

# Palm Beach Sailing Club

## Training Benchmark Questionnaire

To be completed

1. Before Program STARTS
2. End of the 2009 -2010 Season
3. After the Forster regatta
4. After The state Titles
5. before the Nationals

| PART1   | NOTES |
|---|-------|
| <b>Physical Fitness</b>   |       |
| <b>Flexibility</b><br><input type="checkbox"/> We are Flexible<br><input type="checkbox"/> If we are lucky we can touch our toes<br><input type="checkbox"/> We are moderately flexible<br><input type="checkbox"/> We are Telegraph Poles  |       |
| <b>Stamina</b><br><input type="checkbox"/> We can go all day, day after day<br><input type="checkbox"/> We can make it through a regatta<br><input type="checkbox"/> We can get through an afternoon's racing<br><input type="checkbox"/> Pass the Oxygen   |       |
| <b>Power</b><br><input type="checkbox"/> We can Dig Deep whenever needed<br><input type="checkbox"/> We can give a bit extra at the start<br><input type="checkbox"/> We have to conserve energy<br><input type="checkbox"/> It hurts too much  |       |
| <b>Strength</b><br><input type="checkbox"/> We have strong robust core strength<br><input type="checkbox"/> We regularly train my core muscles<br><input type="checkbox"/> We are aware of the importance of core strength<br><input type="checkbox"/> Apples have cores not us                                     |       |
| <b>Weight</b><br><input type="checkbox"/> Together we are close to minimum weight<br><input type="checkbox"/> We have set a target weight and are have a plan in place to get there<br><input type="checkbox"/> I can lose 5kg before the regatta<br><input type="checkbox"/> Pizza and Beer are 2 main food groups |       |

| <b>PART 2</b>   | <b>Notes</b> |
|---|--------------|
| <b>Mental Fitness</b>   |              |
| <b>Goals</b>  |              |
| <input type="checkbox"/> We have written goals in place that are achievable but challenging<br><input type="checkbox"/> We have established goals mentally<br><input type="checkbox"/> We sort of have an idea where we would like to end up<br><input type="checkbox"/> Goals belong in soccer |              |
| <b>Winning Attitude</b>   |              |
| <input type="checkbox"/> We will do the work to be in front<br><input type="checkbox"/> We will keep our resolve<br><input type="checkbox"/> We want to keep everyone happy<br><input type="checkbox"/> We are just here for the beer and pizza   |              |
| <b>Self Belief</b>  |              |
| <input type="checkbox"/> If we do the work we can beat anyone<br><input type="checkbox"/> We will mix it up and see what happens<br><input type="checkbox"/> We will keep out of the way because they will beat us anyway<br><input type="checkbox"/> They are just better than we are          |              |

| <b>PART 3</b>  | <b>Notes</b> |
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| <b>Boat Preparation</b>  |              |
| <b>Condition</b>   |              |
| <input type="checkbox"/> Brand New<br><input type="checkbox"/> We always check and service the boat<br><input type="checkbox"/> We wash it down occasionally<br><input type="checkbox"/> Maintenance is a dirty word   |              |
| <b>Set-up</b>  |              |
| <input type="checkbox"/> We understand the science behind set up and rig accordingly<br><input type="checkbox"/> We follow the advice of the best in the fleet<br><input type="checkbox"/> We rig the boat as it came<br><input type="checkbox"/> We throw it together and hope for the best |              |
| <b>Tuning for Conditions</b>   |              |
| <input type="checkbox"/> We read the conditions and tune accordingly<br><input type="checkbox"/> We follow the best in the fleet<br><input type="checkbox"/> We rig the same no matter what<br><input type="checkbox"/> Tuning? Boat does not have a radio                                   |              |

| <b>PART 4</b>  | <b>Notes</b> |
|--|--------------|
| <b>Boat Handling</b>   |              |
| <b>Practice</b>  |              |
| <input type="checkbox"/> We have a training schedule with objectives<br><input type="checkbox"/> We regularly do a bit of extra sailing<br><input type="checkbox"/> We go for a sail with our mates<br><input type="checkbox"/> race days only Last off and first on the beach |              |
| <b>Tacking / Gybing</b>  |              |
| <input type="checkbox"/> We tack and gybe without losing speed<br><input type="checkbox"/> Generally we tack and gybe smoothly<br><input type="checkbox"/> We occasionally get in irons<br><input type="checkbox"/> Any tack or gybe we survive is a good one                  |              |
| <b>Windward</b>  |              |
| <input type="checkbox"/> We smoke to windward<br><input type="checkbox"/> We are generally happy with our speed to windward<br><input type="checkbox"/> We need to improve our speed to Windward<br><input type="checkbox"/> We do not do up wind                              |              |
| <b>Leeward</b>   |              |
| <input type="checkbox"/> We are on fire downwind<br><input type="checkbox"/> We hold our own downwind<br><input type="checkbox"/> We follow the guy in front<br><input type="checkbox"/> We sort of point at bottom mark and rest up   |              |
| <b>Light</b>   |              |
| <input type="checkbox"/> We change our trim / positions / technique to suit light conditions<br><input type="checkbox"/> We hold our own<br><input type="checkbox"/> We follow the guy in front<br><input type="checkbox"/> We go down the pub under 7 knots                   |              |
| <b>Moderate</b>  |              |
| <input type="checkbox"/> We change our trim / positions / technique to suit moderate conditions<br><input type="checkbox"/> We hold our own<br><input type="checkbox"/> We follow the guy in front<br><input type="checkbox"/> Cruiseeee Dude                                  |              |
|  |              |

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|---|--|
| <b>Heavy Airs</b>   |  |
| <input type="checkbox"/> We change our trim / positions / technique to suit heavy conditions<br><input type="checkbox"/> We hold our own<br><input type="checkbox"/> We follow the guy in front<br><input type="checkbox"/> Pass the Valium   |  |
| <b>Chop</b>   |  |
| <input type="checkbox"/> We change our trim / positions / technique to suit choppy conditions<br><input type="checkbox"/> We hold our own<br><input type="checkbox"/> We follow the guy in front<br><input type="checkbox"/> What's with the bumps?   |  |
| <b>Changing Gears</b>   |  |
| <input type="checkbox"/> We effortlessly change from gear to the other<br><input type="checkbox"/> We understand the principle and apply where we can<br><input type="checkbox"/> We have only one gear<br><input type="checkbox"/> Does this model come in an automatic?                                 |  |
| <b>PART 5</b>   |  |
| <b>Strategy</b>   |  |
| <b>Regatta/Series</b>   |  |
| <input type="checkbox"/> We set goals and have a plan to handle every regatta we enter<br><input type="checkbox"/> We plan our major campaigns<br><input type="checkbox"/> We plan to follow the guy in front<br><input type="checkbox"/> Where is the bloody place?                                      |  |
| <b>Course/ Wind / Conditions / Analysis</b>   |  |
| <input type="checkbox"/> We research and analysis the local conditions before hand.<br><input type="checkbox"/> We get there early enough to have a look round and talk to the locals<br><input type="checkbox"/> We plan to follow the guy in front<br><input type="checkbox"/> Every where's the same.  |  |
| <b>Race</b>   |  |
| <input type="checkbox"/> We get out early and test the conditions, then plan the Race<br><input type="checkbox"/> We get there in time to have a look see<br><input type="checkbox"/> We plan to follow the guy in front<br><input type="checkbox"/> We plan to get to the line after we finish our beer. |  |
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|--|--------------|
| <b>Start</b>   |              |
| <input type="checkbox"/> We understand the theory, analysis the line and follow our strategy<br><input type="checkbox"/> We sometimes get it right<br><input type="checkbox"/> We aim to stay out of trouble<br><input type="checkbox"/> Too much yelling we stay away   |              |
| <b>First Leg</b>   |              |
| <input type="checkbox"/> We test, analysis, plan and reassess.<br><input type="checkbox"/> Start on Starboard tack at the lay line<br><input type="checkbox"/> We follow the guys in front<br><input type="checkbox"/> It is safe to start now   |              |
| <b>Marks / Gates</b>   |              |
| <input type="checkbox"/> We plan our approach to the mark for maximum benefit on the next leg<br><input type="checkbox"/> We approach on Starboard on a wide layline (Overshoot)<br><input type="checkbox"/> We follow the guys in front<br><input type="checkbox"/> Which way are we supposed to go round this? |              |
|  |              |
| <b>PART 6</b>  | <b>Notes</b> |
| <b>Tactics</b>   |              |
| <input type="checkbox"/> We use tactics to enforce our strategy<br><input type="checkbox"/> We try and ensure we have right of way<br><input type="checkbox"/> We stay out of the way<br><input type="checkbox"/> We close our eyes when things get hectic   |              |
| <b>Understanding and Applying The Rules</b>  |              |
| <input type="checkbox"/> We know and revise the rules regularly<br><input type="checkbox"/> We have a working knowledge of the rules<br><input type="checkbox"/> We get out of the way when someone yells<br><input type="checkbox"/> Why is my insurance so expensive?  |              |
| <b>Start</b>   |              |
| <input type="checkbox"/> We ensure that we protect our strategy with our tactics<br><input type="checkbox"/> We are flexible but try to enforce our rights<br><input type="checkbox"/> We aim to stay clear<br><input type="checkbox"/> We will start when they have gone.                                       |              |
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|--|--------------|
| <b>Windward</b>  |              |
| <input type="checkbox"/> We ensure that we protect our strategy with our tactics<br><input type="checkbox"/> We are flexible but try to enforce our rights<br><input type="checkbox"/> We aim to stay clear<br><input type="checkbox"/> We cruise up when they have gone       |              |
| <b>Marks and Gates</b>   |              |
| <input type="checkbox"/> We ensure that we protect our strategy with our tactics<br><input type="checkbox"/> We are flexible but try to enforce our rights<br><input type="checkbox"/> We aim to stay clear<br><input type="checkbox"/> We will go round when they have gone.  |              |
| <b>Downwind</b>  | <b>Notes</b> |
| <input type="checkbox"/> We ensure that we protect our strategy with our tactics<br><input type="checkbox"/> We are flexible but try to enforce our rights<br><input type="checkbox"/> We aim to stay clear<br><input type="checkbox"/> We will bear away when they have gone. |              |