



Royal Prince Alfred Yacht Club

Intermediate Youth Development Squad Program 2020

Program: The Intermediate Youth Development Squad Program consists of up to 12 sessions involving both on & off water training and regatta experience. The program focuses on building core team work dynamics and advanced sail trim techniques. Athletes will focus on refining their skillsets in the following areas:

- *Understand and developing advanced keelboat boat handling skills including the dynamics of both asymmetrical and symmetrical spinnakers*
- *Fleet Race training and Regatta experience*
- *Developing a deeper understanding and knowledge base of the Racing Rules of Sailing*
- *Implementing changes from dinghy fleet racing tactics to keelboat racing*
- *Execution of better teamwork dynamics*
- *Brief introduction into match racing*
- *Gain regatta experience at the One-Design & Interclub events*
- *Gain experience of sailing keelboats via crewing on Members Boats*

Dates:	21-24 April	Four day Training Program - Easter School Holiday Period
	31 May	NCYC Interclub Challenge (Regatta)
	14 June	RSYS Interclub Challenge (Regatta)
	28 June	CYCA Interclub Challenge (Regatta)
	5 July	RPAYC Interclub Challenge (Regatta)
	16-17 July	Two day Training Program - Winter School Holiday Period
	18-19 July	"Mick Hole" One-Design & Sports Boat Winter Regatta (RPAYC)
	19-20 September	David Lukins Memorial Match Racing Regatta (RPAYC)

Training: The program will be run over five training days from 0900 to 1600 and will be conducted by the Royal Prince Alfred Yacht Club's coaching team with instructors provided for each boat from the RPAYC's Youth Development Squad program. Each day will comprise of theory sessions and on water sessions.

Regattas: Six fleet racing regattas are scheduled over the duration of the program, with regattas staged at the Royal Prince Alfred Yacht Club, Royal Sydney Yacht Squadron, Cruising Yacht Club of Australia and Newcastle Cruising Yacht Club. A carpool service will be organized for an away event. Due to there being only two teams allocated for each club at the interclub regatta, this will mean only up to ten of the IYD squad will be able to sail on the day. Each participant will do at least one interclub regatta.

For the RPAYC's One Design & Sports Boat Regattas, the entire squad will compete in these events. One team will be selected within the squad to sail in the Newcastle Youth Keelboat Championship's and the David Lukins Match Racing Regatta.



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Eligibility: Sailors must be between the ages of 13-17 years old and have demonstrated sailing ability at a club level. It is also desirable, but not essential that applicants have experience in keelboats. All applications will be assessed on merit for the available positions. Course participants will be limited to twenty applicants.

Applications must be submitted no later than 22 March 2020 with successful applicants notified by 27 March, if not beforehand.

Coaches: Coach – Rob Brown | Senior Youth Development Squad Members & graduates

Course Cost: \$700.00 – Club Members | \$909.00 – Non-Members. (Join as a Youth Member, details below).

Fees include usage of the Elliot 7s, coaching over the period, sail training material & RPAYC training squad shirt.

Club

Membership: All Sailors must be Youth Members of the Royal Prince Alfred Yacht Club. The Membership year runs from 1st May through to 30th April the following year. Youth Membership is broken down as follows;

Youth Member:	\$149.00
Completion Support Fund:	\$ 60.00
Total:	\$209.00

Application can be made online or directly with Reception on the completion the Club Membership Form available here:

Where to next: Sailors who demonstrate a high level of keelboat skills may be invited to join The Royal Prince Alfred Yacht Club's Youth Development Squad program.

The Youth Development program is offered to sailors between 16-25 years who demonstrate a high level of sailing ability in keelboats or selective classes as well as a deep understanding of the Racing Rules of Sailing.

This course is designed around high-performance sailing across multiple disciplines and is scheduled from May 2020 through to February 2021. The YD training program is scheduled from May to October 2020. This training course also incorporates selective State, National and International level regattas.

Contact:

Sailing Office

Andrew Phillips

Phone: 02 9998 3771

Email: sailtraining@rpayc.com.au | yd@rpayc.com.au

Web: <https://www.rpayc.com.au/sailing/youth-development-program>

