

ROAD TO GOLD PROCESS PROMPT SHEET

HOW TO USE THIS PROMPT SHEET:

- Below are 60 sailing-related processes.
- Use this sheet as inspiration for planning your training sessions.
- If you're feeling scientific, go through and score your performance out of 10 for each process.
- You now have a complete overview of your strengths and weaknesses.
- Want to plug those gaps? For each low-scoring process, make a Plan of Action to bring them up to par with your strengths.

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

Sailing in light airs		Knowledge of the rules		Close tactics with other boats	
Coping with shifty conditions		Heavy weather sailing		Competing overseas	
Sailing through waves		Sailing at night		Gate starts	
Gybing in strong winds		Tight reaching		Reading sailing instructions and courses	
Short-tacking against a strong current		Windward mark roundings		Long races	
Starting on a biased start line		Shifting Winds		Racing in steady winds (ie boat speed contests)	
Avoiding 'letters' on your results sheet		Steering through waves		Boat tuning	
Coping with tidal starts		Practising outside races		Covering duels	
Starting without a transit		Dealing with aggressive competitors		Holding on to a lead	
Starting with a transit		Working on your boat		Bouncing back from a mistake	
Mark roundings		Capsizing and recovery		Mental resilience	
Tactics upwind		Close fetching legs		Not getting stuck in the 'pecking order'	
Spinnaker work		Thriving under pressure		Having a plan for your training sessions	
Coping with a difficult crew - or helm!		Heavy weather starts		Sailing quickly while analysing the tactical situation	
Dealing with a protest		Downwind starts		Analysing weather before training	
Navigation		Mass Starts		Conducting in-depth post-training debriefs	
Pre-race planning		Light air starts		Sailing in big fleets	
Having a strategy and sticking to it		Light air generally		Racing against international competition	
Fitness (including flexibility)		Doing well when it really matters		Having an incident that badly affects the rest of your race	
Strength (including core)		Racing in very changeable conditions		Making detailed boat manoeuvre cheatsheets	