www.mcbrideracing.com/ussnecs
The Singularity

“A hypothetical point in time at which technological growth becomes uncontrollable and irreversible, resulting in unforeseeable changes to human civilization.”

- Wikipedia
The Latest And Greatest

GoPro - hours of video/session

Drone - 100 gigs/session

Hand Cam - dozens of videos/session

GPS trackers - 10k data points/session

Telemetry Kit - 100k data points/session
How To Have The Best Tacks

Whole Fleet, All Time Speed In Vs. Tacking Loss

Bow Swing Vs. Speed In

Speed In Vs. Losses

Bow Swing Vs. Tacking Loss

Starting Angle Vs. Tacking Loss

Max Down Exit Angle Vs. Tacking Loss

Starboard to Port Versus Port to Starboard Losses
## The Role Sheet

<table>
<thead>
<tr>
<th>Tacking</th>
<th>Entry</th>
<th>Middle</th>
<th>Exit</th>
</tr>
</thead>
</table>
|         | □ Explosive “roll up”  
□ First step (back to wing) in sync  
□ Turn keeps boat under sailors | Team enters the tack in sync with each other. Weight in sync with steering; boat stays under sailors. Weight unloads quickly so that turn can accelerate. | □ No shuffle necessary  
□ First step to tow rail  
□ 3 step total | Turn accelerates as weight transfers smoothly from old front to new front with feet planted in the center. Skipper and crew are moving in sync with new load to keep boat flat while boat pivots.  
First step of the exit hits wing tow rail, and weight drops before exploding out to the wing with final 2 steps. Skipper switches tiller to overhand grip, and |
Integrate Technology With Your Existing Routines

Skill Drills

Boat Handling

Speed

Starting

Racing
GPS Data

GPS Action Replay for manual measurements
Use GPS To:

- Study boat handling technique
- Study boat speed technique
- Look at tactical racing situations
Cameras

Hand Cams
Action Cams
Drone
Information + Emotion = Good Coaching

“Easy on the entry turn, then explode across the boat”

“Rip down on the wire”

“Dance through the boat”

Woosh sound of the bell-curve flatten

What is the WORST piece of coaching tech?
The Sailing Lair
Muscle Memory + Visuals = Boat Handling Inception

Best visuals for highlight reel:

1. Head cam
2. Hand cam
3. Boom cam
Racing

GPS - Best for measurements & quantitative racing feedback

Drone - Best for real understanding
Move the Needle

Align & Simplify Your Tools - One mission per training block

Communicate - Be the human translator for the machines