



## **FIREBALL TRAINING 2011**

### **OBJECTIVES**

The objective of the training plan is;

- To prepare the fleet for the forthcoming worlds in Sligo
- To improve the overall racing, by bringing the slower boats up to mid fleet performance, which will ensure the fleet is less spread out and everyone enjoys close racing.
- To accelerate the learning for new class sailors
- To encourage all sailors to travel to regional events and be confident of a competitive performances
- To grow the fleet in existing locations and promote new fleets
- To spread the knowledge acquired by the fleet leaders at international competition
- Provide the opportunity for fleet sailors to examine their sailing and techniques
- Improve the class safety record.

### **PLAN**

The plan is to have an intensive training programme in the first half of the 2011 season, building on the two external and two internal training sessions held in 2010.

By using external trainers, we keep abreast of the class developments and techniques at International level, while at local level we pass on the knowledge and experience acquired by the fleet leaders.

#### **EXTERNAL TRAINING (Open to all)**

12/13 March in DMYC – We will have Tim Rush from North sails for the weekend. Tim led the training session in Skerries last year and has a wealth of knowledge in the Fireball class, demonstrated by his top 10 performance at the worlds in 2010. The weekend will start at 10.00 on Saturday, and be a mixture of classroom and on the water tuition. On Sunday we plan to continue in the classroom, and then move to the water, to initially train and then participate in the afternoon frostbite. We hope to have post race debriefing with Tim on Sunday evening.

16/17 April in Royal St George, we plan to have a weekend with Adam Bowers, benefiting from Adams individual style of coaching, which he has developed as and RYA Olympic dinghy coach.

#### **INTERNAL TRAINING (Primarily aimed at silver / mid fleet)**

9/10 April – Killaloe SC plan to hold a training session with Neil & Others, concentrating on basic set up and tuning, this combination with boat / discussion / on the water work on starting and mark rounding in intended to keep the fleet tightly grouped.

21/22 May – The fleet is hoping to arrange a silver fleet coaching event in Silgo YC, intended to encourage any new fleet sailors preparing for the worlds, and provide a reconnaissance opportunity for the fleet to sample the local conditions. The focus will be on basic set up, with discussion on the adjustments to consider for big wave sailing. We also hope to arrange a briefing on local conditions from local SYC sailors.



## CRITERIA

The events above will be open to all members of the Fireball International class, a nominal charge (approximately € 40) will be made for each event intended to cover coach costs and local costs for fuel etc.

## NUMBERS

We do find that coaching events are most successful with 8 – 12 boats, enabling the trainers to give quality time to each crew. Expressions of interest should be declared to Neil, we will attempt to accommodate all comers, but places may be allocated on a “first come first serve” basis, if limits need to be applied.

Please don't book a space if you are doubtful, as you may be excluding someone else.