

## Tips from Sailors, Coaches and Designers

It's very easy to attract fit birds with a medal...Great Britain

In this class you must train harder for the handling of the boat than for the trimming of it. when you accomplish perfect handling in most hard weather conditions you have nothing to worry about.

Christos Chionas - Greek Coach

The most important factor to sail 49ers fast is to be able to keep the wings out of the water. In flat water and steady wind most teams go the same speed, it is when it is puffy that the biggest differences emerge. Anticipation is the key, and someone on the boat reading the next 5-10 seconds wind all the time.

Charlie McKee - Olympic bronze medal winning crew - USA

What are the most important factors for success in the 49er?

Good boat handling is essential, after that its the same in any other class, speed and good tactics.

Simon Hiscocks - Olympic silver medal winning crew - Great Britain

Do you think sponsors attain value for money from sponsoring top ranked 49er teams and how can we maximise this for them?

The feedback I have gotten is that sponsors get very good value for their sponsorship dollars spent on 49er teams. Of course the hard part is convincing sponsors to make that initial commitment. It is crucial that the athletes act professionally, and do the best they can to keep the sponsors well-informed of their activities.

Charlie McKee - Olympic bronze medal winning crew - USA

I think that in 49er sailing the skills you need to train are agility and equilibrium not strength.

Pietro Sibello - Italy

What advice would you give to other 49er sailors who aspire to winning an Olympic medal?

Go sailing enjoy it and occasionally think a little about what you are doing.

Simon Hiscocks - Olympic silver medal winning crew - Great Britain

To make a 49er go fast you have to know the boat, you need a lot of training in all conditions and you especially you need good technique.

Pietro Sibello - Italy

When you are sailing on a 49er boat you have fun. When you are racing on a 49er boat you have a lot of fun. 49er sailing is fast and difficult and from the start to the finish you are sure of nothing.

Pietro Sibello - Italy

What do you think will be the next revolution in high performance sailing?

Reduction of hull drag by use of foils. Until we can make wet water as unyielding as ice, sailboats will not be as efficient as ice yachts. Induced drag is the penalty you pay for playing with media which yield.

Frank Bethwaite - Designer of the 49er

I like the speed and the difficulty of sailing the boat, and the fact that you sometimes have to make decisions in a split second that can be critical for the rest of the race.

Michael Hestbek - Denmark

Good communication in the Team and knowledge of how to speed up a boat is the key to going fast.

Marcus Bauer - Germany

If I have to run uphill, I usually run faster

Marcus Bauer - Germany

A good rest is as important as good practice.

Rodion Luka - Ukraine

The most important factors for success in the 49er are to have experience in skiff racing and a good team. The experience is a hard teacher because she gives the test first, the lesson afterwards.

Rodion Luka - Ukraine

If you had to make a change to the 49er

I would change the sections of the foils, make them slipperier and more clean.

Julian Bethwaite - Designer of the 49er