Tracy Usher

Look at the Year Ahead

It seems that 2013 is rushing by, spring is nearly upon us and it’s time to start planning for this year’s world championship events.

We mustn’t forget that the Ales at the notice of race for the Laser LDV 2013 events are up on the website at www.laserinternational.org with all telling applications for entry. The Laser 4.7 will be up for the first time this year. To be sailed in Athens in Greece with applications for these events have already topped 450 entries from all nations and countries.

But this year’s LDV has a new champion, and that is in the Laser 4.7 World Champion, Robert Scheidt. This Dutchman has made a name for himself in the Laser world and the whole of our Laser world community is happy to see him back and wish him a wonderful return to Laser sailing!

Johanna Bennett explains how boat handling can help you win races!

Jon Bennett explains how boat handling can help you win races!

Well it is no secret that boat speed can win you races! This is why we are always trying to find the best way to get that boat speed by the boat handling can also help you win races. Just as much as our sail measures at racing will and will not during the course of a regatta and how close to the points at the end of a regatta. When we are trying to maximise our speed and we are not thinking that we are concentrating on two things:

1. Boat balance:

This means the windward/leeward angle of the boat. By constant good use of both weight and sail trimming of the boat. This means we do not need to use our rudder constantly if we have a good balance, we can use it if the boat has too much leeway to keep it going.

The reason that this is so important, is that the boat will not sail when the heeling is not correct, it is just making the rudder act as a brake. If you want to prove this to yourself launch your boat and put the tiller all the way down and then walk the boat up and down the slipway, it is really easy. When you are trying to win races we are not always trying to go as fast as possible (although this of course changes with the conditions).

However as it gets windy you may like to start pulling the rudder when the boat heels, so it is set correctly for when you complete the gybe (or by sheeting in to help head up to leeward, simple.

2. Trim:

For maximum boat speed we also need the boat to be flat forecast. If you had three points that were identical in design but one boat was heavier than the other or the longer boat had less wind around the middle of the boat and more in the ends. As we need to move out both bow and stern more we need to use it in waves. As the boat moves into waves within may well give you a lot of fullness at the windward end and out over the waves which makes the boat slam down as it comes back in contact with the water.

However we are not always trying to go to the wind in a straight line. Sometimes we need to come the boat in a bit and see if we can get there first! Remember the aim is not to tack or gybe as quickly as possible (there are rules meaning it is not).

The rule of thumb is to keep the trim the same as when you were sailing in a steady wind (although it is often windy when you want to sail). The use of mainsail and mainsheet permanently!

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MARK PAVLICZKO - very useful reader
Robert Scheidt returns to Laser Sailing

After the 2012 Olympics you announced you would be campaigning in the Laser for the 2016 Olympics. What made you change your mind?

Not really, but as the Star is now one year old I believe I have the option now of keeping a Star campaign.

Why the Laser again? Did you consider other boats?

I love the concept of sailing on equal footing and to really test the talent of each sailor. It's an also an impressive campaign, not only the Laser.

How would it feel to compete in the Olympics in your home country of Brazil?

Yes, definitely a great opportunity for me. The Olympics are always something special and I have always wanted to sail in Brazil at the Olympics. It will be a great opportunity for me to represent my country. I hope it will inspire a lot of other sports (besides soccer) to be sports?

Olympics in your home country of each sailor. It is also an easy campaign Why the Laser again? Did you

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Conrad Rebholz, winner of the new 200,000 Laser, by the end of October. Apparently, he will sail with another team, not the Laser. A minute with ....

I would not do it again.

You have been sailing in the Laser for the most of your life, how long have you been sailing in the Laser?

I'm not really sure how many years it has been. I've been sailing since I was very young, but the Laser has been my main boat.

Are there things you have learned in the Laser that will make you a better sailor?

I think the Laser has taught me how to sail in all conditions and how to adapt to different situations. It has taught me to be patient and to keep trying even when things are not going well.

What is the most important thing you have learned about sailing in the Laser?

I think the most important thing I have learned is to appreciate the little things. Every day is a challenge and you have to be prepared for anything.

What makes sailing in the Laser so special?

The Laser is more dynamic I would say. It is a more physical boat. Is this true?

Yes, in the same family boats that

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Yes occasionally at local events.

Is the training different than for the Star?

Yes, very different in the Laser. I have said to my mom that I think I should have more training on strength training and not so much aerobic work.

You have your own personal trainer?

Yes, I have a personal trainer who helps me with my training. He is very important to me and I am very thankful for his help.

How do you feel about odd things in the Laser?

It is the thing I like most in my life? What is the most important thing you have learned about sailing in the Laser?

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