

Pilot Training Project - Angola 2002

Report by Luis Rocha

1. Introduction

On the conclusion of the pilot training project held in Angola, organized by ISAF and administered by one coach from the Portuguese Sailing Federation, Luis Rocha. This report gives a synopsis and an objective analysis on how the training programme was undertaken, and gives recommendations:

2. Preliminary Actions to the Pilot Training Project

For the accomplishment of the course, the following intermediate situations were taken into consideration:

- a) ISAF intention to develop a pilot training project for countries with less means but with a great potential for the development of sailing;
- b) Angola was chosen as a target country for this initiative;
- c) Contacts were made between the Chairman of the Youth and Development Committee, Carlos Riberio Ferreria and the President of the Angolan Sailing Federation;
- d) Contacts were made between Carlos Riberio Ferreria and the President of the Portuguese Sailing Federation;
- e) Choice of technical experts to carry out this training operation;
- f) The creation of an intervention plan;
- g) Re-definition of the action plan by suggestion of Peter Wood;
- h) Determination of dates for this action;
- i) Medicines (Yellow Fever, Typhoid, Malaria, Hepatitis A and B).

3. Course

Location - the course was held at the Nautical Club in the Island of Luanda.

Duration of the course - the training course was held between the 6-13 December 2002.

Accommodation - the lecturer was accommodated at the Continental Hotel (at the expense of the Angolan Sailing Federation), with good condition, bar and restaurant services. The students were accommodated at their own homes.

Equipment Used and Facilities - 5 Vaurien dinghies and a rubber boat with a 15hp motor were at our disposal. The lectures were held in the Club's esplanade, with chairs and tables for all the students and a board with markers and eraser.

Documentation - the same documentation as for the courses undertaken in Portugal was provided for the students and for the Angolan Sailing Federation.

One of the documents provided makes an approach to the science of sport, specifically on youth training in the following areas:

- a) The trainer profiles;
- b) The development of the young sailor;

- c) Teaching and learning process;
- d) The functioning of the human body;
- e) The monitor's activity organization;
- f) The training base of the sailors;
- g) Hygiene and first aid.

The second document approached the following sailing specific areas;

- a) Organizing a training session;
- b) Balancing problems during the learning for beginners;
- c) Co-ordinating complex actions;
- d) Aero and Hydrodynamics;
- e) The correct postures when sailing;
- f) Preventing muscular and articulate traumatism.

A technical document, made by the Portuguese Sailing Federation about the International 420 Class was offered to the Angolan Sailing Federation.

Students - Among the 16 pupil participants, it was verified that there was a great difference in the levels of knowledge. This situation was formerly alerted by the President of the Angolan Sailing Federation but worsened by difficulties at a cognitive level.

With these situations, we were obliged to restructure plan the programme.

Plan Alteration - As not to depreciate the initial programme, a new strategy was adopted to create a more dynamic confidence and complicity among the students. Students were requested to form in 4 groups and state the areas in which they encountered more difficulties and wanted to be focus on during the week.

The areas each student wanted to approach were then identified and a new programme was carried out with the participation of everyone, which included most of the topics mentioned in the initial plan.

It was decided that team work should be promoted in order to avoid restraint by some students with speech difficulties.

4. Programme Schedule

Day: 6 th December	Arrive at Luanda; Meeting with the Angolan Sailing Federation Representatives; Visit the club where the course was to be held.
Day: 7 th December	Course initiations with the presence of the President of the Angolan Sailing Federation, Mr Augusto Junca; Diagnostic evaluation; Restructure of the programme; Lecture on practical examples on the roles of the instructor and students in sport training;

- Day: 8th to 12th December The sessions started at 9:00am. Students were formed in groups of four and redefined everyday;
 One hour lecture was given as in the initial Programme plan;
 Each group was requested to create a training session according to the proposed objectives and topic approach;
 After lunch, the practical part of the course was undertaken on the water;
 A group to administer the training session was chosen;
 The remaining students acted as the sailors being trained;
 Feedback was given by the lecturer to the students that were administering;
 At the end of the day, an analysis was made on the training session, with focus on communications, exercises and regatta rules;
- Day: 13th December An evaluation test was made and which complemented the analysis made during the whole week;
 During the closing ceremony, the participants were given a certificate of attainment by the President of the Angolan Federation.

5. Final Analysis

The participants can be grouped in 3 groups;

- 1) 5 students with competitive experiences, good communication skills correct perspective of the coach role, positive participation and assiduity:

José Doningos Bernardo Taty*
 Francisco Alberto Afonso (Juca)*
 Celso Edgar Mendes do Amaral (Garito)*
 Luis Francisco Manuel (Kanga)*
 Adilson Torres

- 2) 3 students with competitive experiences, good communication skills correct perspective of the coach role, not so positive participation, and not so positive assiduity:

Mateus Pascoal Borges Afonso
 Afonso Borges António
 Domingos Francisco (Tivo)*

- 3) 7 students with competitive experiences, correct perspective of the coach role, but difficulty in communication:

Moisés Hiemba Camota*
 Paixão Joaquim Paulo*
 António Afonso ((Kaunda))*
 Halex Afonso Fernandes*
 Edgar Rui Manuel do Amaral (Jesus)*

Pedro Manuel Montenegro*
Miguel Francisco Vieira Dias*

- 4) 1 student with no knowledge on sailing, good communication and eager to learn and promote sailing:

Pessoa Manuel José

The participants made a great effort for the course to be carried out positively.

The course was carried out with a lot of improvisation due to insufficient audiovisual means.

Luanda Bay offers exceptional potentials for the practice of sailing. At the moment, 3 clubs operate at a satisfactory level. To our surprise, the sailors in Luanda are individual of lower social classes and these clubs seek to develop socializing work for the children as well.

The success of this training course is only positive with the effort made on other similar activities in Angola. On the other hand, the possibility of the best instructors from Angola to come to Europe and to follow a training programme and receive more information should be promoted. Finally, acquiring knowledge, these instructors should be able to carry out courses in Angola in an autonomous and permanent way.