

Sabre Training Weekend Questionnaire

Could participants of the training weekend take a couple of minutes to answer the questions. It will give the coaches some individual perspective into what each sailor wants to improve on from the weekend. It also helps the sailors to identify strengths, weaknesses and goals.

Name:

Sail type - brief description (i.e. Irwin –full cut):

Mast rake Measuring from the halyard block to transom:

What are your best and worst weather conditions? :

List 3 sailing/racing strengths (not a weather condition):

List 5 sailing/racing weakness (not a weather condition):

What are you specific individual goal/s to achieve from the Training weekend coaching: