



HSS-HSK Laser - Valmennusohjelma 2021

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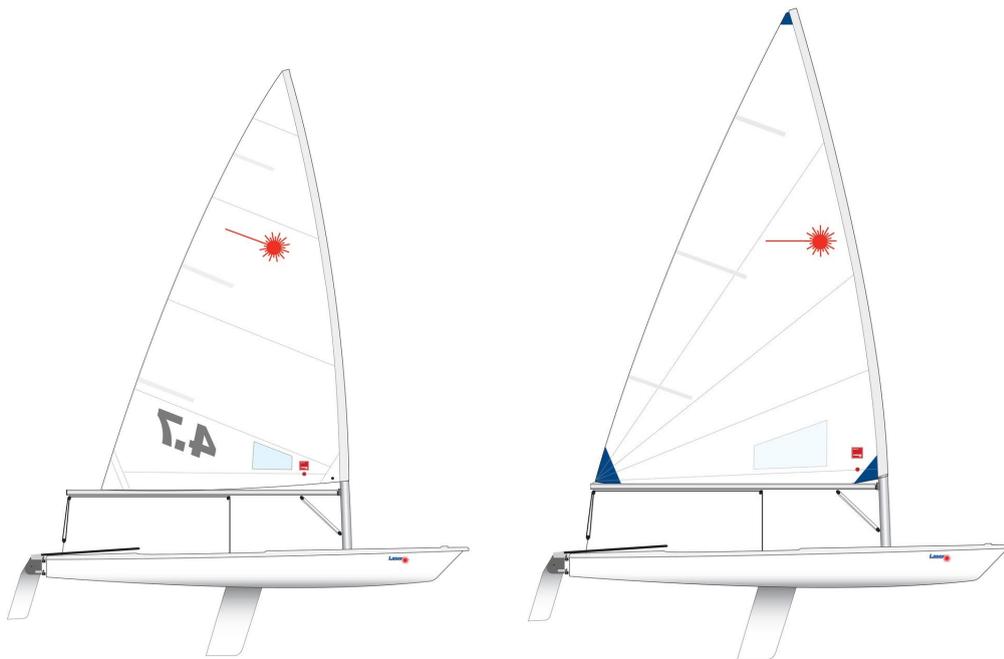


Laser group: 4.7 and radial sailors

HSS and HSK Laser group is formed by both 4.7 and radial sailors. All sailors have the same basic program and training is held at the same time for all sailors. This makes it easy to switch the rig from 4.7 to radial throughout the season. The group is big and training level high.

4.7 sailors and radial sailors have their own coaches, which makes it easy to split the group in two. Speed training can be done in separate 4.7 and radial groups. Technical exercises can be done in two different level groups.

Tom Lönqvist is the leading coach for the whole laser group. His main focus is on radial sailors. Juan Mazzini with support of Pietari Airakorpi and Niklas Toroi will focus on 4.7 sailors.



Goals for the season 2021

Sailing is an individual sport, and even if all sailors belong to the same group, not all of them have the same sailing level and they are not at the same stage of their Laser career.



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That's why the goal setting will be discussed individually with each athlete, but the general aim is to raise the sailors level and create different pathways and options for their sailing careers.

Sailors can choose extra packages in addition to the normal package, based on their own personal goals.

To achieve the goals, we will focus on the sailing skills, tactics & theory development and physical training. A common goal for all laser group sailors throughout the season **is to get to know and introduce the sporting lifestyle**. Mainly, this means guiding decision-making to help the sailor go further in his athletic path. Outside of sailing and sports, the goal is to increase the sailor's responsibility and interest in the sidings associated with his or her own sports career.





Basic package and program

Basic package includes training four times a week starting in mid April and ending at the end of November. Training happens in week day evening training and so called longer clinic days. Package also includes all Finnish national ranking regattas and KSSS Olympiska Regatta in Stockholm at the end of the season.

Early bird price for the basic package is 1.800€/sailor in 4.7 class and 3.000€ in radial class for HSK and HSS members. The price for radial sailors is higher because the group is smaller and the coach more experienced, radial class basic package also includes coaching in Europeans and Worlds. The group in radial is expected to be smaller and all sailors at that level are expected to join all international regattas. Early bird prices are valid until 17.12.2020. Normal prices are 10% higher.

For sailors from other clubs, the full-year training fee is the group's basic season fee + 30%.

Extra events

Sailors can choose extra packages/events in addition to the normal package, based on their own personal goals.

Extra packages are following:

- 1) 4.7 sailors and radial sailors: Winter Tour package, includes three training camps and/or regattas abroad, price basic fee + 900€
- 2) 4.7 sailors: Europeans and Worlds package, includes coaching in preparation and regattas, price basic fee + 510€ (Radial class basic package already includes coaching in Europeans and Worlds)
- 3) 4.7 sailors: Nordics, includes coaching in the regatta, price basic fee + 150€

For the winter tour package the cancellation policies are following:

- Winter training camps can be either postponed to another time during season 2021 or training fee can be partly refunded.
- One of the possibly cancelled training camps can be postponed for later and that training camp is not refundable.



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- If two or more training camps need to be cancelled because of Covid, the clubs will refund the training fee partly. The amount of refunded training fee will be counted based on cancelled sailing days. The amount per cancelled day is 30,00 EUR.



Calendar

Whole season calendars can be found here:

https://calendar.google.com/calendar/embed?src=c_8t9vabu1ge9peo0nd14tbrssr8%40group.calendar.google.com&ctz=Europe%2FHelsinki

** Events marked with a small star does not include in the basic package*

The final calendar, training and racing days will be published when the Finnish Laser Association publishes its own competition calendar.





Monthly plan



January

- Physical training
- Boat maintenance for the season
- *First winter tour training camp, getting back on sailing rhythm, big fleet starts



February

- Physical training
- Big fleet starts theory
- *Second winter tour training camp, big fleet starts



March

- Physical training
- *Third winter tour training camp, prepare for international competitions, goal settings



April

- *Third winter tour training camp, prepare for international competitions, goal settings
- Training starts at home base
- Prepare for national rankings



May

- Season full on
- Ranking events starts



June

- DTSW
- Longer training period
- Full preparation mode for Nordics, Europeans & Worlds



July

- Ranking series on break
- Final details for Nordics, Euros & Worlds



August

- The ranking series restarts
- Preparation for nationals
- Training times go back to normal



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September

- Ranking events

October

- KSSS regatta
- End of competition season
- Shift focus into physical training

November

- Weekly physical training

December

- Physical training
- Getting ready for winter tour





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Physical training and nutrition

Fitness training is practiced throughout the winter and in addition, it would be good for sailors to train on their own throughout the whole season.

HSS organizes two fitness test events for sailors times during the winter to check how weight, height, mobility and fitness are evolving.

More attention is being focused to diet; what to eat before, during and after the regattas. What is a healthy diet for a young growing athlete?

Mental coaching is taken into account by going through your own goals before the race; if it goes well then for what reasons and why. If things went wrong then what happened, what will be done next time better and how to overcome when things go wrong.

Team spirit

The atmosphere should be encouraging and suitably relaxed, as the main hobby is to have fun. We encourage sailors to support each other and help each other. We strive to ensure that team spirit and friendships continue beyond the sport.

We work on team spirit through team building exercises and experiences like big boat sailing all together, shared accommodation on regattas out of Helsinki.

