



**THE FOLLOWING QUESTIONS RELATE TO THE TRAINING BLOCK  
LEADING UP TO THE REGATTA & THE REGATTA ITSELF**

**1) What worked?**

**2) What didn't work?**



**3) What was unexpected or surprised you?**

**4) Did you notice anything your opponents were doing better?**



5) What did you learn?

## COACH PERFORMANCE

6) What did your coach do well (in the training block or at the regatta)?



7) What could your coach have done better (in the training block or at the regatta)?