE 29er team Palma de Mallorca 2-10.02.2024

I think the camp was good in general, we had some problems with the weather - two days without sailing because of too much wind (20knt+) with big waves and very low temperature around 11 degrees Celsius. Mallorca is not an easy venue for new 29er sailors, Michal and Christian did not sail one more day (3 in total) because of too much wind for them.

I am really happy with the behaviour of the sailors on shore. They are well organised, self-sufficient in terms of cooking, keeping the house clean etc. They were always everywhere on time or even faster. They cook and eat good food, sleep at night and in general I was really positively surprised (they look better than my team in this area).

Their physical abilities are also very good, they can organise themselves training on the gym without my help. They stretch after sailing for the recovery etc. - again very positive surprise for me.

### Boatwork

They have very good boats, which can race without hesitation on the gold fleet level. But the boats were not in very good shape, some ropes and systems needed (or still need) to be replaced, also the boats are sinking (taking water when sailing). We did a lot of boat work during the camp, a lot of things were new to them so the boats improved a lot. Sailors do not have necessary (but really basic) tools for the boat work, they received the list for the next camp they will come prepared. They also did not have any dyneema or elastic on spare we could not do all the boat work that I wanted to do. We also talked a little how to keep the boats and all gear in better shape because I think in some areas they were doing it wrong.

### About sailing.

Girls are a very experienced crew, other two teams are starting 29er (Peter knows the boat but he is learning to be a crew so it was better).

During the camp we focused on acceleration, boat handling and trim. Later we started to do more tacks and gybes.

I found out that they are lacking really basic skills like proper trapeze or hiking position, they do not know how to accelerate the boat. This refers also to the girls. Also in tacks and gybes I found some (in my opinion) basic mistakes.

Because of this all teams have to work on the same things, so there was no problem with organising the trainings and I think everybody was learning something new all the time.

There were no problems with communication in English, sailors were very involved and learning fast so every day they were getting better. I am happy with the work we did on the water, at the end of the camp their sailing was much better than at the beginning.

After every training we had a debrief with video analysis (from the water) and I showed them the exemplary videos from my "perfect video" library - mainly videos of my teams from Polish team. Almost every day everyday I prepared some notes for the sailors, they have all of it on the Google Drive folder. In the same folder they also have all the videos from the water which were uploaded every day after sailing. I uploaded also some videos of my sailors from Polish team.

From what I know from sailors - my system of work on the water was completely different from what they did before with Dominika. They adjusted fast and there were no problems with it after the first day.

Is this system better for them - Peter and Kaja said that they are very happy with that and the camp in general. Other sailors were not willing to share their opinion so I am not sure ;)

From the head coach/federation point of view.

Nela and Anna - I think girls team are very experienced but were lacking some (not a lot) basic skills, and have some bad habits which I tried to fix. I think they are learning fast so their sailing skills will be much better soon (comparing to 2023 season). But about their racing skills - I have no chance to check it because we did not used marks even once. And racing skills will be most important when talking about the results. But on technical side I think it is realistic for them to compete in top 10 girls in Europe this year, but I have to wait until El Balis to confirm that.

Kaja and Peter - I think this team has huge potential in long term. They are very young and have perfect physical conditions for the 29er. Not sure if they can manage to have some good (top 3) results this year in U17 category (maybe in u17 mix), but next season they can be very good if their training, coaching and the whole plan for the season will be well organised. I think it is good to invest in this team for the long term (next season).

Michal and Christian - they are both starting 29er, they are both very big, Christian is good for the crew but Michal is too heavy for the helm position. They did well on the camp, but they were really learning the basics so I can not tell much about them. They sailed for the first (and probably last) time together so this is also the factor. I think Christian can be good crew, I wait to see him on the next camp how he will perform with his "normal" helm.

# SCM 29er 2024

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CZE 3087 Karolína Lojková / Petr Pelnář

CZE 3088 Nela Viščorová / Anna Košťálová

CZE 3089 Adam Winkler / Kristian Bezušek





# SCM 29er - PLÁN 2024

## Plán klíčových akcí

18. - 26.11. 23	Trénink Mallorca
2. - 9.1.	Trénink Mallorca
20. - 28.1.	Trénink Mallorca
8. - 18.2.	Trénink + EC El Balis
22. - 31.3.	Trénink + EC Koper
duben / květen	Trénink Gdynia
9. - 12.5.	YDN Workum - EC
1. - 9.6.	Pohár ČR Nové Mlýny, Trénink + EC Lipno
červen	Trénink Gdynia
1. - 9.7.	ME Gdynia
13. - 22.7.	YS Worlds Garda
1. - 10.8.	MS Aarhus
25.8. - 1.9.	Nové Mlýny - Mistrovství ČR
15. - 22.9.	Trénink + EC Balaton
20. - 27.10.	Trénink + EC Garda

## CELKEM - 120 dní na vodě

12 x tréninkový kemp	1 x Mistrovství ČR
1 x Mistrovství světa	6 x Eurocup
1 x Mistrovství Evropy	1 x Youth Sailing Worlds
5 x Pohár ČR	1 x Youth Dutch N Workum





**CZE 3088**

**NELA VIŠČOROVÁ / ANNA KOŠŤALOVÁ**

### **NELA VIŠČOROVÁ (2006)**

jachting od 2013, **29er** od 2021

- 4. místo Eurocup **29er** v kat. dívky 2023
- 2. místo Pohár ČR **29er** 2023, 1. dívky
- 3. místo Pohár ČR **29er** 2022, 1. dívky
- 1. místo MČR i Pohár ČR **RS Feva** 2019
- 2. místo MS **RS Feva** v kat. dívky 2018



### **ANNA KOŠŤALOVÁ (2006)**

jachting od 2015, **29er** od 2019

- 4. místo Eurocup **29er** v kat. dívky 2023
- 2. místo Pohár ČR **29er** 2023, 1. dívky
- 3. místo EC Lipno 2023 dívky (s Nelou)
- 3. místo Eurocup **29er** v kat. dívky 2020
- 2. místo Pohár ČR **RS Feva** dívky 2016





# CZE 3089

ADAM WINKLER / KRISTIAN BEZUŠEK

## **ADAM WINKLER (2007)**

jachting od 2016, 29er od 2023

### **LT Cadet**

3 x 1. místo MČR

2 x 1. místo Pohár ČR

9. místo na ME

15. místo na MS



## **KRISTIAN BEZUŠEK (2009)**

jachting od 2019, 29er od 2023/24

### **LT RS Feva**

1. místo MČR 2023

3. místo Pohár ČR 2023

5. místo ME 2023

12. místo MM Maďarska 2023





# CZE 3087

KAROLÍNA LOJKOVÁ / PETR PELNÁŘ

## **KAROLÍNA LOJKOVÁ (2008)**

jachting od 2015, **29er** od 2023

### **LT Optimist**

5 sezón v SPS, více než 100 závodů,  
pódia na pohárech i MČR

### **LT RS Feva**

1. místo na ME v kategorii mix

### **LT RS 500**

3. místo na MS v kategorii junioři



## **PETR PELNÁŘ (2008)**

jachting od 2016, **29er** od 2023

### **LT RS Feva**

2. místo MS 2019 U13

2. místo ME 2022

1. místo MČR 2022

3 x 1. místo Pohár ČR

### **LT 29er**

1. místo série Eurocup 2023 kat. MIX

1. místo MČR 2023

1. místo Pohár ČR 2023

