

# ROAD TO GOLD

## PRIORITY CHECKLIST

© 2021 [RoadToGold.net](https://RoadToGold.net)

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

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](https://RoadToGold.net)