Are we coaching too much?

- On the water
- Off the water
- When are they learning for themselves?
- When are they having fun?
- We need variety in boats, personnel, and goals.
- Yes we need to push them, but that starts with us pushing ourselves.
- Creativity of the teacher is the delight of the student.
Luther’s guiding principles on efficient training

- Time on the water is the main focus of the June and July training blocks.
- Whether it’s personal or coached sailing, 3+ hours on the water is the expectation and norm for professional sailors.
- Each scheduled sailing day is driven by two things: How do I accomplish #2, and what is the optimal wind conditions of the day.
- When your training partner is late or missing, you still leave dock (or driveway) on time. Your dedication to 1-3 overrides obstacles.
- Gym time, office time, eating, phone calls, emails, etc., are all scheduled around the primary goal: sailing (#2).
- The schedule as we create it can accommodate all three of our personal challenges, but should be solidified at least a week prior.
- That’s good to start - coming soon to you, Luther PPT on how to practice, learn, and improve dramatically by yourself.

https://youtu.be/Nd1tha6_bjg
Phase 2

1.5 hours into the practice

Stop, highlight what we have learned

“we are taking a 20 minute break to eat/drink, relax”.

As you are getting recharged, it’s now time to put together “phase 2” effort and focus.

We will build on the basic skills we’ve learned, but now sail at maximum concentration and effort.

We will add a “more head out of boat” approach, which will allow us to bring in one more thing to test.

Visualize and emulate top ten in the world (or best in that condition)
Improving our Sailing Community together

- Recognize and compliment those who are older and younger
- Share your detailed thought and passion on the sport
- Show eagerness to learn, and demonstrate the ability to soak up knowledge and apply it.
The importance of our role

Mentorship - one person teaches another person how to become their best self.

A teacher affects eternity, they can never tell when their influence stops.
Where do we go from here?

- A community interacts with consistency
- Coaching Zoom quarterly?
- Mitch Brindley “Humans are wired for paired interaction”
- Stu developing “focused breakout” ideas
- Look above, look below, and right next to you.
- Steal material and methods! It’s what we do!
- Broaden your focus beyond the normal day-to-day
Contact information

Luther Carpenter
17330 Morgan’s Lake Dr
Cypress, TX. 77443
Cell: 281-702-7640
Email: luthercarpenter@ussailing.org