

RTG DEBRIEF



These questions relate to the Training Block leading up to a Regatta and the Regatta itself

#1 What worked?

#2 What didn't work?

#3 What was unexpected?

#4 Did you notice anything your opponents (or training partners) were doing better?

#5 What did you learn?

#6 What did your coach do well?

#7 What could your coach have done better?

