



Youth Development

2022

Program Information



Youth Development Program 2022

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 opportunity to represent Royal Prince Alfred Yacht Club at program selected events in New South Wales, Australian and International events. Sailors are also encouraged to seek entry into additional events to represent the Club. Teams doing so can apply to the Youth Competition Support Fund (conditions apply).

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 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
- Introduction to larger keelboat sailing with RPAYC Club Members in club events & regattas

Training & Competition Program

April to September 2022

The Youth Development training week begins with a fitness and team building session on a Friday evening in the RPAYC 'Sail Fit' gym. Sessions are led by the club's qualified fitness instructors and are compulsory for all squad members to attend as part of the program.

YD training sessions commence on Saturday mornings with a meeting in the Jack Gale Centre at 0730 hrs. Training will include both theory sessions and on water training, and will run throughout the day to the mid-



afternoon. Some Saturday training sessions & additional Sundays will involve competing in club racing events, such as one-design keelboat regattas, and graded match racing events.

2022 Program Dates

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| • Friday 29 April | Program Induction | 1800-1900 | Jack Gale Centre |
| • Saturdays 30 April – 17 September | On-water Training | 0730-1530 | Jack Gale Centre |
| • Friday 6 May – 16 September | Fitness Training | 1800-1900 | SailFit Gym |
| • Friday 14 October | Celebration Dinner | 1800-2100 | Halyards Bistro |

Regattas

July 2022 to March 2023

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 may be held throughout the year for events funded by the program and the Youth Competition Support Fund. 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.

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 the club is required. Last minute applications will not meet the criteria.

Key Regatta Dates 2022-23

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| • 9 & 16 July 2022 | "Mick Hole" Winter One Design Fleet Racing Regatta, RPAYC |
| • August 2022 | Club Marine NSW Match Racing Championships, CYCA |
| • September 2022 | Australian Youth Match Racing Championship, CYCA |
| • September 2022 | Hardy Shield Match Racing Regatta, RSYS |
| • October 2022 | John Messenger Women's Match Racing Regatta, CYCA |
| • 16-20 November 2022 | HARKEN International Youth Match Racing Championship, RPAYC |
| • 21-25 November 2022 | BOLLE International Youth Match Racing Championship, CYCA |
| • February 2023 | Hardy Cup Sydney International, RSYS |
| • Feb/Mar 2023 | HARKEN Youth Match Racing Cup, RNZYS (NZ) |
| • Feb/Mar 2023 | Centreport International Youth Match Racing Regatta, RPNYC (NZ) |



Eligibility & Application

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 *Thursday 31 March 2022* with successful applicants notified shortly after, if not beforehand. Please complete the Expression of Interest form at the following link:

www.rpayc.com.au/courses/youth-development

Coaches

Rob Brewer

Rob is an experienced sailing coach and sailmaker, who has been instrumental in developing high level Australian sailors. In recent years, Rob has coached several youth Optimist class sailors to success at National and International regattas. We are fortunate to have Rob return as the coach of the RPAYC Youth Development and match racing squad program.

Additional coaches may be brought into the program at key times to share their knowledge and skills with the team.

Program Fees

Program cost (incl. GST): **\$1,500.00 – Members Only ***

Fees include the usage of the RPAYC Elliott 7s, fitness training, coaching, sail training materials, celebration dinner, and Youth Development uniform (on-water long sleeve shirt, on-shore polo shirt, and hat & presentation shirt).

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

**Non-members are required to join as Youth Members.*



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

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