

Palau Sailing Association Practice Recode

Date: Saturday 11th Nov

Time: 13:00-16:00

Coach Yuto

Weather: 8~14knot (NW) Sunny

AFTERNOON SESSION

Rescue boat Yuto

Joshua Momi(13:00~16:00)

	OUT	IN
Joshua Q	15:00	16:00
Alexander	14:00	15:00
Kai	14:00	15:00
Zen	14:00	15:00
Shin	15:00	16:00
Saku	14:00	16:00
Yuki	15:00	16:00

Time Table

11:27 Water level(m)0.29

12:30 Afternoon meeting

13:00 Boat Assemble (4 boats)

13:30 Australia embassy visiting.

13:50 Why you couldn't reach upwind mark?

14:00 Launch First Group

14:20 Mark rounding (Sausage course)

14:50 Downwind/Ashore

15:00 Relaunch with towing all ships.

15:10 Rounding mark (Sausage course)

15:40 Downwind/Ashore

16:00 Rinse Clean up boats.

16:10 Short meeting/ Home

17:29 Water level(m)1.12

Impression

午前中は補習校の運動会が開催され私も見学させて頂くことになったので午後からの練習になりました。私の準備不足もあり、子供達の艀装に思ったよりも時間がかかってしまったことが今日の反省点です。しかし、新しい艀装の仕方（強い風で力の弱い子でも軽い力でシートを引くことができるようにテークルを増やしました。）に子供たちは興味を示し、海上でのシートの引きやすさも向上したと報告してくれました。

なぜ風上のマークになかなか届かないのかということについて、比べられる上手な選手がいないことなどの複数の要因から疑問をまず持つてもらうことが必要だと感じました。そのためには相手よりも速くセーリングするための様々な技術を教えることが必要です。今のチームでは誰が誰よりも速いのかのある程度の順位が見えているような雰囲気を感じています。僕はセーリングを技のスポーツだと思っています。たくさんのテクニクを学ぶことで誰が勝つのか分からないそんなレベルの高いチームになることが目標の一つです。

アップウィンドに比べてダウンウィンドは子供達にとって得意なようです。ロープを引く力が足りない分、進むだけで気持ちよさそうに走っています。しかしまだまだ技術的には上達の余地がたくさんあります。そこで、今日の成長点としてどこまでアンヒールさせれば良いのかについて知識をシェアしました。ヨット初心者の頃の僕もどこまで何をすればいいのかがすごく疑問だったように思います。一つまた子供達の成長が見えて嬉しい日でした。

In this morning, the Japanese school's Undoukai held and I invited to observe it, so we practice in the afternoon. Due to my lack of preparation, it took longer than expected for the children to rig the boats, which was my regret today. However, the children showed interest in the new way of rigging (we increased the number of tackles so that even children who are weak in strong winds can pull the sheet with light power). The children were

interested in the new way of rigging and reported that it improved the ease of pulling the sheet at sea.

I felt it was necessary to get them to question why they were having difficulty to reaching the windward mark due to multiple factors. To solve this problem, I should teach them various techniques for sailing faster than their opponents. I think that in my current team, there is an atmosphere in which we can see a certain ranking of who is faster than whom. I see sailing as a sport of technique. One of our goals is to become such a high-level team that we don't know who will win by learning many techniques.

Compared to upwind sailing, downwind sailing seems to be better for the sailors. Since they don't need to pull the rope, they can just go forward and run like they feel good about it. However, there is still a lot of room for technical improvement. So, I shared my knowledge on how far to let their boat unheel (Dingy lean to themselves) as a growing point today. When I was a beginner, I was very doubtful about how far to go and what to do on the boat. It was a great day to see one more growth of the kids.

Date: Sunday 12th Nov

Time: 9:00-16:00

Coach Yuto

Guest Mr, Mikuni

Weather: 0~2knot (--) Cloudy

Sea practice (Afternoon session)

	OUT	IN
Zenryu	13:25	15:00
Shinryu	13:25	15:00
Kai	13:25	15:00
Saku	13:25	15:00
Q,Jhosua	13:25	15:00
Alexander	13:25	15:00

Time Table

0:03	Water level(m) -0.01	(Study by using North Sail materials.)
6:26	Water level(m) 1.02	12:00 Lunch with delicious Miso soup!
9:00	AM meeting.	12:02 Water level(m) 0.30
	1, Recall what we learned.	13:05 Clean up the beach.
	→Tacking, Bailer, Life Jacket, Course.	13:20 Explain about a new game.
	2, Basic lesson (Sail Trim) with Skull Island.	13:25 Launch (Sparring)
	3, Racing rules (Tack)	15:00 Ashore/Boats away
	4, Making a sailing note.	15:20 Edwin Lecture. (Introduction)
	5, Briefing and goal setting for the day.	16:30 Debrief
	→MR,UP,DOWN	17:00 Home
10:00	Assembling three boats.	17:55 Water level(m) 1.57
10:30	Studying about the boat tuning.	

Impression

本日の練習は座学を多めに取る天気であった。今日までは「座学」と「海に出る時間」の比率を比較して子供達の様子を見ながら配分を変えようとしていた。しかし、今日は少し違うことを思った。ヨットには基礎的な部分や戦術などの難しい部分など難易度のグラデーションが例によって存在する。その「簡単で楽しく学ぶ分」と「難解で反復して覚える部分」の配分を調整しながら練習の比率を考慮することが大切だと感じた。座学を子供達にさせることは少し怖がっていた自分がいたが、今日は少しその恐怖心が和らいだ日だったような気がする。また、どの練習をする際にも、これは何のために練習をするのかということを目頭で確認することが必要だとも思った。

チューニングを座学として初めて行った。それぞれにチューニングの持ち場を与えてひとつのOPを完成させるということだ。結果的には子供達は何を学んだのか最後に確認をすることはできなかったが、自分の船をセッティングするという行為がヨットをするうえでとても楽しいということを感じてくれたらいい。またチューニングをすることは様々な良い副産物をもたらしてくれる。親子でチューニングについて考えたり、チューニングを考えることで物理的な思考の種が身についてくれるというものだ。さらに深いヨットの世界へ彼らを

招待できたような気がした。

エドウィンのボートメイキング初日の今日は導入の日として小さな模型ボートを作って頂いた。真剣な眼差しで彼の美しい職人の手捌きに夢中になる子供達の姿を見て、この企画を受け入れて本当に良かったと思った。パラオという島国に住む子供達にとって、レースとしてのヨットだけでなく、文化や生活としてのヨットを模索していくことがどれほど大切なことか。この素晴らしい文化と隣り合わせで活動できる現状の姿勢は崩さず、強みにして活動していきたい。

Today's practice had more learning on land than before. Until today, I had been comparing the ratio of time "learning on land" to "launch on the water" and attempted to change the time management based on whether the children were enjoying or not. Today, however, I thought a little differently. In sailing, as usual, there are gradations of difficulty levels, including basic parts and difficult parts such as tactics. I felt that it is important to consider the ratio of practice while adjusting the distribution between the "easy and fun part" and the "difficult and repetitive part. I used to be a little afraid of giving children land studying, but today was a day that eased my fears a little. I also felt that it is necessary to confirm at the beginning of any practice what the aim of the practice is.

Today was the first time we did tuning as a land studying seriously. The idea was to give each of them a parts to have their own tuning and complete one Optimist class sailboat. Although we were not able to confirm what the children had learned at the end of the class, I hope that they felt the setting up their own boat was a very enjoyable part of sailing. Tuning can also have many positive aspects. Parents and children can think about tuning together, and tuning can help them develop the seeds of physical thinking. I felt like I could invite them into an even deeper sailing world.

Today, Edwin's first day of boatmaking, was an introductory day, and he made us a small model boat. Seeing the children's serious eyes absorbed in Edwin's beautiful craftsmanship, I was very happy to have accepted this project. For the children living in the island nation of Palau, how important it is to explore sailing not only as a race, but also as a culture and a way of life. We would like to continue our activities with the current attitude of being able to work side by side with this wonderful culture as our strength.