

ROAD TO GOLD PRIORITY CHECKLIST

HOW TO USE THIS CHECKLIST:

- Go through and tick all the boxes that apply to you.
- Any boxes you can't tick? These are the gaps in your campaign*.
- Because Road To Gold is structured so that each step builds and compounds upon the last, your priorities will always lean towards plugging the gaps further up the list.
- This means you mustn't begin working on the next section until you've got the previous one totally NAILED (aka forget about weather strategy if you can't handle your boat!)

#1 The Beginning (Getting On The Right Road)	Does the class you sail match your strengths and weaknesses?	<input type="checkbox"/>
	Are you sailing with the right partner?	<input type="checkbox"/>
	Have you selected the best gear?	<input type="checkbox"/>
#2 Fitness & Nutrition	Are you actively focused on preventing injuries?	<input type="checkbox"/>
	Are you the right weight/strength for your class?	<input type="checkbox"/>
	Does your exercise regime incorporate core strength and flexibility?	<input type="checkbox"/>
#3 Boat Handling & Boat Maintenance	Do you keep to a regular boat maintenance schedule?	<input type="checkbox"/>
	Do you set yourself clear boathandling drills for each training session?	<input type="checkbox"/>
	Do you regularly train in a squad?	<input type="checkbox"/>
#4 Best Speed	Is your equipment prepared for 'best speed'? (Symmetrical, calibrated, tuned etc)	<input type="checkbox"/>
	Do you have a good understanding of the 'balance point' of your boat?	<input type="checkbox"/>
	Can you steer the boat accurately in a wide range of conditions?	<input type="checkbox"/>
#5 Race Speed	Do you regularly perform drills with (and race against) a training/tuning partner?	<input type="checkbox"/>
	Do you often train to stretch your steering/ trimming 'comfort zone'?	<input type="checkbox"/>
	Are you comfortable switching gears in rapidly changing conditions?	<input type="checkbox"/>
#6 Starting	Do you have a starting technique for every condition?	<input type="checkbox"/>
	Do you prioritise race strategy over acceleration?	<input type="checkbox"/>
	Do you have a solid 'Plan B' prepared if your 'Plan A' falls apart?	<input type="checkbox"/>
#7 Tactics	Do you expect to come out on top in a boat-on-boat situation?	<input type="checkbox"/>
	Do you have good set-moves for getting cleanly through high-traffic areas (e.g. leeward marks)?	<input type="checkbox"/>
	Autopilot - Can you keep the boat sailing quickly whilst analysing the tactical situation around you?	<input type="checkbox"/>
#8 Strategy	Do you learn all you can about a course before racing it? (from various data sources, locals, etc.)	<input type="checkbox"/>
	Do your strengths, weaknesses and tactics support your overall strategy?	<input type="checkbox"/>
	Can you see the Big Picture when it comes to racedays/regattas?	<input type="checkbox"/>
#9 Weather (Wind, Waves & Tide)	Are you confident at recognising what 'Day Type' is coming up for your next race or training session?	<input type="checkbox"/>
	Do you have a clear set of priorities when analysing weather?	<input type="checkbox"/>
	Is your ability to read the weather good enough to comfortably plan ahead and respond appropriately?	<input type="checkbox"/>
#10 Mental Strength	Do you consistently perform well in high-pressure environments?	<input type="checkbox"/>
	When you make mistakes/things don't go your way, can you bounce back quickly?	<input type="checkbox"/>
	Can you maintain concentration during long races/regattas?	<input type="checkbox"/>
#11 Final Planning	Do you go into detail when planning each step of your campaign? (training, crew, logistics, rest, equipment, strategy, etc)	<input type="checkbox"/>
	Do you properly manage your time/priorities, getting organised sooner rather than later?	<input type="checkbox"/>
	Are you totally prepared when you arrive at a race/regatta?	<input type="checkbox"/>
#12 Racing	Do you conduct in-depth debriefs after each race (taking full responsibility for outcomes and learnings)?	<input type="checkbox"/>
	Do you test yourself against the 'best you know' before travelling to regattas?	<input type="checkbox"/>
	Can you bring all elements of your campaign together on raceday (transfer performance from training to the racecourse)?	<input type="checkbox"/>

NOTE: This checklist is a highly simplified version of the full Road To Gold program. Keep an eye on your inbox where we'll be exploring each step of the Road in more detail.

*If you ticked every box, congratulations! We'd love to have you on Road To Gold as one of our special guest experts! 🙌

Know someone who would benefit from this checklist? Please forward a copy to them or send them to RoadToGold.net