



INTERMEDIATE YOUTH DEVELOPMENT



ROYAL PRINCE ALFRED YACHT CLUB



Royal Prince Alfred Yacht Club

Intermediate Youth Development Program 2021

Program:

The Intermediate Youth Development Squad Program consists of on water training sessions 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*

Training:

The program will be run over 9 x training sessions, from 0830 to 1200, and will be conducted by the Royal Prince Alfred Yacht Club's coaching team. There will also be instructors provided as mentors from the RPAYC's Youth Development Squad program. Each day will comprise of theory sessions and on water sessions.

Sat 24 April 2021	0830-1200
Sat 01 May 2021	0830-1200
Sat 08 May 2021	0830-1200
Sat 15 May 2021	0830-1200
Sat 22 May 2021	0830-1200
Sat 29 May 2021	0830-1200
Sat 05 June 2021	0830-1200
Sat 19 June 2021	0830-1200
<i>Sat 12 June 2021</i>	<i>No Sailing (Queens Birthday LWE)</i>
Sat 26 June 2021	0830-1200

Regattas:

Five 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. Due to there being only two teams allocated for each club at the interclub challenge regattas, 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.

Sun 30 May 2021	NCYC Interclub Challenge (Regatta)
Sun 6 June 2021	RPAYC Interclub Challenge (Regatta)
Sun 20 June 2021	RSYS Interclub Challenge (Regatta)
Sun 27 June 2021	CYCA Interclub Challenge (Regatta)
Sat 24 & Sun 25 July 2021	"Mick Hole" One-Design & Sports Boat Winter Regatta (RPAYC)
TBC	David Lukins Memorial Match Racing Regatta (RPAYC)

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 David Lukins Match Racing Regatta at RPAYC.



Royal Prince Alfred Yacht Club

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 (such as School Sportsboat Program or Centreboard Keelboat Cup). All applications will be assessed on merit for the available positions. Course participants will be limited to twenty applicants.

Expressions of Interest must be submitted no later than 31 March 2021 with successful applicants notified shortly after.

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.

Course Cost: \$700.00 – Club Members

Fees include usage of the Elliott 7s and coaching over the scheduled training & regatta period, sail training materials & RPAYC training squad shirt.

Intermediate Youth Development Application Form: <https://rpayc.com.au/courses/youth-development/>

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. Membership fees and the Application Form can be downloaded online at rpayc.com.au/membership or collected from Reception.

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 April 2021 through to September 2021. The Youth Development training program also incorporates selective State, National and International level regattas all year round.

Contacts: **Sailing Office**

Andrew Phillips
Yachting & Training Co-ordinator

Niall Powers
Senior Head Instructor

Phone: 02 9998 3771

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

Web: rpayc.com.au/courses/youth-development