

EQUIPMENT

	Importance	Performance Score
Hull		
Foils		
Mainsail		
Jib		
Spinnaker		
Tuning No / settings		

TECHNIQUE

Starting		
Acceleration		
Mark rounding		
Pressure boathandling		
Tacking		
Gybing		
Spinnaker hoist		
Waves - upwind		
Waves – downwind		
Running		
Kinetics		

STRATEGY / TACTICS

Percentage Sailing		
Covering		
Boat on boat tactics		
Reaching options		
Running options		
Rules		
Compass / shift work		
Current / tide work		

GENERAL SKILLS

Meteorology		
Protest technique		
Risk vs Reward balance		

TARGET AREAS

Weight		
Diet		
Fitness		
Event preparation		
Event analysis		

MENTAL AREAS

Confidence		
Concentration		
Goal setting		

OTHERS Add your own extra areas

score Importance and Your Performance on a scale of 1-10 (10 is high/good)