

April 15, 2021
Clagett Regatta
The Daves Master Class

Here are the notes from the discussions in sessions 1 and 2 of the April 2021 Clagett Regatta Master Class by the Daves.

Thank you to Sara Darcy Klik for taking these notes!

Topic 1 – Dealing with Adversities when racing sailboats

- When unable to hail other boats be sure to avoid collision
- Gear failure
- Avoidable mistakes- read the SIs!
- Prepare, don't get a bad attitude - Accept the good + bad, stay positive!
- Get back in the game as quickly as possible. Make sure to carry tool kit to make small repairs.
- For PTSD, specifically practicing and building confidence is essential
- Survival mode, avoid breakage
- Have a plan, but be flexible
- Fight for every point
- Talk to your crew about weather + temp.
- Dress appropriately, don't waste energy. Bring water

Topic 2 - Common Mistakes and How to Fix them

- Following the wrong boat or not recognizing the course.
 - Read the SIs and pay attention. SIs will tell you about mark changes
 - Have SIs in a waterproof folder, or write important info on the deck.
- Dave D: Communication is key! Need to talk about what's ahead. The more time you have to make a decision the better the decision will be.
- Be flexible! Have a plan and try to stick to it but don't be afraid to adjust
- Use your tactics to follow your strategy.
- Boat maintenance is essential. You don't want an avoidable breakdown!
 - Create a list for your boat of what you need to check
 - “Before the regatta” list vs. a “before each race” list
- Not having enough time to plan.
 - Have a repeatable routine.
 - Have time to execute the routine and use time wisely
- Ending up on the wrong side of the course. Go as fast as you can to get to the weather mark.
 - Do you switch sides? Dave D., no it's better to do a great job on the side you've got.
- Discuss crew strengths, the crew all have strengths and weaknesses. Play to your strengths
- If you're consistently late to the start, resolve to be OCS and send it.

Topic 3 - Best ways to prepare for a regatta, a race, a windward or leeward mark

Checking the whole boat passes to make sure everything is working. Check weather conditions and make sure to adjust sails, masts etc.

Get yourself familiar with waters you're sailing in. Check a chart of the area.

Confirm who is attending and associated abilities/disabilities

Read both NoR + SIs. Make sure you understand them.

Make sure you are registered, have housing and food planned.

If it is a home event still prepare like it is an away event. Make sure you have the right equipment with you. Especially when you are travelling

Bring the proper gear.

Expect the unexpected

How to prepare for the race:

Get your lay lines, split tacks with a partner

Arrange for help to rig your boat if you need it

Have water and food for the day.

Get to course early. Practice roundings. Check weather in advance. look at the gate

Check the tides.

Print a checklist to go through so you don't forget anything

Recruit shore sherpas to help with individual ground logistics.

Leeward Mark Preparation

Be prepared mentally and have a plan. Try to stick to the Plan/strategy

Get your head out of the boat early

Adjust your sail controls early

Make sure you have enough room. Plan for the fleet and how to approach the mark

Teamwork and communication. Know your job for and know what others are doing so it can be coordinated

Set up 8 boat lengths early for the mark rounding. Get the mast back, etc.

Have a next leg strategy before you round the mark. Know what you're doing on the next leg.

Topic 4 - Decision making- how good decisions are made and why bad decisions are made part 1:

Keep your head out of the boat, communicate information to your crew

Have an initial strategy from which to make decisions. Use information from other boats to improve after a bad decision, like a bad start.

Always encourage the skipper, the skipper has the final decision, allow time to make decisions. Don't dwell on a bad decision

"Ingredient of good decisions is having time"

Sticking to the plan when things aren't right. If your plan is to go left and there's no wind do you keep pushing up the left side? No! Change your plan, pick up the pieces and go where there's the most wind

Have confidence in yourself and the decisions you are making. Don't be intimidated by the loud people. confidence comes from experience and knowing the rules what if you're in a race and not feeling confident? Don't be afraid to make mistakes.

Start with a strategy and depending on how that works out do a self-critique. Revise, circular thought process with revised decisions

Integrate info from your crew. Improve performance if you are conscious of planning and executing input from others.