

## **RS800 Training 2024**

Keep prawning the kite? Getting tangled in tacks? Whether you want to hold a lane off the start line or just want keep your hair dry whilst out skiffing, make sure you take advantage of all the training we have lined up this year.

We caught up with our Training Rep, Anna Ormond to find out how training went in 2023, lessons learnt and what is planned for 2024...

Q1. What did training look like in 2023?

Anna: The 2023 training season kicked off in March at the Spring Championships in Rutland with some coached racing. The whole fleet benefitted from on-the-water support on Saturday followed by a detailed debrief where we all learnt a few tips and tricks. In April we held a great coaching day at HISC where Simon Hall shared his wisdom with the fleet. That was followed up with 60 of us descending on a local curry house for an excellent get together! Lots of fun. Sunday then became an unofficial boat bimbling day when the wind didn't play ball. It allowed the fleet to complete loads of that all-important boat maintenance. At the Euros in Garda we continued to share by holding daily debriefs, reviewing the conditions on the day and the tactical opportunities those at the front took. Throughout 2023 we tried to continue those daily debriefs and held another at the Inlands where those new to the fleet were able to gain some knowledge.

Q2. What did you learn?

Anna: Following some discussions at the AGM at the Nationals, the main take-aways were:

- coached racing was appreciated and provided a very cost-effective way to build confidence and skills
- HISC training weekend was highly enjoyed and valued, including the coaching and social aspects
- daily debriefs and regular knowledge sharing at events helps to grow camaraderie in the fleet

Q3. What are the plans for 2024?

Anna: I am very excited to be supporting the class as training officer for the 2024 season. I am looking to build on all the success of last year and essentially offer more opportunities for the sailors in the fleet to build their skills. So get the following in your diary...

- 16-17th March: the Spring Champs will be at a \*warmer\* QMSC this time around, with Simon Hall supporting with coached racing on Saturday. It really is incredible value and will be followed up with a curry outing on Saturday evening. You can enter that now, here:

<https://www.queenmary.org.uk/book/add/p/406>

- 13-14th April: We will be returning to HISC for another training weekend with great coaching on Saturday and fingers crossed for some wind on Sunday for sprint racing, all wrapped up with another great curry. We plan to run two groups again to cater for all levels. This was oversubscribed last year so keep your eyes peeled for more entry that will go live following the Spring Champs.

- 20-21st April: We will be running coached racing at the Stokes Bay open with Ben Bradley. Another great opportunity to come to one of the best opens of the year and pick up top tips (this time in some waves). This will be followed up by the always hilarious quiz.

- 10-11 August: Class training weekend at Royal Lyminster, with quality coaching on Saturday and club racing on Sunday, as well as an obligatory ice cream (and maybe the salt water pool...??) this will be the perfect opportunity to up your game before the Nationals in September.

So plenty to get stuck into! Come and join us at Queen Mary and kick your season into action!



## UPCOMING TRAINING DATES

- **COACHED RACING @ QUEEN MARY SC 16-17 MARCH**
- **CLASS TRAINING AND SPRINT RACING @ HISC 13-14 APRIL**
- **COACHED RACING @ STOKES BAY 20-21 APRIL**
- **CLASS TRAINING @ ROYAL LYMINGTON 10-11 AUGUST**

**MORE TO FOLLOW!**