

# Luther Carpenter

Record your highlights of each sailing day with two goals:

- a) Share with your athletes to reinforce the top points of the day (but this does not replace their daily forms)
- b) Notate your performance as a coach, and highlight good coaching techniques, that can be shared to other coaches.

\* Required

Date \*

MM DD YYYY

/ /



## Class

- Laser
- Radial
- Rpx Men
- Rpx Women
- 470
- 49er
- FX
- Nacra
- Kiting
- Offshore
- Finn
- iQfoil men
- iQfoil women

## Athletes names

Your answer

## Activity type

- practice session
- official Regatta
- coach run racing



### Hours sailed

- 1
- 1.5
- 2
- 2.5
- 3
- 3.5
- 4
- 4.5

### Wind conditions

- 2-5 knots
- 4-7
- 6-9
- 8-11
- 10-15
- 13-17
- 15-20
- 17-23
- 20+



Wave state (checkbox - click more than 1 if needed)

- Flat water
- Slight chop
- Short chop
- Very choppy
- Small waves
- Moderate waves
- Large waves
- Swell
- Skewed alignment

Wind characteristic (checkbox click more than 1)

- Steady
- shifty
- fast downdraft puffs
- fast moving round puffs
- Fast moving lines of wind
- Slow moving lines of wind
- Geographic features
- Slow moving round puffs
- obviously cloud influenced - very visual
- Oscillating
- Other:



Were your sailors enthusiastic and sharp today?

1 2 3 4 5 6 7 8 9 10

Going thru the motions,  
but seemed to lack drive,  
focus, and purpose



Fully engaged on tasks at  
hand, came away motivated  
and satisfied with progress

Helpful coaching observations

Your answer

Key phrases or ways of stating information

Your answer

Components that I want athletes to take away from today

Your answer

Notable Drill details

Your answer

Notable tuning details

Your answer



Still picture links

Your answer

Video links

Your answer

Did the focus, work ethic, and goals accomplished today meet the level needed to achieve the program goal for the week?

1 2 3 4 5 6 7 8 9 10

Hardly - it was a disappointing day for how much we need to accomplish



Yes! Solid day on the water - great focus and work ethic - we can get there!

Coach Goals of session

Your answer

Did coach accomplish goals?

1 2 3 4 5 6 7 8 9 10

minimal success



Goals achieved!



Coach self evaluation

1 2 3 4 5 6 7 8 9 10

Effectiveness as a coach  
was minimal

Felt I connected well and  
provided helpful insight

Definitely share this content with other coaches for improvement

1 2 3 4 5 6 7 8 9 10

Barely worth sharing

Golden coaching stuff - very  
helpful for others

Additional Coaching notes for sharing with other coaches

Your answer

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