



# Intermediate Youth Development

2022

Program Information



## Intermediate Youth Development Program 2022

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 sailing 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

## Training Program

*April to July 2022*

The IYD 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 keelboat coaching team. Each session will comprise of a morning briefing and theory session, followed by an on-water training session.

## Regattas & Special Events

*May to September 2022*

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 be selected to sail at least one interclub regatta. For the RPAYC's One Design & Sports Boat Regattas, the entire squad will compete in these events.

There will be additional regatta sailing opportunities for Intermediate Youth Development squad sailors, including with the Senior Youth Development squad at graded match racing events throughout the year.



## Program Schedule

This schedule includes all training sessions, regattas and special events for Intermediate Youth Development in 2022. Regatta and training dates are subject to change due to events, squad availability, and COVID-19.

DATE	SCHEDULE	INFORMATION	LOCATION
Saturday 30 April	0830 – 1200	IYD on-water training	RPAYC
Saturday 07 May	0830 – 1200	IYD on-water training	RPAYC
Saturday 14 May	0830 – 1200	IYD on-water training	RPAYC
Saturday 21 May	0830 – 1200	IYD on-water training	RPAYC
Saturday 28 May	0830 – 1200	IYD on-water training	RPAYC
Sunday 29 May	0800 – 1500	Interclub Challenge - Round 1	NCYC
Saturday 04 June	0830 – 1200	IYD on-water training	RPAYC
Sunday 05 June	0800 – 1500	Interclub Challenge - Round 2	RPAYC
Saturday 11 June	No Sailing	Queen's Birthday Long Weekend	
Saturday 18 June	0830 – 1200	IYD on-water training	RPAYC
Sunday 19 June	0800 – 1500	Interclub Challenge - Round 3	RSYS
Saturday 25 June	0830 – 1200	IYD on-water training	RPAYC
Sunday 26 June	0800 – 1500	Interclub Challenge - Round	CYCA
Saturday 02 July	0830 – 1200	IYD on-water training	RPAYC
Saturday 09 July	0830 – 1600	'Mick Hole' Winter One-Design Regatta	RPAYC
Saturday 16 July	0830 – 1600	'Mick Hole' Winter One-Design Regatta	RPAYC
Saturday 03 September	0830 – 1500	RPAYC Opening Day & Pittwater Dash	RPAYC
Friday 14 October	1800 – 2000	Youth Development Celebration Dinner	RPAYC

## 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 *1700 hrs* on *31 March 2022* with successful applicants notified shortly after. Please complete the Expression of Interest form via the following link to apply: [www.rpayc.com.au/courses/youth-development](http://www.rpayc.com.au/courses/youth-development)



## Program Fees

Program cost (incl. GST): **\$750.00 – Members only.**

Fees include the use of the RPAYC Elliott 7s for the program, coaching, sail training materials, celebration dinner (for participants), and an IYD long sleeve training shirt.

## Club Membership

All Sailors must be Youth Members of the Royal Prince Alfred Yacht Club. The Membership year runs from 1<sup>st</sup> May through to 30<sup>th</sup> April the following year. Membership fees and the Application Form can be downloaded online at [rpayc.com.au/membership](http://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 YD 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 to September 2022. The Youth Development training program also incorporates selective State, National and International level regattas all year round.

## Contact

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