



Sail Canada Metric Talent ID Form

Background

Sailor Name:

Sailor Email:

Sailor Age (YOB):

Club/Team:

Coach Name:

Coach Email:

Height (cm):

Weight (kg):

Current Class Sailed:

Appropriate Physical Make Up (Yes/No):

Psychosocial	Yes	No
Always wants to compete		
Plays other sport(s) at a competitive level		
Goes sailing on days off without a coach		
Always gives 100% in practice		
Attentive and applies coach feedback		
Naturally inquisitive		
Understands/demonstrates leadership role within peer group		
Demonstrated ability to work in group under coach direction		

Starting	Yes	No
Consistently starts on time with speed		
Consistently identifies and starts at or near favoured end - on time with speed		
Consistently starts at or near favoured end - on time with speed and maintain position for 1 minute		
Consistently starts at or near favoured end - on time with speed and execute plan as wanted		
Ability to do all of above by consistently winning the start at favoured end		

Technical	Yes	No
Demonstrate the basics of UPWIND SAILING		
Appropriate fitness so that fitness does not limit performance over a race of 20 minutes		
Boat is always well maintained		
Equipment is optimized for performance		
Can adjust sail-trim, and sail shape appropriately for all wind conditions and point of sail		
Can balance boat appropriately in all conditions using sail trim and body kinetics		
Chooses correct angles to facilitate effective downwind/off wind sailing (ex. Sail by lee)		
Demonstrated ability to initiate surfing and planning off wind		

Mark Rounding	Yes	No
Can execute efficient windward and leeward mark rounding in up to 15 knots of wind		
Demonstrates effective tactical/strategic mark rounding		
Routinely demonstrates sail tuning changes associated to next point of sail		

Tactics/Strategy	Yes	No
Understand effective boat on boat racing skills (ie: leebow, duck)		
Understands racing rules - boat on boat rules (Part 2)		
Understanding of the fastest way around the course.		

Physical Capacity	Yes	No
Physical Capacity does not diminish during a race of over 20 minutes		
Physical Capacity does not diminish during a race of over 30 minutes		
Physical Capacity does not diminish during a race of over 40 minutes		
Physical Capacity does not diminish during a race of over 50 minutes		
Physical Capacity does not diminish during a race of over 60 minutes		