



YACHTING NEW ZEALAND

# COACHING TOOLS

## Master Coach Modules

### Master Coach (Activity 3; Tidal Data)

1. Research the tidal data for an area you coach at. Looking into tidal strength and direction over the day, using tidal information from the [www.linz.co.nz](http://www.linz.co.nz) website and coastal marine charts
2. Take tidal readings for that area using a stop watch and a tide stick and calculate the direction and speed of flow.

*Remember: The levels for coaching qualifications are;*

*Race Coach  
Regatta Coach  
Performance Coach  
Olympic Coach*

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### What to do when you're finished!

At the end submit your research information and write a brief report about the tide in the area according to what your research says. Include your findings from measuring the tide yourself, include results and an explanation of what you found. Summarise how accurate your research was vs. what data you collected.

Email or post your report and results to;

[peters@yachtingnz.org.nz](mailto:peters@yachtingnz.org.nz)

PO Box33 1487, Takapuna, Auckland 0740

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