



YOUTH DEVELOPMENT



ROYAL PRINCE ALFRED YACHT CLUB



Royal Prince Alfred Yacht Club

Youth Development Squad Program 2021

The Youth Development Squad (YD) is a training program running from April to September, 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 Youth Development 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).

Following the training program, there are great opportunities for participants' to participate in both inshore and offshore keelboat events such as the RPAYC 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 2021-2024 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 Program:

April to September 2021

- **Friday evenings:** Fitness and team building is conducted on Friday nights in the RPAYC Sail Fit gym, by qualified fitness instructors.
- **Saturday:** Training sessions from 0730 to 1530, comprising of both theory and on water training, conducted by the RPAYC's coaching team.
- **Sunday:** Selected one design and match racing events (grade 4 & 5).

2021 Training Dates

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|--------------------------------|----------------------|--------------|
| • Friday 23 April | YD Program Induction | 1800-1900hrs |
| • Saturdays 24 April – 11 Sept | YD On-water Training | 0730-1530hrs |
| • Fridays 30 April – 10 Sept | YD Fitness Training | 1800-1900hrs |



Royal Prince Alfred Yacht Club

Regattas:

July 2021 to February 2022

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 to the weekly fitness and on water training sessions, skill level, availability, position and weight.

2021 – 2022 Regatta Dates

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|------------------------|---|
| • 5 – 9 July | Australian Maid Youth Match Racing Regatta, Darwin SC |
| • 10 – 11 July | Captain John Piper MR Regatta, CYCA |
| • TBC July | Crackerjack Cup, NCYC |
| • 24 – 25 July | “Mick Hole” Winter One Design Fleet Racing Regatta, RPAYC - TBC |
| • TBC August | Ginger Nut Cup, RPAYC |
| • 28 – 29 August | Club Marine NSW MR Championship, CYCA |
| • TBC August/September | Thirkell Trophy, NCYC |
| • TBC September | David Lukins Memorial MR Regatta, RPAYC |
| • TBC September | Australian Youth MR Championship, CYCA |
| • TBC October | NSW Youth Keelboat Championship, NCYC |
| • 23 – 24 October | John Messenger Woman’s MR Regatta, CYCA |
| • 17 – 21 November | Harken Int. Youth MR Championship, RPAYC |
| • 22 – 26 November | Musto Int. Youth MR Championship, CYCA |
| • TBC January | Spinlock Open Championship, RPAYC |
| • TBC February | Hardy Cup, RSYS |
| • TBC February/March | Harken Int. Youth MR Championship, RNZYS (New Zealand) |
| • TBC February/March | Centreport Int. Youth MR Championship, RPNYC (New Zealand) |
| • TBC | Australian Women’s MR Championship |
| • TBC | Australian Schools MR Championship |

Other events

- July - NCYC Grade 4 Event
- New Zealand 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 7 keelboats 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 selection 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.

Expressions of Interest must be submitted by 31 March 2021 with successful applicants notified shortly after, if not beforehand. Please complete the Expression of Interest at the following link: rpayc.com.au/courses/youth-development



Royal Prince Alfred Yacht Club

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 incl. GST:

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

Fees include all usage fees for the Elliott 7s, Gym Fees during the training program, coaching over the period, sail training materials, 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 Centreboard, 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
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