

The debrief is not nap time

creative ways to maximize the learning

Tony Rey

Successful coaches:

- Are good listeners
- Create a neutral debrief environment
- Help the athlete interpret their performance
- Separate process goals from result goals

A Successful Debrief:

- Frames the discussion around key learning points
 - 2-4 topics that cover the day
- Lead with questions to promote Critical Conversation
 - What went well today?
 - What could you improve on?

How do we debrief races with these outcomes?

Good result + Sailed well	Good result + Sailed poorly
Poor result + Sailed well	Poor result + Sailed poorly

1. GOOD RESULT + sailed well
(Perfect timing, won the pin, tacked and crossed the fleet)
2. GOOD RESULT + sailed poorly
(Bad start, tacked into a lucky lane, went right and got lucky shift to win)
3. POOR RESULT + sailed well
(Top 3 at 1st mark, but got fouled by a port tackler and lost boats. Unlucky. Passed some boats after the incident)
4. POOR RESULT + sailed poorly
(Bad start, tacked and went to the right corner. Got too far behind early in the race and never recovered)

GET THE
TIMING
RIGHT:
When is the
best time to
debrief ?

Mechanical issues/boathandling

Meet directly after the drill or practice so that corrections can be applied and wired in asap

Decision making/tactics/communication

read the room!

You may need time for the athletes to cool off and gain perspective

Possible Debrief Formats:

- Post race: raw first impressions alongside the boat, or back at the dock while derigging.
- Post-cleanup: in the meeting room after a feed and a shower
- Next morning
 - “Bridge Debrief”
 - What happened yesterday. What to expect today
- On email the following morning or post-regatta

2019 IC37 Fall Regatta, Fort Lauderdale

21 November Debrief (training day)

9-14 kts NE breeze

1. UPWIND HEEL ANGLE

- Dynamic runner trimmer, good comms with trimmers and driver
- Dynamic weight movement fore or aft at 15 degrees

2. EARLY HIKE IN PRE-START FOR SPEED BUILD

3. DELAY KITE HOIST UNTIL APPARENT WIND IS AFT OF 90

2019 IC37 Fall Regatta, Fort Lauderdale

22 November Debrief (1st race day)

super shifty/gusty 7-12 kts SE breeze

- Win the first 2 minutes of the race to the First Transition (shift or pressure), then wing it from there
- UPWIND SETUP to create power in lulls. Make sure boat accelerates in the puffs. Watch traveler height.
- DON'T SAIL HOT WHEN EXITING HOISTS AND JIBES
 - AP kite works best at wide wind angles

Tools to enhance the Debrief.

- Whiteboard/model boats: advanced sailing karate
- Scoring analysis: let the data tell a story
- Tiled photos: fleet comparison on sail trim/setup
- Sail Cloud: higher level photo analysis
- Njord Player: higher level debrief software and data analysis

Whiteboard/model boats: sailing karate



Scoring analysis: use data to tell the story

2019 J70 Midwinters

Mark Roundings SURGE HOOLIGAN

R1	1st mark	24	14
	gates	29	21
	2nd mark	37	7
	Finish	33	6
R2	1st mark	20	30
	gates	17	29
	2nd mark	26	27
	Finish	24	26
R3	1st mark	11	9
	gates	10	11
	2nd mark	7	11
	Finish	7	13
R4	1st mark	1	14
	gates	3	14
	2nd mark	2	14
	Finish	2	14
R5	1st mark	1	7
	gates	4	7
	2nd mark	4	7
	Finish	4	9
R6	1st mark	14	40
	gates	19	17
	2nd mark	19	17
	Finish	15	19
R7	1st mark	20	23
	gates	26	38
	2nd mark	17	25
	Finish	17	19
R8	1st mark	2	13
	gates	2	12
	2nd mark	2	12
	Finish	3	14
R9	1st mark	3	8
	gates	6	8
	2nd mark	9	5
	Finish	9	5

	SURGE	HOOLIGAN
avg top mark position	11	18

Leg gains/losses SURGE HOOLIGAN

R1	1st run +/-	-5	-7
	2nd upwind +/-	-8	14
	finish +/-	4	1
R2	1st run +/-	3	1
	2nd upwind +/-	-9	2
	finish +/-	2	1
R3	1st run +/-	1	-2
	2nd upwind +/-	3	0
	finish +/-	0	-2
R4	1st run +/-	-2	0
	2nd upwind +/-	1	0
	finish +/-	0	0
R5	1st run +/-	-3	0
	2nd upwind +/-	0	0
	finish +/-	0	-2
R6	1st run +/-	-5	23
	2nd upwind +/-	0	0
	finish +/-	4	-2
R7	1st run +/-	-6	-15
	2nd upwind +/-	9	13
	finish +/-	0	6
R8	1st run +/-	0	1
	2nd upwind +/-	0	0
	finish +/-	-1	-2
R9	1st run +/-	-3	0
	2nd upwind +/-	-3	3
	finish +/-	0	0

	SURGE	HOOLIGAN
2nd upwind +/-	-7	32
2x downwind legs +/-	-11	1

note: losses are expressed as negative and RED
gains are expressed as positive and GREEN

Tiled photos with notes

3-Mar-18
Saturday Etchells midwinters
14-18 kts NW going NE.
30,4,4. Winning by 2 points with 2 races to go

General setup:

The day started with deep main, particularly in bottom stripe, no cunningham, traveler down and a fair amount of heel.

Comment from on board that it tested well vs. George Francisco.

The objective of the day was a flatter and/or twistier setup so you could be sure to have a fast mode in that breeze.

Small trim adjustments and butt back helped the main to setup a bit straighter exit for faster speeds in the puffs.

Downwind: We had the runner on when we could have been faster with the VMG, and the VMG in race 3 in Runner conditions:

however...there's no way the runner was that bad in 12-14 knots first 2 races.

I think we had too much vang in at least 1 run, and possibly sheeting the sail too close to the boat.

Also looked like we got stuck between breeze lines a few times, particularly earlier in the day.

97: NOTE deep bottom stripe and traveler down.

Lawrie Smith: NOTE he's the only one with this setup...flat straight bottom, very deep midstripe, sheeted hard



Screenshot

25 Feb 20

J70 Midwinters Sunday summary

1,29,7 3rd overall

12-8 kts from 110-140 twd

SETUP SUMMARY:

We are going well upwind in this condition. I think we get good power out of the main and jib without having to sail with extreme headstay sag. There is more vertical curvature in the Doyle jib

FACT: we have a tendency to sail with less heel in the training than we do in racing. Separate of wind conditions. Just something to be aware of.

You'll see in the training photos that we are sheeted quite hard on the main. Looks good in the flat water

FACT: We generate more weather helm in 9-12 kts than we do in 15+kts. Let's discuss this some more

First beat 2nd race. Similar mode to Jud, sheeted a bit harder




SailCloud: advanced photo analysis

Image Name	Tags	Date	Sails	Venue	Mast	Helm	Event	Race Number	Mode
Cross rake.JPG		2018-10-19 12:22:25 +10:00							
Lawrie rake.JPG		2018-10-19 12:40:45 +10:00							
GT rake.JPG		2018-10-19 12:45:50 +10:00							
Oatmeal rake.JPG		2018-10-19 12:48:42 +10:00							
Murray rake.JPG		2018-10-19 13:37:04 +10:00							
JB rake.JPG		2018-10-19 13:37:34 +10:00							
Roulette rake.JPG		2018-10-19 13:39:40 +10:00							
Benj rake.JPG		2018-10-19 13:39:55 +10:00							

DISPLAY MODE: RELATIVE

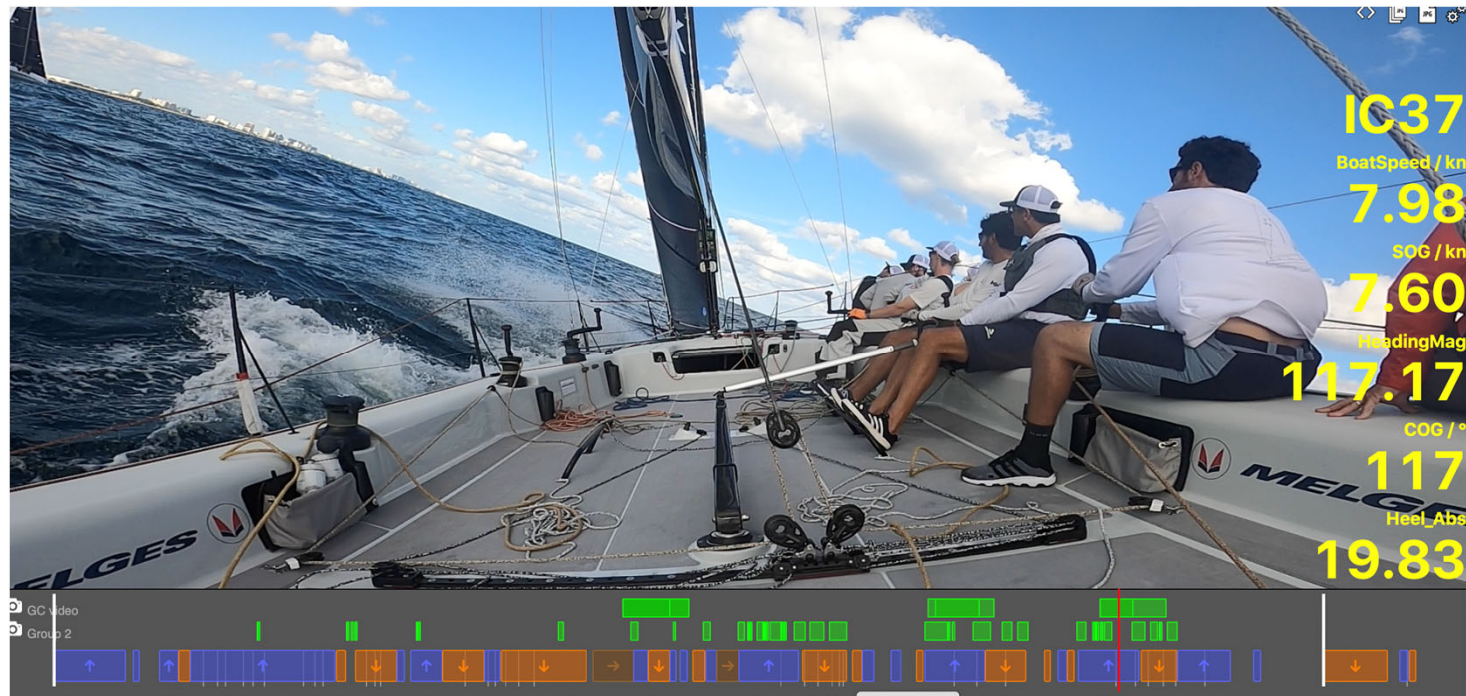
Rake

Cross rake.JPG	-6.00
Lawrie rake.JPG	-4.41
GT rake.JPG	-5.09
Oatmeal rake.JPG	-4.92
Murray rake.JPG	-4.95
JB rake.JPG	-4.98
Roulette rake.JPG	-3.66
Benj rake.JPG	-3.83

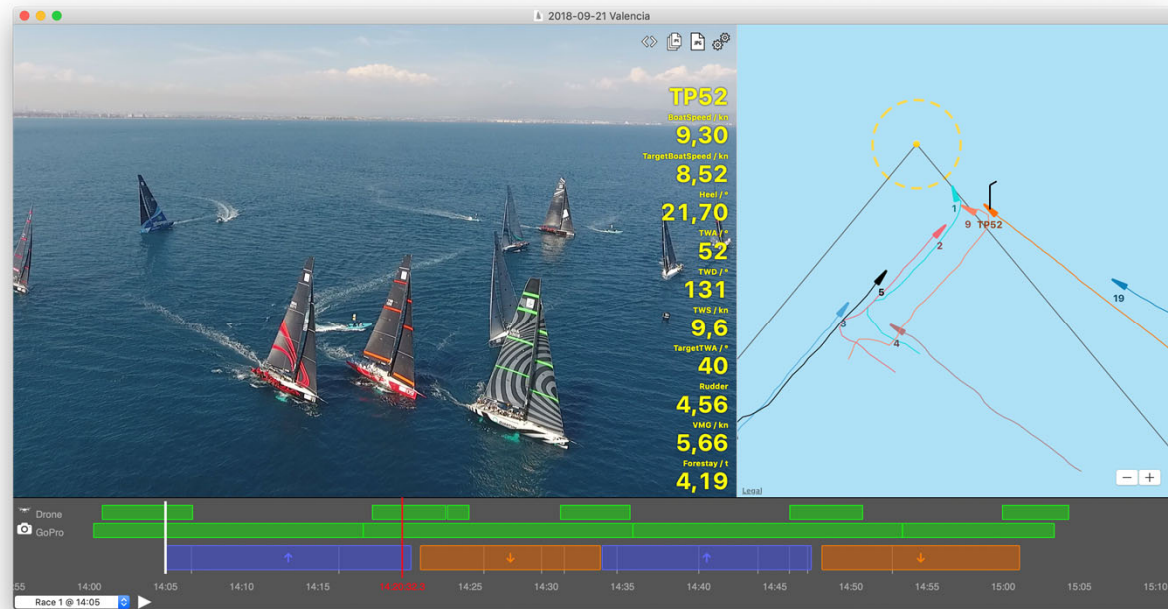



Screenshot

Njord Player



Njord Player





EventsData

Event:

J 70 North American Championship (Se)

Date:

Mo Sep 23, 2019 12:00 AM (9 races)

Races:

>

■ Training pt. 1 (12:20 PM)

>

■ Training pt. 2 (2:08 PM)

>

■ Lineup Upwind (S) (2:18 PM)

>

■ Lineup Upwind (S) (2:26 PM)

>

■ Lineup Upwind (S) (2:31 PM)

>

■ Lineup Upwind (P) (2:40 PM)

>

■ Lineup Downwind (S) (2:45 PM)

>

■ Lineup Downwind (P) (2:51 PM)


>


■ Lineup Downwind (P) (3:07 PM)






Reports:

No reports available for
Mo Sep 23, 2019 12:00 AM

Open in Njord Player



 Settings



HooliganSurge-Smo

Test 1From 2:31:07 PM to 2:38:59 PM (07:52 mins)

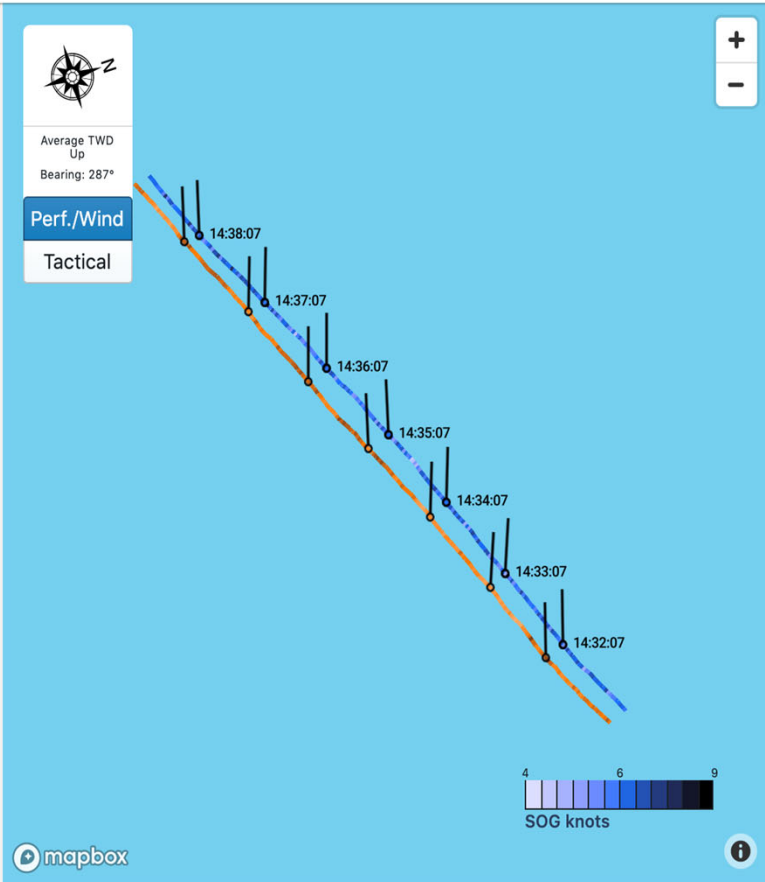
	Avg		Min		Max		StdDev	
TWD	286.4	286.4	279.0	279.0	293.0	293.0	2.9	2.9
SOG	5.84	6.28	4.34	5.34	6.92	7.18	0.42	0.36
VMG	4.27	4.76	2.31	1.65	5.34	7.70	0.51	0.94
Heading	243.5	246.1	225.7	236.6	255.7	262.9	5.8	4.1
COG	243.3	243.5	228.3	235.9	257.4	251.0	5.0	3.1
TWA	42.87	40.30	31.70	13.45	63.42	67.81	5.27	8.56

Hooligan gains relative to Surge-Smooth:

	Forward	Up	VMG
Start	-6.4 m	+37.9 m	+20.4 m
End	-10.3 m	+30.5 m	+14.2 m
Gain	-3.9 m	-7.4 m	-6.2 m

?

Currently displaying stats for the entire race / leg.
To select specific time ranges / tests, you can click and drag to create a test in the **line chart**.
Multiple tests are support.



How do we keep them awake at the debrief?

- A. Make it a collaboration between athletes and coach
- B. Use Critical Conversation to foster a Growth Mindset
 - What did we do well?
 - What can we do better?