

# Segeln als Team sport

Einführung ins Regattasegeln für Anfänger

- Motivation und Ambition
- Passagier oder Crew?



**Nick Scandone \*March 4, 1966 - †January 2, 2009**

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[www.alove4sailing.com](http://www.alove4sailing.com)

# Nicht jeder kann und will gewinnen

Gibt es eine Lücke zwischen meinen Ambitionen und denen meiner Crew?

Lücke zwischen Ambitionen und zeitlichen Möglichkeiten?



# Hochleistungsteams



Engagement für die Sache



Wechselweise Führung



Leistungsbereitschaft durch Humor und Spass

# Crewaufteilung

- Steuermann
  - Gefühl fürs Schiff
  - Gefühl für Beschleunigung
  - Kaltblütigkeit bei kritischen Situationen
- Mittschiff/Vordeck
  - Speed und Physis (Gewichtstrimm!)
  - Beobachten und Kommunizieren
  - Rundung und Spi

**Gute Segler: Gute Crew**

# Yngling-Beobachtungen

- Drei ist einer mehr
- Bootshandling macht den Kopf frei  
[http://www.scrge.ch/files/Ynglingcrew\\_0.pdf](http://www.scrge.ch/files/Ynglingcrew_0.pdf)
- Taktik und Manöver!
- Moral
  - Debrief, Humor!
  - Es gibt immer eine neue Chance



## CREW AT WORK

*FIVE THINGS FOR THE MIDDLE PERSON TO THINK ABOUT:  
BY BUDDY MELGES*

1. Your Primary Job is speed and balance
  - Keep the boat moving at all costs.
  - You call the balance, move the Jib person, move and advice the entire team, and remind the skipper that he should be up on the rail or down low.
  - Work with the skipper to keep the power up.
  - Constant communication on everything is important
  
2. Get your head out of the boat
  - Look in areas your skipper cannot see regularly, in the corners, behind and under the sail.
  - Look for the quick changes, more wind, another boat heeling up, changes in flags.
  - Evaluate your trim against other boats. Is the mainsail over or under trimmed. Is the jib different then other boats.
  
3. Prepare for Mark Roundings
  - Ensure that the guy line is free on the set.
  - Get the spinkaker out on the deck before the launch.
  - When dropping the spinnaker grow tall and get big chunks down first and then tidy up.
  - Get the boat around and in the grove before cleaning up.
  - Give the 3rd time and opportunity to do his / her job.
  
4. Fly the Spinnaker
  - Get the pole at the right height, so that the first curl is in the middle of the sail.
  - Pull the pole back so that the front edge is vertical. Erron the side of exposing more sail. ie back
  - Let the skipper call the shots downwind and not fly the chute. It's his job.
  - Skipper and 3rd do the balance downwind.
  - Keep the chute square in the jibes, rotate the chute around early.
  - Get your foot off the sheet when dousing.
  
5. Don't let the skipper get down, Attitude is everything
  - Don't be the grumpy moe. Have an arsenal of jokes to cheer up the skipper when things go bad.
  - Keep working hard even if things go bad. You could be back at the office.
  - Keep the racing fun. There is always another leg to pass boats and sometimes another day...