



YACHTING NEW ZEALAND

COACHING TOOLS

Master Coach Modules

Master Coach (Activity 2; Research Wind Data)

1. Research historical wind data from www.windguru.com
Search in the “archive” tab of the website, 3rd tab in from the top left.
Input the dates for the week you will be sailing at this event. Look at the past 5 years wind data on that same week.
2. Print out the data and analyse wind strength and direction. Look for clues as to what happens due to temperature and cloud cover.
3. Write a conclusion about what wind conditions your sailors can expect at the venue.
4. Take wind readings at an event for each day of the regatta. Note down the strength, direction (compass i.e. 340 degrees not just north west) temperature, time, and cloud cover.
5. At the end of each day write a brief overview of what the wind did.
6. At the end of the regatta write a report on what wind you saw vs what wind you thought you would get based on the research. Explain similarities or differences and make statements about why you think the weather panned out the way it did.

(Remember: The information you give to your sailors needs to be accurate and useful)



What to do when you're finished!

Email your report to me gareth@yachtingnz.org.nz

Once this is completed I will check your work and give you some feedback. You will be accredited as a coach for another 4 years at the same level but with the title of Master Coach.

I.e.

- Master Race Coach
- Master Regatta Coach
- Master Performance Coach
- Master Olympic Coach

