



Youth Development Squad Program 2020-2021

Program:

The Youth Development Squad Program (YD) is an initial six 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 & additional selection events in summer.

The program continues from the Intermediate program and 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 program selected events in New South Wales, Australian and International events. Sailors are encouraged to also seek entry into additional events to represent the Club, teams doing so can also apply to the Youth Competition Support Fund, conditions apply.

There are great opportunities for participants' post the training program to participate in both inshore and offshore keelboat events where youth will compete as a team in the Clubs Inshore Saturday Mini Regatta Sprint Series, One Design Regattas, Short Ocean Pointscore 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 (new rules coming 2021) 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 competition 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:

This season training program (from July - December):

- **Friday evenings:** Fitness and team building is conducted on Friday nights between 1800-1900hrs in the RPAYC gym, by qualified fitness instructors.
- **Saturday:** On water training sessions. From 0730. **Including** Team competition in the Club's Mini Regatta Sprint Series in the Elliott 7 Class. From 1330hrs.
- **Sunday:** Selection of one design and match racing events, Grade 4 & 5.

Winter/Spring Program

Dates:

- 3 July
- 4 July – 12 December

Events:

Induction session
Friday gym & team building sessions & Saturday Training (note breaks over Holiday periods have been scheduled)



Summer Program:

During January training sessions and or camps will be organised to prepared for upcoming regatta's.

Regattas:

Athletes will have the ability to represent the Royal Prince Alfred Yacht Club & Australia at State, 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.

- 18 – 19 July "Mick Hole" Winter One Design Fleet Racing Regatta, RPAYC - TBC
- 22 August Ginger Nut Cup, RPAYC
- 19 - 20 September David Lukins Memorial MR Regatta, RPAYC
- 10 – 11 October John Messenger Woman's MR Regatta, CYCA
- 13 – 17 October Australian Women's MR Championship, RPAYC
- 24 – 25 October Club Marine NSW MR Championship, CYCA
- 17 – 22 November Harken Int. Youth MR Championship, RPAYC
- 24 – 27 November Musto Int. Youth MR Championship, CYCA
- 15 – 18 December Australian Schools MR Championship, RPAYC
- 30 – 31 January Captain John Pier MR Regatta, CYCA
- 7 – 11 February Hardy Cup, RSYS
- 9 – 14 February Harken Int. Youth MR Championship, RNZYS
- TBC February Centreport Int. Youth MR Championship, RPNYC
- 15 – 19 March Australian Youth MR Championship, CYCA

Other events

- July - NCYC Grade 4 Event
- NZL Womens MR Nationals, RNZYS
- Sail Mooloolaba

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). YCSF applicants need to meet the criteria of YCSF and conditions, please note that advanced planning and applications to CORC is required. Last minute applications do not meet the criteria so plan in advance.

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 series 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 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 30 June 2020 with successful applicants notified by Friday, 1 May 2020. Please complete the Expression of Interest form and email back to yd@rpayc.com.au

Coaches:

Currently we are in a transitional phase of coaching, but we are lucky to have a number of highly experienced sailors to call upon each bring their own experiences, methods and abilities to the program to share their knowledge and skills with the team.

Youth Development Training Program:

Program Cost inc GST:

- \$1,400.00 – Members Only (Non-members are encouraged to join as Youth Members)

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

Damage occurring at events; where a team representing RPAYC is issued with a damage invoice for 'reasonable' minor damage the Club will cover the cost as part of the damage deposit requirements per event. Team members involved in any such circumstances will be required to assist their time free of charge for activities for the Club in return.

Where a RPAYC representative Team is entered into an event that has a cash prize, such funds won will be issued to the Club to further boast the program.

Where an individually entered Team wins funds it is expected that such funds are used to fund further sailing campaigns.

Where to next:

Former graduates of the Youth Development Program have gone the international sailing circuit, 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.

Contact: **Sailing Office**
 Andrew Phillips





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