

# Team



# Isigungu

## French Olympic Sailing Week - Hyères, 2 – 6 April 2006

After our first regatta in Palma, we were in two minds about whether to go back to Valencia or head straight to our next event in Hyères, South France. We decided to save on the driving and make things less complicated and headed straight for France.

Unfortunately we had to say good-bye to Coach Dayne after Palma as he had other work commitments (racing against JJ and Abro in Antigua!) so we were back to “Just the thee of us!” We could not have asked for a better person to coach us. Dayne is Australian and much like South Africans, he has both a serious and lighter side to life, which makes sailing and training more a part of life and our future. Dayne is always positive and very motivating.

After arriving in Hyères twelve hours later we eventually found a super market and a full gas bottle for cooking. It was quite late and all the campsites we found were already closed! Much to our disappointment, and after unhitching the boat no less than 10 times to do u-turns on narrow dirt roads, we finally gave into the bottle of OB's ..... and headed to the harbour... We found a few Ynglings there already, so we parked under a palm tree and set up camp for the night in the parking lot! Being Easter weekend and our two days off we decided to celebrate.

After a good lie-in we woke up on a beautiful Easter morning and headed off to find a proper campsite for 3 days. Kim is midway through her tax course back home so while we relaxed, wrote reports and did laundry, Kim diligently grafted for 2 days solid. We had four well-deserved days off in total, counting the day in Palma that we watched the final medal race and one day of driving. After these couple of days we were all ready to get back on the water and start preparing for our second regatta.

Over the next 4 days we were able to do some excellent training with the USA, RUS and CAN teams, getting the boat and ourselves to a point where we were itching to get on the racecourse again.

Before the regatta started we moved into our mobile home, which could accommodate 5 people (we were to share with Dale and Tiff). However, Tiffany dislocated her shoulder in Palma and was unable to finish the regatta and, after having some physio back in Valencia and some fitness tests, Dale and Tiff decided not to come to Hyères at all, leaving us in our mobile home all alone! We missed not having them there, but looking around the room, we are not too sure where another two people would have fitted!!

Dominique Provoyeur  
082 9022 800  
dominique@devonvale.co.za

Penny Alison  
076 3344 539  
penny\_Alison@hotmail.com

Kim Rew  
082 8718 577  
bkr@deneystreitz.co.za

**“THE CHALLENGE AHEAD OF US IS NOTHING COMPARED TO THE  
POWER WITHIN US”**

*www.isigungu.com*

**Racing Day 1: Sunday, 23<sup>rd</sup> April****Wind: 0 – 8knots****Races: 1**

We were sharing our racecourse with the 2,4m class (known in SA as Illusions?), which meant that we only scheduled to start at 2pm each day.

On this particular day, the wind was best around midday and by the time we got to start the wind was already getting light. We managed a fair start but got a bit boxed in after a while and decided to tack off as it looked like there was some new breeze that was filling in from the right side. We sailed in clear air, which is very important in light breeze in these boats, as they do take quite long to get momentum.

We could have sailed more aggressively to protect our position downwind by going back to the favoured ‘right’ side, but instead we hung with the boats that rounded the top mark with us, and went out to the left side and lost big time.

We could have possibly also loosened the rig as the wind had dropped to almost nothing. In fact, 2 boats didn’t make the finishing time limit of 20minutes, which illustrates just how much the wind had dropped.

We finished 17<sup>th</sup> in the first and only race of the day.

**Racing Day 2: Monday, 24<sup>th</sup> April****Wind: 8 – 15 knots****Races: 2, 3, 4**

Day two was not one of our best days of the tour, the wind was up which meant we needed to be more solid in our manoeuvres, more confident in our boat handling and work that much harder to keep the boat moving.

We made the wrong call regarding the jib, we used our heavy jib, which would have been fine for the flat water we experienced in Palma, but not for the large chop we had here! (Jib change is 12knots in flat water, but 14 – 16knots in choppy water).

We felt underpowered most of the day, but without the coach to give us feedback on how the boat was looking, and feeling a bit discouraged by bad results, we tended to forget the basics and were just not able to get the boat speed up.

Being dissatisfied with one’s performance has a serious effect on the team morale, which of course leads to more bad results. When a team does well there is an almost inbuilt positive attitude amongst the individuals, but the opposite unfortunately applies too. When things are tough we have to rely on each other as team mates to keep it together, keep it real, and share our thoughts with each other in a positive and encouraging way.

Without Dayne, our daily debriefings were mainly a summary of the day’s races and our own personal reflections on what we thought we could have done differently. We really missed not having someone to give us feedback and advice on other options we could have taken.

Dominique Provoyeur  
082 9022 800  
dominique@devonvale.co.za

Penny Alison  
076 3344 539  
penny\_Alison@hotmail.com

Kim Rew  
082 8718 577  
bkr@deneyseitz.co.za

**“THE CHALLENGE AHEAD OF US IS NOTHING COMPARED TO THE  
POWER WITHIN US”**

[www.isigungu.com](http://www.isigungu.com)

**Racing Day 3: Tuesday, 25<sup>th</sup> April****Wind: 15 – 17 knots****Races: 5, 6**

With a bit more breeze, we found it easier to get the boat powered up, but realised that the more wind there is the more we need to work the boat. We started near the British girls and it was clear that the helm really works the main at the start to get over the waves, which gave them a few valuable boat lengths. The breeze was still up and down throughout the day and it would have been good to have a second opinion on whether or not we should have dropped the rig again.

**Racing Day 4: Wednesday, 25<sup>th</sup> April****Wind: 5 – 8 knots****Races: 7**

Light winds again, which makes racing very tricky. Every manoeuvre seems to be exaggerated 10 times as the boat rocks and rolls when we change positions. Something that we need to work on, as coming from Cape Town and training in the middle of summer, we rarely had less than 15knots ever!

Bottom mark roundings are also a pain in our lives – finding the gab and getting a good inside rounding is something we battle with and will be working on various strategies during the next 5 weeks

**Racing Day 5: Tuesday, 25<sup>th</sup> April****Wind: 0****Races: none**

The day was spent spying on other people's boats, taking pictures of their layout and trying to arrange training regattas for August.

**Regatta Comments**

The registration and measurement was much the same as for Palma, very simple and takes only a few minutes per boat. There were 3 meals sponsored (2 dinners and 1 breakfast), which gave the sailors a chance to socialise, relax and enjoy being part of this highly competitive sailing world. We never managed to get a chance to wander into the center of the town, but look forward to returning next year! The regatta base is open to the public and seemed to draw a large crowd most days.

**Experience is what you get when you don't get what you want!****Racing Comment:**

On the whole, whilst we didn't achieve as well as we had hoped on the scoreboard, the racing experience was invaluable and we were once again able to learn things from the best in the world. We had moments during races when we were able to hold our own against the top teams, and this reinforced our belief that we certainly do have what it takes to achieve our goal. With

Dominique Provoyeur  
082 9022 800  
dominique@devonvale.co.za

Penny Alison  
076 3344 539  
penny\_Alison@hotmail.com

Kim Rew  
082 8718 577  
bkr@deneyreitz.co.za

**“THE CHALLENGE AHEAD OF US IS NOTHING COMPARED TO THE  
POWER WITHIN US”**

[www.isigungu.com](http://www.isigungu.com)

more coaching and racing opportunity to refine our skills and talent, we are now more confident than ever that we can make this a successful campaign.

Our achievements up until now have only been possible thanks to our main sponsor:  
**Devonvale Golf and Wine Estate.**

Sub sponsors:

Ellian Perch/Orion – supplier of J22 for racing in Europe

Capestorm – Clothing

Lion of Africa – Insurance

Enterprise Connection - Website & Shareholder

Boock Signs – Signage

Embriocraft – Embroidery

MACS Shipping - Shipping

Royal Cape Yacht Club - Yacht Club Membership

Deneys Reitz

Thank you,



**Penny, Dom, and Kim**

Dominique Provoyeur  
 082 9022 800  
 dominique@devonvale.co.za

Penny Alison  
 076 3344 539  
 penny\_alison@hotmail.com

Kim Rew  
 082 8718 577  
 bkr@deneyreitz.co.za

**“THE CHALLENGE AHEAD OF US IS NOTHING COMPARED TO THE  
 POWER WITHIN US”**

[www.isigungu.com](http://www.isigungu.com)