

SYSTEM SAILING

SAILING WITH NUMBERS

FOUNDATION | 1.3 PLANS & GOALS



THE PLAN

“A goal without a plan is just a wish,” so the famous quote goes. It’s just as applicable to what you want to do with your sailing program. Whether it’s as big as a bucket-list trip or as simple as mastering starts this season, the first step is to identify your goal and make a plan to get there.

THE FOUNDATION



HOW TO USE THIS PLAYBOOK

The Foundation Playbooks in this series are designed to help you take an organized and systematic approach to your boat, team, plans, and goals. Use this planning and goal setting playbook to clearly communicate where you want to go and create a clear plan to get there. This playbook was designed to be flexible to allow you to make it your own and to best suit your program. For best results, use this as a companion to Quantum’s System Sailing series with Wally Cross on QuantumSails.com. Whatever kind of sailing you’re doing and wherever the wind may take you, we hope you will find this to be a helpful resource to improve your enjoyment on the water.

SET YOUR ULTIMATE GOAL



WHAT IS YOUR ULTIMATE GOAL?

What is it that you and your team want to achieve in the long-run? This is where you dream big—realistic, but big. Ultimate goals are often a bit complex with lots of moving pieces, which is why workbooks like this are great for organizing the elements and making an action plan.

ULTIMATE GOAL: _____

DETAILS/NOTES

PRO TIP

CREATE YOUR ULTIMATE GOAL AS A TEAM

If you're the boat owner or team captain, you might have a very clear goal in mind. However, sitting down with your team and agreeing as a team on what your ultimate goal should be goes a long way to making it everyone's goal and not just yours.



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EXECUTION PLAN

DETAIL AND ASSIGN YOUR OBJECTIVES

Fill out one of these for each of your on- and off-the-water objectives. Make it clear who owns each objective and what actions your team will take to accomplish them.

OBJECTIVE

OWNER(S): _____

TARGET DATE/LOCATION: _____

PLAN

ACTION ITEMS:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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INDIVIDUAL CREW GOALS



OBJECTIVES FOR EACH CREW

Each crew member should also identify their goals for the season. These include goals for personal growth and goals that help achieve the goal. Print out a worksheet for each crew member.

NAME: _____

ROLE/POSITION: _____

TOP 3 GOALS

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PLAN

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ACTION ITEM CHECKLIST:

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CALENDAR



MONTH:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



COMMUNICATIONS PLAN

MASTER SCHEDULE PLAN

PLAN FOR COORDINATION

PLAN FOR LAST MINUTE UPDATES

NOTES

TO-DO

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TASK CHECKLIST



TASKS

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OWNER _____

NOTES _____

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OWNER _____

NOTES _____

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OWNER _____

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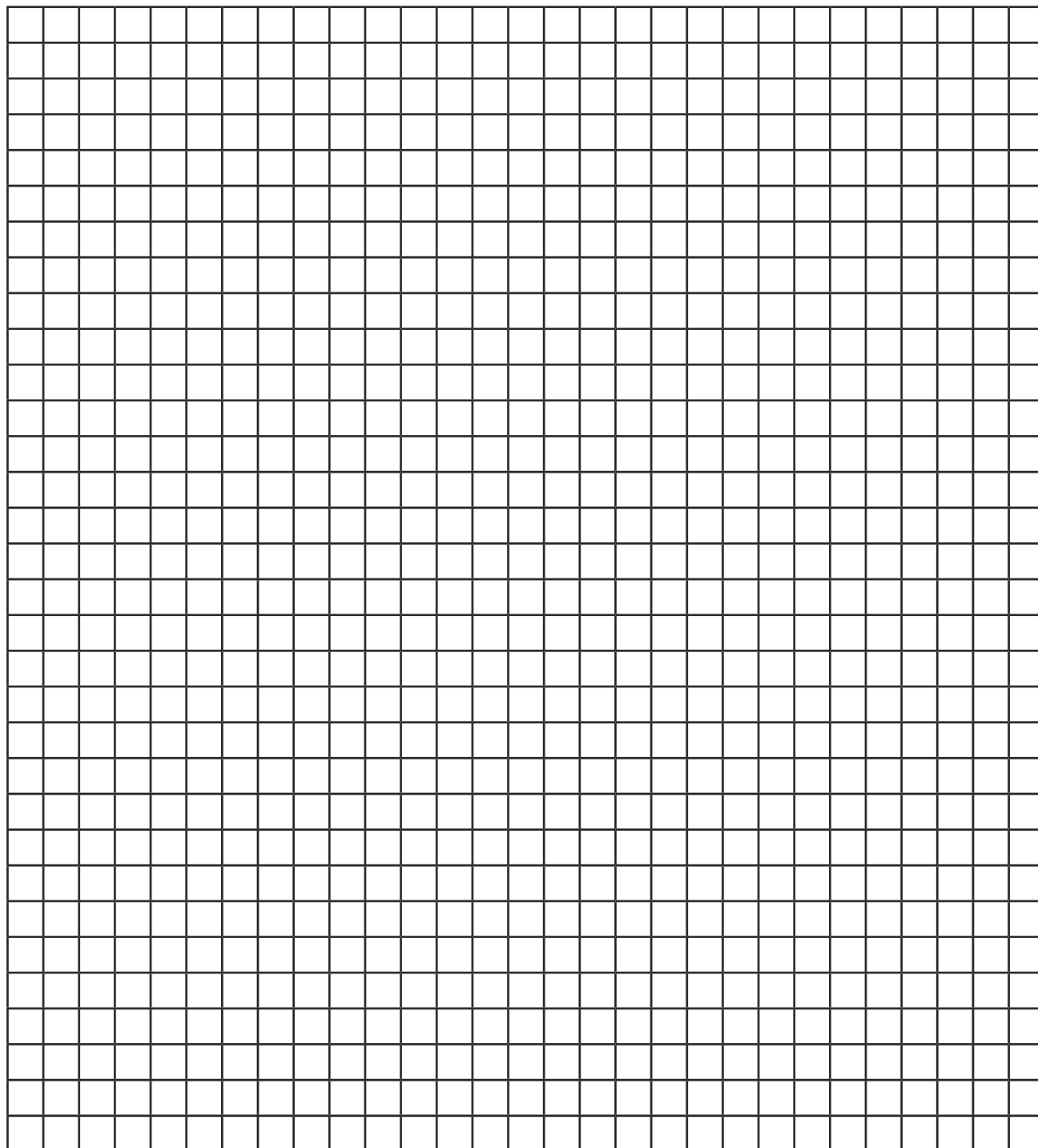
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CROSS-OVER CHART



TRUE WIND ANGLE



TRUE WIND SPEED



NOTES

TO-DO

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