

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

Recognize and compliment those who are older and younger

Share

Share your detailed thought and passion on the sport

Show

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?



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