

Rob Brewer Sails
ABN: 60 617 998 715
1 Hillpine Place
Terrey Hills 2084
AUSTRALIA
Phone: +61 2 9986 1055
Mobile: 0411 357 470
Email: rob@raceaway.com.au



Fuel Up

At a recent regatta I was surprised to find so many of the sailors looking for a drink bottle between races. Like any athlete, keeping your body in good shape is important and getting the necessary nourishment is paramount to top performance.

More often than not, you will be on the water for some hours on a race day, so taking some supplies with you can make a big difference. Also, being a summer sport, it is likely to be hot so keeping your fluids up is really important. If you become slightly dehydrated you will lose concentration and probably suffer a headache. Sailing is a thinking sport so it is obvious that any level of dehydration will not help you get your best result.

Plain water is all you will need. Try to avoid sports drinks or soft drinks that contain a lot of sugar and fat. This applies to pre race/on the shore time as well!

Try to get in the habit of drinking at least a full sports bottle of water before you leave the beach. Just keep it in your hand while you rig and hang out with your competitors on shore, sipping it from time to time. Then fill it up again to take out on the water with you and aim to bring it back empty. If it is a really hot day, you will need even more.

Make sure you tie your bottle into your boat or tuck it away where it will not come loose. It's no use if it floats away from your boat if you capsize.

Leaving a spare bottle with your coach or one of the rescue boats is also a good idea. Put your name or sail number on it so it can be found easily.

A good rule is that you should never wait to feel thirsty before you drink. Feeling thirsty is the first sign of dehydration.

So fuel your body up for better sailing, Rob Brewer.