Key factors for success in the Laser:

physical fitness	goal/measurement	importance	assessment	action plan
strength	• legs, core prepared to hike, torque boat upwind in waves; arm & shoulder strength for trimming and helming			• 2-3 days a week weight training
endurance	• able to go 100% all around course • able to stay physically and mentally fit for entire regatta			• 30-60 minutes daily cardio training
flexibility	• able to make all required moves smoothly and consistently (like a dancer!)			• daily core fitness and stretching
weight	• ±5 lbs. of class optimum (i.e., 175 lbs)			• adjust input and/or output as needed • (increase weight training for gain, increase exercise for loss)
mental fitness	**goal/measurement**	**importance**	**assessment**	**action plan**
focus	• maintain 100% concentration • avoid distractions • re-focus as needed			• reading, meditation • racing experience (esp. big regattas) • self talk (think positive!)
winner's psychology	• confidence in your own speed, ability • intensity (do what's needed to win) • patience (wait for opportunities)			• reading, meditation • racing experience (esp. big regattas) • learn to trust intuition
boat handling	**goal/measurement**	**importance**	**assessment**	**action plan**
tacking	• smooth, quick, no speed loss • exit with max speed & height • 100% completion rate			• fundamentals drills • short course racing
jibing	• smooth, quick, no speed loss • exit with max speed & VMG • 100% completion rate			• fundamentals drills • short course racing
mark rounding	• steer with sail, boat trim (minimum rudder) • maintain pressure through turn • exit with speed and optimum position			• fundamentals drills • short course racing
close maneuvering	• judge close crossings correctly • tack into safe leeward position • get into holes at start, mark roundings			• fundamentals drills • short course racing
holding position	• maintain position w/o losing maneuverability (no irons!) • quick forward/backward as needed			• fundamentals drills • practice starts
acceleration	• Zero to full speed in 5 seconds • on wind, in groove			• fundamentals drills • practice starts

boat speed	goal/measurement	importance	assessment	action plan
upwind	• equal or better than surrounding boats while gaining height • think: "high & fast" or "in flow"			• upwind testing with faster sailors • focus on keeping sails, blades attached • find optimum settings for all controls
downwind	• equal or better than surrounding boats while gaining VMG on leeward mark • stay on waves (first on, last off)			• downwind testing with faster sailors • focus on pressure, turning, wave riding • find optimum settings for all controls
reach	• go high or low with superior speed • first to plane • stay on waves (first on, last off)			• reach testing with faster sailors • focus on boat & sail trim, wave riding • find optimum settings for all controls
tactics	**goal/measurement**	**importance**	**assessment**	**action plan**
starting	• clear lane 30 sec. after start (bow out on surrounding boats, max. speed, able to go in desired direction)			• big fleet racing experience • practice starts
windshifts	• on lifted tack • sailing toward next header and/or favored side of course			• racing experience • short course racing
positioning	• between fleet and next shift or puff • close to main competition • inside laylines			• racing experience • short course racing
damage control	• no capsizes or breakdowns • no fouls or flags • no OCS			• study & understand rules (inc. kinetics) • practice circles • see Mental Fitness!
strategy	**goal/measurement**	**importance**	**assessment**	**action plan**
pre-race preparation	• food, water, clothing, sunscreen • equipment and rigging check • stretching			• make a checklist & follow it • (what works for you?) • show up early!
weather	• know predicted wind velocity, direction, and anticipated changes			• find & check relevant weather sources • read, study weather patterns • talk to locals
course conditions	• know tide, current, wave conditions and how they differ over course			• find & check relevant tide sources • read, study tide, current, sea conditions • talk to locals
course	• know courses, instructions, rules • locate marks, start and finish lines			• read all relevant instructions • attend skipper's meeting • get on course early
competitors	• know scores of close competition			• keep track of scores • know competitors' numbers

equipment	goal/measurement	importance	assessment	action plan
sail	• still able to hold optimum shape			• if not, buy a new one • save good sails for regattas only
rigging	• tuned & tested • optimized for conditions • checked for breakdowns			• tune, test, check prior to race • repair, replace as needed • keep spares of all essentials
hull	• minimum weight • stiff & fair • smooth, clean, free of dings & flaws			• reduce weight where possible • sand & polish to fair & smooth • repair dings as needed
blades	• stiff & fair • edges optimized for minimum drag • smooth, clean, free of dings & flaws			• sand & polish to fair & smooth • fair edges to optimum • repair dings as needed
clothing	• correct for conditions • ensure max. comfort while racing			• purchase as needed • pack sea bag w/ all essential items
other				

these are my key strengths (I will build on):

_____

_____

_____

_____

these are my key weaknesses (I will work to improve):

_____

_____

_____

_____