

The People

Swiss Sailing
National Performance Center
Lausanne

Sport Santé
UNIL + EPFL

SUI⁺
sailing



SUI⁺
sailing team

Unil
UNIL | Université de Lausanne

EPFL

Recap

Financed by CISIN/NASAK

Officially installed in 2021, the first events in 2020

Service provider for SO Card Holders



Physical Preparation and Test

- Thomas Betschen
 - Training monitoring Elite
 - Tests execution
 - Youth education
 - Board and double-handed classes
- Guy Schacher
 - Single-handed classes
- Jérémie Rosset
 - Test design

Nutrition and Physio

- Roberto Amadio
 - Youth education
 - Diet design and consultancy
- Thomas Schillinger (CHUV)
 - Youth education
 - Physio session at CSS
 - Physio on site for Elite

Health and Women in Sport

- Vincent Gremeaux (CHUV)
 - CMO Swiss Sailing Team
 - Health checks
 - Medical support

- Gaëlle Gander
 - Women in Sport
 - Youth education

Mental Coaching

- Roberta Antonini-Philippe (UNIL)
 - Concept author
- Maayke van der Pluijm
 - Elite mental coach
- Loubna Freih
 - Youth mental coach
 - Youth education

Racing Rules and Weather

- Luigi Bertini
 - Rules advisor Elite
 - Youth education
- Marco Versari
 - Weather forecast Elite
 - Youth education

The Tech Projects

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SpoWi Projects

- Instrumented Kiteboard
 - Spin-off of UNIL project (Prof. Borrani)
 - EPFL student involved
 - Technical partners
- Routing optimization tool for dinghies and boards
 - Contribution from FHGR (Prof. Bünner)
 - Contribution from CNR (PhD. Galantucci)

Sport Innovation Hub / SO

- Update and improvement of equipment testing setups
 - Centreboards, daggerboards and foils
 - Masts and bowsprits
- VR headset for GPS-tracked racing replay
 - Developed for 49er, expansion for ILCAs
 - Contribution of BFH (Prof. Hudritsch)

Internal projects

- Performance analysis platform
- AppWind Android app
- CFD analysis on wind- and kitesurf foils

The Youth Development Program

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A weekend at the NPC

Friday (YT)	Saturday (YT-TP)	Sunday (TP)
Physical training	Weather strategy	Nutrition by group
Mental coaching sessions	Tactics	Health advises
Nutrition sessions	Physical training	Rules education
Women in sport	Mental coaching by group	Physio education

Swiss Sailing Team staff for YDP

- Riccardo Giuliano: Tactics and Strategy
- Marco Brunner: Spitzensport RS
- Christian Scherrer: Olympic project management

Moodle repository: 60+ docs

- 3 documents about Health
- 15 documents about Physical Preparation
- 12 documents about Mental Preparation
- 10 documents about Tactics and Strategy
- 8 documents about Weather Forecast
- 11 documents about Nutrition
- 1 document about Women in Sports
- 2 documents about Technology and Equipment Preparation
- 3 documents about Racing Rules of Sailing
- 1 document about Media Training