

Pravidelná měsíční zpráva za květen 2024

Sportovní centrum mládeže

Lodní třída: 29er

Datum: 10.6.2024

V červnu se členové SCM účastnili pod vedením polského trenéra Marceli Mierzwickeho závodu DYR v Nizozemském Workumu (Mistrovství Holandska). Před závodem proběhlo krátké soustředění. Níže přikládám zprávu Marceliho k oběma akcím a krátké hodnocení posádek.

M. Horák

Workum 6.-12.05.2024

2 days training before regatta we were sailing in very light wind focusing on consistency of effective pumping after maneuvers, and adapting to very difficult conditions demanding a lot of observation on the gusts and reaction on transition conditions (when wind is slowly increasing and there is this narrow moment to get crew on a trapeze and go for speed mode). And we got introduced into static control of the boat as it was ans still is lacking skill in all our crews in terms of controlling drift on the starting line and positioning.

Later on day 2 and whole day 3 we were speed testing and racing against Swiss and Belgians. Trim in terms of efficiency and speed was looking good compared to Swiss (they finished regatta 2nd and 7th).

But our teams big weakness is mode switching and that is making differences on a straight line especially in stronger wind. We lack yet ability to go smooth moding, currently there only exist high mode and low mode and not much between. Racing also uncovered some lack of tactical knowledge in very obvious scenarios like crossing especially in Kaja/Peter crew and Adam/Kristian.

Racing had some very brilliant moments but also a lot of rookie mistakes and a big struggle to start consistently in top row of boats. Schematics on racing was just race to right layline in a first racing day and then race to the left layline on day 2 and 3.

We struggled with starting because first of all we were accelerating always bit too late and sometimes we were drifting too much and then had no place to accelerate properly. And another big issue was not planning ahead and losing always few places on a leg due too poor positioning relative to the other boats in terms of clear wind.

Nela/Anna they had really good boatspeed especially in low wind conditions. But one problem is mental pressure when sailing in the top and very obvious mistakes in stressful situations. And the other big one is starting, they don't have much initiative on the starting line and wait too long for action often resulting in bad spot for start and then all race looking for clear wind.

Adam/Kristian boys are very fast in full trapeze conditions but they often „close their eyes” on the angles and generally racecourse, not noticing wind shifts, laylines and gusts, resulting often getting locked in one side of the race course going very deep in the corners. And another issue is starting they pick very hard places to start and then not able to accelerate at all. But I have to mention good risk management on downwind legs and gates.

Kaja/Peter when they are able to start they are racing well, but here starts are biggest concern, I talk about problems with positioning and consciousness when it comes to determining distance to the line and time needed to accelerate properly they are not very consistent. And sometimes it's hard for them to keep focus when racing is difficult and they had to find a way through people to clear wind.

Summary

We got problems with statistics on start

Focus during racing

Possibly problems with multitasking and task assignments in crew.

No knowledge how to use compass and determine progressive shifts

No big picture observation

And coping with mental pressure and communication in the team.

Of course some of these things were already taken care of but still it's a process and these were big problems as of Workum and our current situation is way better

Marceli Mierzwicki

Výsledky:

- Lojková / Pelnář - 1. místo MIX U17, 3. místo MIX, 6. místo celkově
- Višcorová / Košťálová - 1. místo dívky, 10. místo celkově
- Winkler / Bezušek - 16. místo celkově