



The Royal Prince Alfred Yacht Club Youth Development Squad Program 2018

Program:

The Youth Development Squad Program (YD) is an initial five month training program involving both on & off water sessions. Included in the program are a selection of Fleet Racing and Match Racing regatta's held during winter & summer. The program focuses on building core team work dynamics and advanced sail trim techniques in fleet racing and Match Racing. Sailors will have the ability to represent the Club at New South Wales, Australian and International events.

A new opportunity for participants' post the winter training program will be the option to participate in both an inshore and offshore keelboat program were youth will compete as a team in the Clubs Inshore Mini Regatta Series, One Design Regattas, Inshore Series and Bluewater Pointscore Series.

Participants will focus on refining their skills in the following areas:

- *Understand and developing advanced keelboat boat handling skills including the dynamics of both asymmetrical and symmetrical spinnakers*
- *Developing a deeper understanding and knowledge base of the Racing Rules of Sailing and learning the new changes to the 2017-2020 Racing Rules of Sailing*
- *Implementing changes from dinghy fleet racing tactics to keelboat racing*
- *Execution of better teamwork dynamics*
- *Developing a deeper knowledge base of match racing rules and tactics*
- *Maintenance and preparation of keelboats*
- *Representing the Club & Australia at National & International events*
- *Regatta experience at the One-Design & Sports Boat Regattas & Interclub events*
- *Active competitors in the Club's Mini Regatta Pointscore Series*
- *Introduction to larger keelboat sailing with RPAYC Club Members in club events & regattas.*
- *Gain Bluewater Offshore racing experience*

Training & Competition:

The winter training program (from 1 June - October) entails:

- **Friday evenings:** Fitness/team building is conducted on Friday nights between 1800-1900hrs in the RPAYC gym, by qualified fitness instructors.
- **Saturday:** On water training sessions and competition. From 0730 to 1630hrs.
- **Sunday:** Selection of one design and introduction to match racing events. Centreboard Icebreaker race days are also scheduled as a way for participants to cross train, and develop their dinghy racing skills.

Dates:

- 12 May
- 1 June – 5 October
- 2 June – 6 October
- 20 May, 17 Jun, 22 Jul, 19 Aug
- 6 October

Events:

- Welcome Evening for all interested parties
- Friday gym & team building sessions
- Saturday on water sessions
- Selden for Sailing Icebreaker Centreboard Series
- Ginger Nut Cup



The Royal Prince Alfred Yacht Club

Regattas:

Athletes will have the ability to represent the Royal Prince Alfred Yacht Club & Australia at National and International events throughout the program. The RPAYC may support specific events which are related to the Youth Development program and which are seen as a valuable asset to the club and program. Selection trials will be held throughout the year for funded events during the program. Teams are selected on a number of criteria including commitment, skill level, availability, position and weight. In addition, where participants wish to form a team for a specific event, they may do so & apply and follow the guidelines for funding through the Youth Competition Support Fund (YCSF).

Club Racing:

Athletes will have access to the use of the clubs Elliott's 7 boats for club racing (foc), in particular the Mini Regatta days, inshore and Friday twilight days held throughout the spring and summer months and will be eligible to score points in the applicable pointscores.

Eligibility:

Participants must be between the ages of 16-25 years old and have some existing sailing experience in keelboats. Also desirable in the selections process, is sound dinghy and/or keelboat results at club, state and national levels. All applications will be assessed on merit for the available positions.

Applications must be submitted by Saturday, 12th May 2018 with successful applicants notified by Friday, 25th May 2018. Please complete the Expression of Interest form and email back to yd@rpayc.com.au

NEW: Advanced Fleet Racing Squad Program (separate)

The Advanced Fleet Racing Squad Program is for those graduates that wish to take their fleet racing and team skills to the next level. The program focuses on club competition and away events representing the club.

The spring & summer program entails:

- **Friday:** Afternoon/evening as per the Twilight Mini Regatta schedule.
- **Saturday:** On water training sessions and competition. From 0730 to 1630hrs.
- **Sunday:** Regattas such as the one design & sports boat regatta events.

Dates:

- 12 May
- October – April

Events:

Welcome Evening for all interested parties
Saturday morning on water training sessions & afternoon Club competition

Key Events:

2018

21-22 April

One-Design Autumn Regatta (RPAYC)



The Royal Prince Alfred Yacht Club

7-8 July	One-Design Winter Regatta (RPAYC)
4-5 Aug	Club Marine NSW Match Racing Championships (CYCA)
1-2 September	Marinassess Womens Match Racing Championship (CYCA)
16-19 September	Australia Women's Match Racing Championship (CYCA)
20-23 September	Australia Open Match Racing Championship (CYCA)
22 September	Bluewater pointscore Series, Bird Island (RPAYC)
29 September	Mini Regatta Saturday Series (RPAYC)
8-12 Oct	Australian Youth Match Racing Nationals (CYCA)
20 October	Bluewater pointscore Series, Port Hacking (RPAYC)
2 November	Friday Twilight Mini Series (RPAYC)
3 November	Mini Regatta Saturday Series (RPAYC)
3-4 November	One-Design & Sports Boat Spring Regatta (RPAYC)
14 December	Friday Twilight Mini Series (RPAYC)
15 December	Mini Regatta Saturday Series (RPAYC)
17 November	Bluewater pointscore Series, Cabbage Tree Island (RPAYC)
21-25 November	Harken Youth Match Racing Championship (RPAYC)
26-30 November	Musto Youth Match Racing Championship (CYCA)

2019

2 January	Bluewater pointscore Series, Pittwater to Paradise (RPAYC)
TBA February	Hardy Cup (RSYS)
9 February	Bluewater pointscore Series, Sydney Race (RPAYC)
13-17 February	Nespresso Youth Match Racing Championship (RNZYS)
15 February	Friday Twilight Mini Series (RPAYC)
16 February	Mini Regatta Saturday Series (RPAYC)
16-17 February	One-Design & Sports Boat Summer Regatta (RPAYC)
20-24 February	Centreport Youth Match Racing Championship (RPNYC)
2-3 March	Sydney Harbour Regatta (MHYC)
29 March	Bluewater pointscore Series, Newcastle Race (TBA)
29 March	Friday Twilight Mini Series (RPAYC)
30 March	Mini Regatta Saturday Series (RPAYC)
6 April	Bluewater pointscore Series, Port Stephens Race (TBA) (RPAYC)
27 April	Mini Regatta Saturday Series (RPAYC)
27-28 April	One-Design & Sports Boat Autumn Regatta (RPAYC)

Coaches:

Tom Spithill

Tom started off at the RPAYC sailing MJ's, doing his first regatta as crew at age 3. From then on he has progressed through the centreboard division, sailing numerous dinghies. During high school, Tom participated in team's racing where he went onto race at both state and National Level. Around this time as well, Tom was selected into the RPAYC Youth Development Program. Being part of this program saw Tom represent the club in youth International Match Racing events around the world including New Zealand & the United States of America. Tom participated in the YD program for 5 years before moving into a coaching role several years later. He has also been a part of the Wild Oats XI Racing team, competing at the 2008 Super Maxi World Championships. On returning from Europe, Tom joined the RPAYC full time in 2008, firstly as a sailing administrator, and now as Head Coach of the sailing programs.



The Royal Prince Alfred Yacht Club

In 2017 Tom was awarded NSW and Australian Coach of the year.

Additional coaches may be brought into the programs at key times to share their knowledge and skills with the team.

Youth Development Winter Training Program:

Program Cost inc GST:

- \$1,100.00 – Members
- \$1,300.00 – Non-Members

Fees include all usage fees for the Elliot 7s, GYM Fees, coaching over the period, sail training material, graduation dinner & RPAYC YD uniform kit.

Youth Development Advanced Fleet Racing Squad Program:

Program Cost inc GST:

- \$ TBA.00 – Members only

Fees include all usage fees for the Elliot 7s, Entry Fees, coaching over the period.

Where to next:

The YD program is designed to give you the tools to take your sailing to the next level.

On graduation of the program selected applicants can participate in the **NEW Advanced Fleet Racing Squad** held in spring & summer and or the **NEW Youth Development Advanced Match Racing Squad Summer Program** held throughout the first half of 2019.

Former graduates of the Youth Development Program have gone onto the Americas Cup, Olympic Games, World Match Racing Tour, Volvo Ocean Race & Success at world championships.

Some graduates have forged their way in the marine industry through contacts met during their involvement in the program, and are enjoying success in their area of expertise.

Other Graduates are now racing regularly at the club in various fleets such as centerboard, One Design and Keelboats, and are enjoying their sailing competitively in their respective fleets.

The Sailing Office team will assist in placing you on boats and or putting you in contact with suitable contacts to assist you with your goals and aspirations.