

ORCi Europeans 2024

What information we focus on

Patrik Forsgren & Linnea Floser



Agenda

- Purpose
- Introduction to Team Pro4u and KSSS Offshore clinic
- Brief overview of our instrument system
- *Information*: what we display, when, where and why?
- Performance test "light"



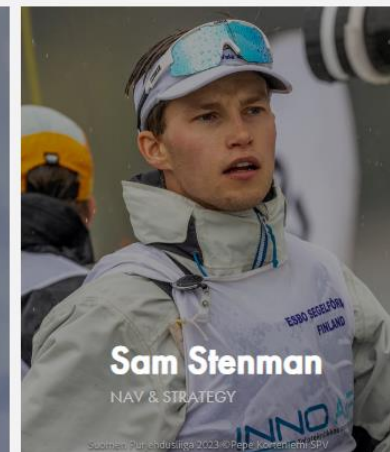
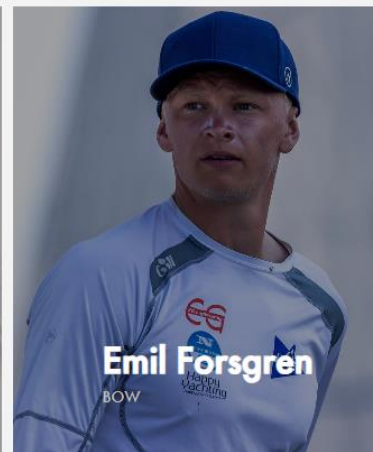
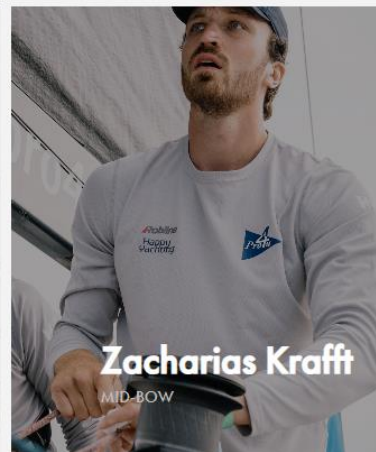
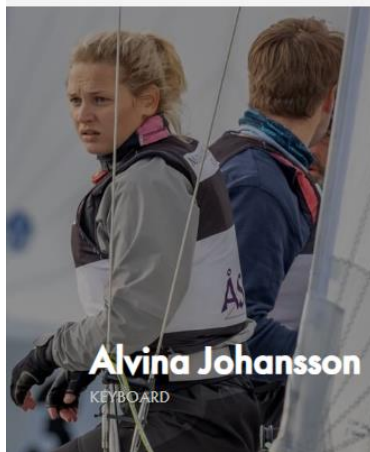
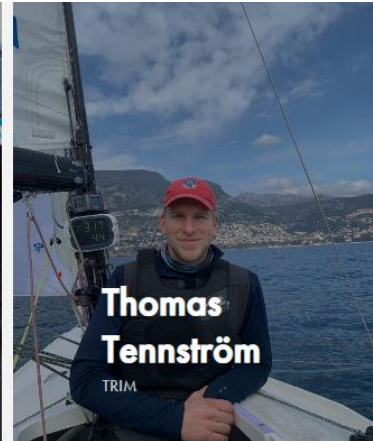
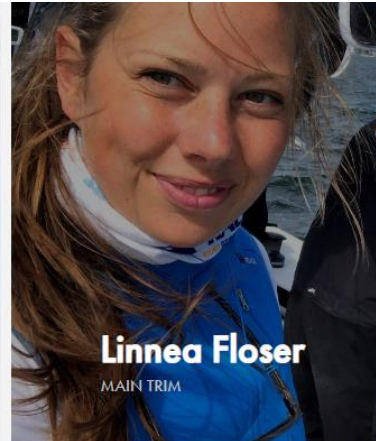
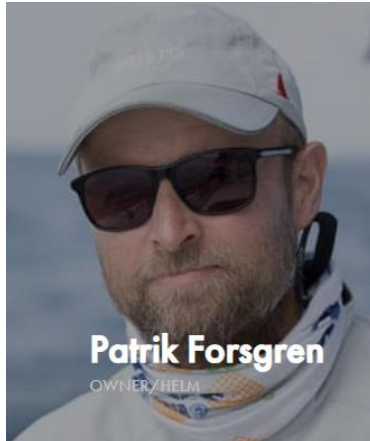
Purpose

- “...share ideas and talk about *how Team Pro4u use ... information to sail in the most efficient way.*”
- Elaborate on:
 - What information we focus on at start, W/L and offshore/Coastal
 - Why we prioritize this information
 - Where we present the information
- Present our method for performance analysis



Introduction

The Team



Selected results and awards

- Gold In ORC Europeans 2015 och 2017
- 9 medals in ORC Europeans/Worlds
- 1:a Round Gotland race total 2023
- 1: ORC Double handed worlds 2022
- Winner of the swedish nationals ORC Total 5 times

- Skipper awarded Swedens best male sailor (Vinges Kanna) 2022
- Awarded Swedens best offshore Team 3 times
- **Awarded KSSS Best coach award 2021**

- The Team also have a J70 campaign



KSSS Offshore clinic

- Team Pro4u are proud to run KSSS Offshore clinic in cooperation with KSSS
- Started 2019
- 10 participants per year between 16 and 30
- In total 56 graduates at end of October
- Application to KSSS in January. Membership not needed to apply
- Duration: April to October
- Theory: 21 hours. 6*3.5 hours
- Sailing 55,5 hours. 13*3.5 and 10 hours true offshore



Certificate in Offshore Sailing

This is to certify that

Förnamn Efternamn

has completed the
Royal Swedish Yacht Club's
Offshore Clinic 202X

In cooperation with Team Pro4u

Stefan Rahm
Managing director
Royal Swedish Yacht Club

Anders Bengtsson
Head of training
Royal Swedish Yacht Club

Course program

The course program include:

- Theoretical tips and practical training in all roles on an offshore boat: foredecker, mastman, pit, headsail trimmer, spinnaker trimmer, mainsail trimmer, navigator/strategist/ tactician and helmsman.
- Maneuvers including but not limited to:
 - Tacking and roll tacking
 - Spinnaker and gennaker hoist: Bare away and jibe-set
 - Gybing, roll jibing and heavy weather jibing
 - Spinnaker and gennaker take down: Starboard, and port roundings, Kiwi-drop
 - Stay sail handling
 - Flying head sail changes
 - Reefing
- Instrument and Racing software knowledge incl but not limited to:
 - Walk trough of all major functions in Predict Wind and Expedition tactical and navigational software
 - Calibration of instruments
 - Weather, weather routing and selection of grib files
- Speed and trimming with instruments
 - Use of TBS, AWA, TWA, VMG etc for fast driving in challenging conditions
 - Tuning of polars and sailcharts
 - Trimming of mainsail, jibs, genuas, reachers, symmetrical and assymetrical spinnakers and staysails
- Basic sail care and maintenance of hardware

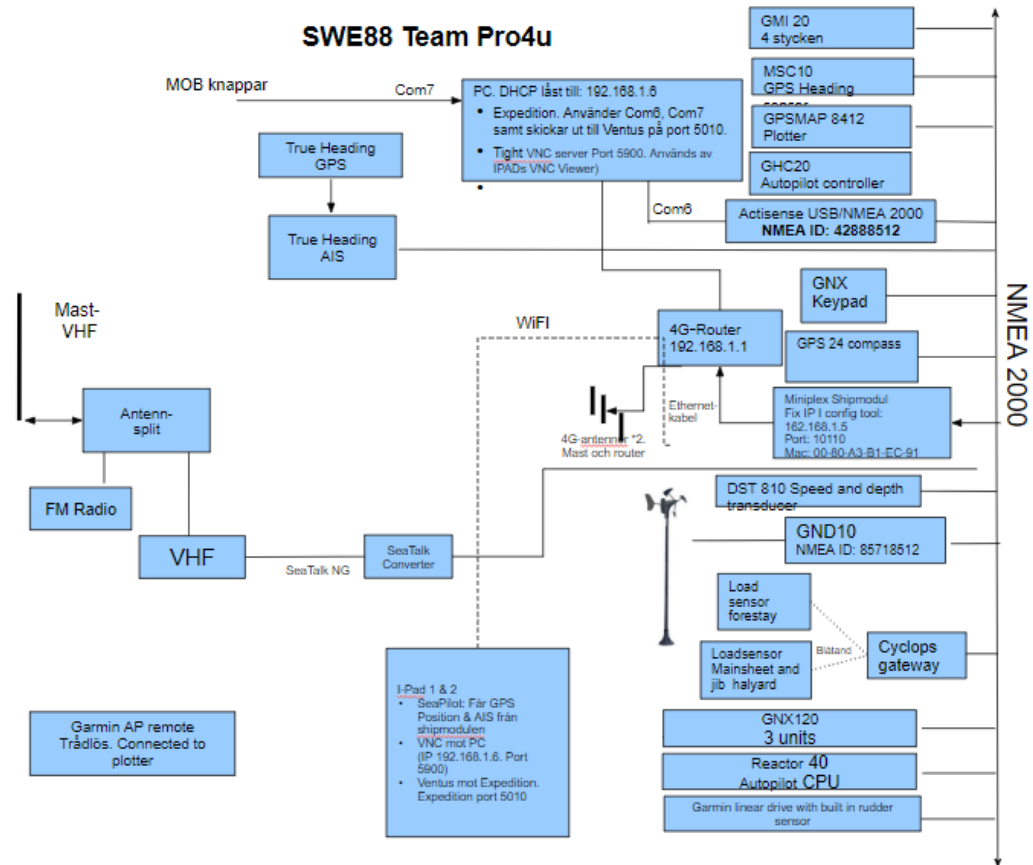
Any specific questions you want us to emphasize



DR IRENA ERIS ORC EUROPEAN CHAMPIONSHIP GDAŃSK 2017

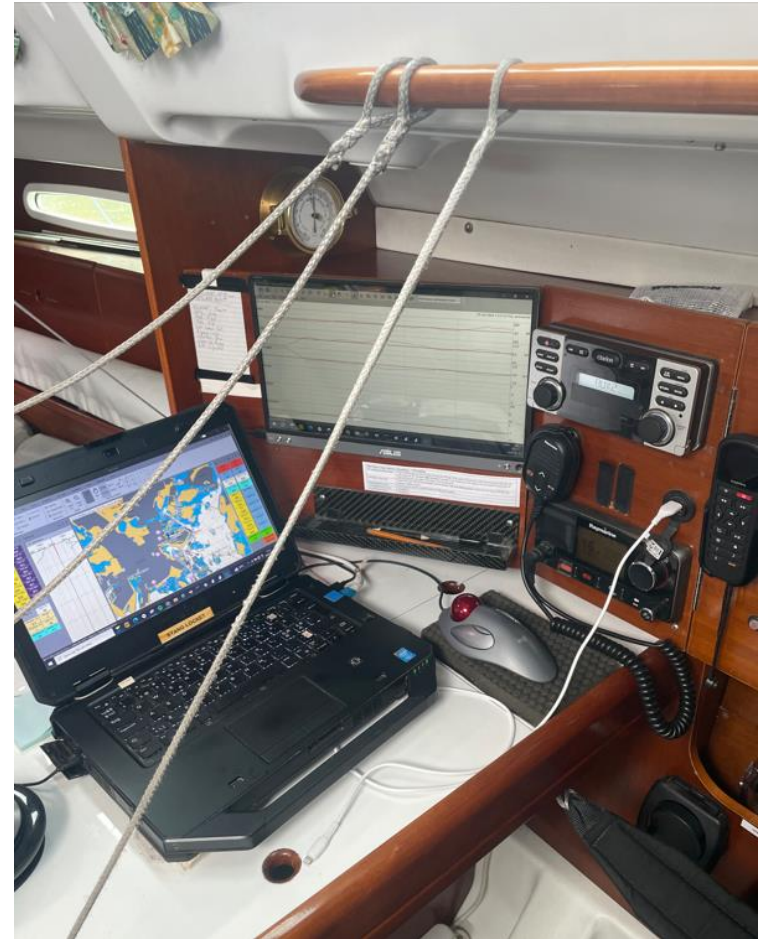
Brief overview of system

- Garmin sensors, plotter and displays
- Expedition used as processor for basically everything
 - Advanced calibrations
 - Calculations
 - MOB Buttons
 - Routs (Sent to plotter)
 - Sailchart, weather etc
- NMEA 2000 network
- 4G router and Miniplex module to share NMEA data via WiFi



Hardware for info presentation

- 3 mastdisplays
 - Up to 3 datafields each
 - 4 different set ups.
- 4 displays on cabin top
 - Up to 4 datafields each
 - Basically 2 different set ups
- Nav station with PC + extra display
- Ipad mini for nav and tactics on deck
 - VNC Viewer to PC/Expedition
 - Back up stand alone nav app (Seapilot)



Our 4 set ups

1. Start

2. W/L

3. Offshore/Coastal

4. MOB

— Top mast display switch to

- COG
- MK Bearing
- Mk Distance

• Set up on mast displays changed by one press on remote

• In the W/L set up different data is presented upwind and downwind.
Managed by Expedition



Plus some extra pages on the cabin top displays

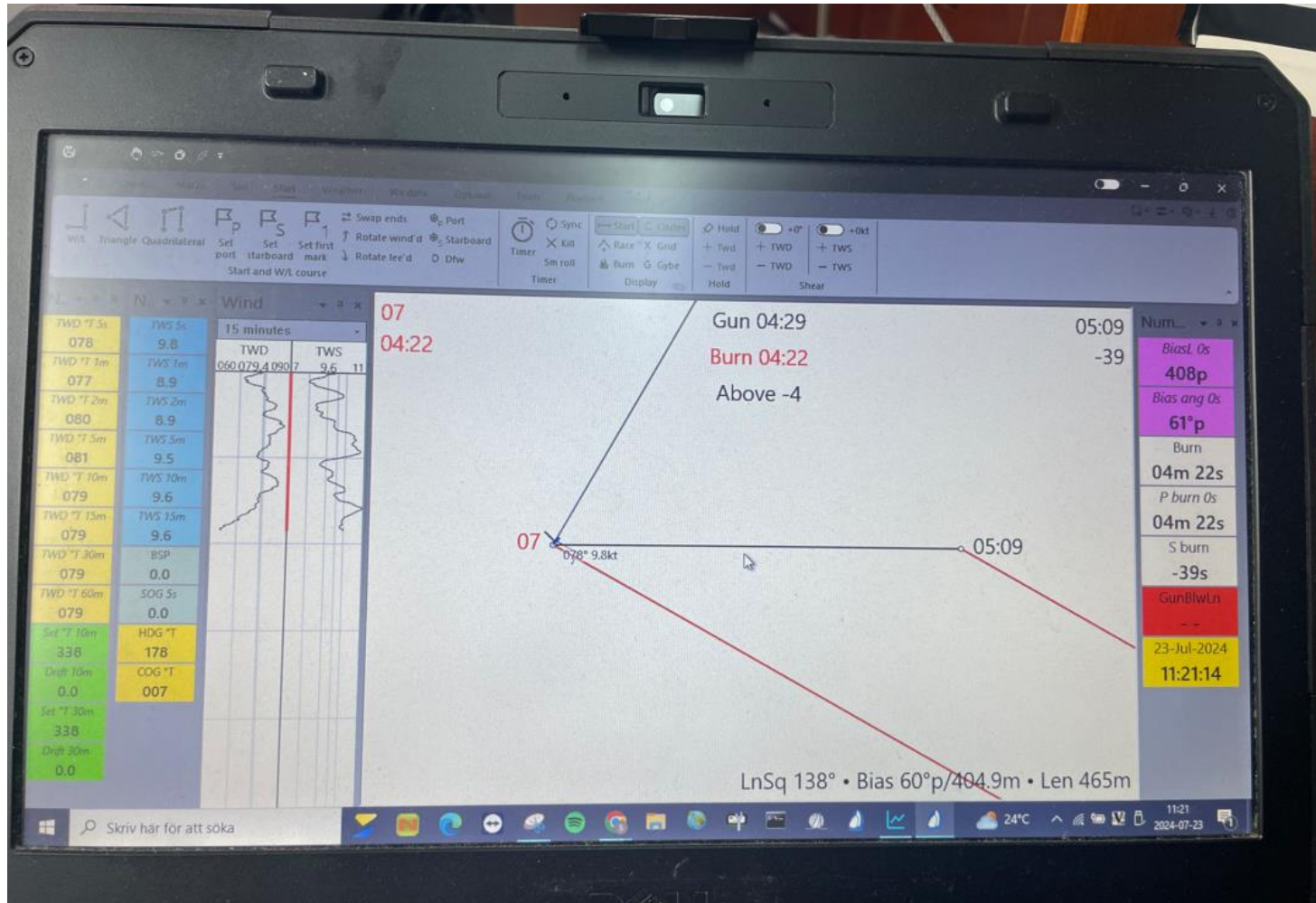
- Only Depth
- Set & Drift
- Comparison BSP: SOG. HDG: COG. Always on at transports
- GPS Compass save a lot of calibration time



Set up 1: Start on deck



Start: Expedition



Set upp 2a W/L upwind: Mast displays



1
5

2

W/L downwind

(TWA more than 90)



W/L Cabin top.



Set up 3: Offshore / coastal Mast displays



Offshore / coastal Cabin top



Our way of doing Performance tests

- Aim: Test different trim, different TBS etc without the need for an other similar boat
- Gives direct feedback
- Does not replace a professional on shore analysis for teams with that possibility

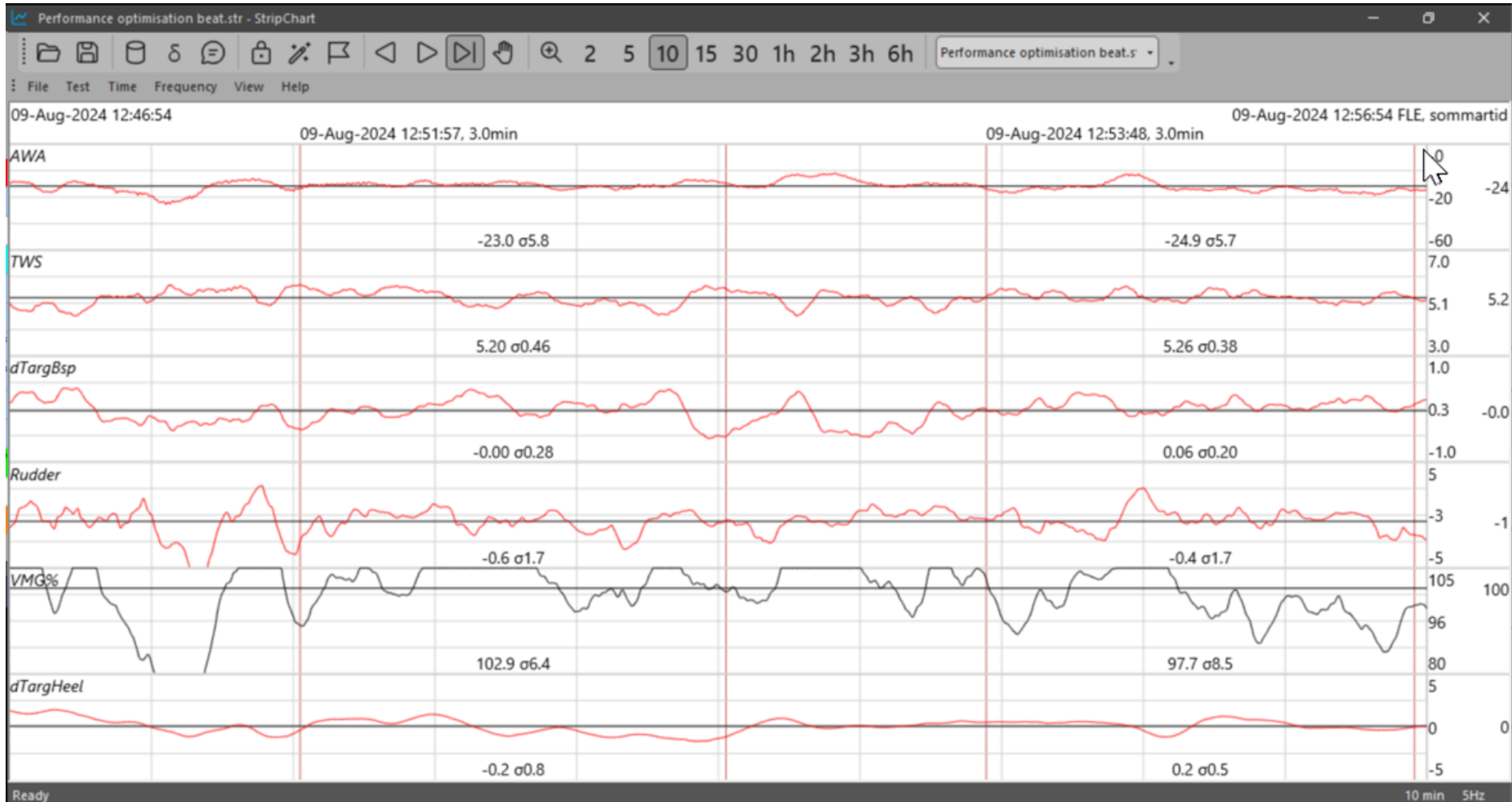
Metod

- Run consecutive 3 min tests
 - Alternate set up 1 and set up 2
 - Log data, we use Expedition strip chart
 - Only relative comparisons, and stay on same tack, reduce faults due to
 - Set / Drift
 - Wave conditions
 - Calibration etc
- Compare for each test 3 min average VMG% plus
 - TWS. Make new tests if diff more than +/- 1 kn
 - Diff TBS
 - AWA (Upwind)
 - TWA (Downwind)

Analysis

- Higher VMG % is the better set-up
- VMG% is used to reduce effect of variations in TWS
- Diff TBS and Angles gives an understanding if the difference in the tests are in BSP och AWA/TWD

Example Upwind



Thank you for listening

Questions?



Blogg: swe88.se

Facebooksida: [Pro4uSailRacingTeam](https://www.facebook.com/Pro4uSailRacingTeam)

KSSS: <https://www.ksss.se/traning/clinics/ksss-offshore-clinic/>

E-mail:

pa.fo@hotmail.com

Linnea.floser@gmail.com