

ROYAL PRINCE ALFRED
YACHT CLUB

Youth Development

2024 Squad Programs





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Programs Overview

About Youth Development

Royal Prince Alfred Yacht Club's Youth Development Program was pioneered in 1995 to help develop and enhance young athlete's sailing skills, as well as providing a pathway for youth sailors between 13-25 years old in Club, National and International events.

The club's commitment to youth sail training has seen graduates go onto sail on the World Match Racing Tour, Olympic Games, Volvo Ocean Race, America's Cup, Rolex Sydney to Hobart as well as various professional sailing circuits. In 2014, RPAYC continued this commitment to youth sailing by commissioning and launching a fleet of Elliott 7 one-design keelboats.

RPAYC has two Youth training squads, the **Intermediate Youth Development** program and the senior **Youth Development** racing squad.

INTERMEDIATE YOUTH DEVELOPMENT (IYD)

The IYD squad program is open to youth members, aged between 13 and 18, who can demonstrate existing dinghy or keelboat sailing skills and experience in fleet racing. The program will introduce the dynamics of sailing a keelboat to sailors, including boat handling and sailing with symmetrical and asymmetrical spinnakers.

YOUTH DEVELOPMENT (YD)

The YD squad program is open to youth members, aged between 16 and 25, who can demonstrate advanced keelboat sailing skills, and a thorough understanding of fleet racing and the Racing Rules of Sailing. The program will focus on technical sailing knowledge and Match Racing development.

Expressions of Interest (EOI)

Expressions of Interest (EOI) for squad programs must be submitted no later than **Friday 31 March 2024**, via the Youth Development webpage: rpayc.com.au/courses/youth-development/

EOI's will be reviewed by the RPAYC Youth Development program co-ordinators and coaching staff. Successful applicants will be notified shortly after the closing period of EOI's, if not beforehand, inviting them to register their commitment to the program.

Program Co-ordinators

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Conditions of Participation

1. All Youth Development Program members shall adhere to the Constitution and By-Laws of the Royal Prince Alfred Yacht Club.
1. Youth Development Program members shall behave in the manner expected of them as members of The Royal Prince Alfred Yacht Club and will dress in a suitable and proper manner in accordance with the Club By-Laws and Youth Development uniform guidelines.
2. **All sailors shall attend all Lectures, Briefings and Debriefings, Training and Race Days** as set out in the program unless approved by the coach after prior filling out a leave application form.
3. The training boats and RIBs shall not go on the water unless authorised by the RPAYC Sailing Office. Only the Senior Head Instructor, Sailing Manager or Race Director shall authorise vessel usage outside of the scheduled training program.
4. Crews shall maintain their allocated boat to the highest standard. This includes the maintenance/repairs and cleaning of the boat prior and post usage and the reporting of all damage/breakages on the *Elliot 7 Damage Report Form* and submitting this to the Sailing Office.
5. Youth Development participants will be issued a training and shore-based uniform included as part of the program fees. The training kit shall be worn at every training session. Whilst on land the shore based uniform shall be worn. Participants selected for representative events shall wear the representative uniform. Additional items may be purchased on the Youth Development Purchase Order Form. Uniform and appearance shall be kept clean and be worn in a manner fitting to represent the RPAYC.
6. All participants are expected to make themselves available to Royal Prince Alfred Yacht Club to assist (volunteer) in training, coaching, participating in events/regattas and promotional activities held at the Club.
7. Crew on Members boats in a series during the season.
8. All Youth Development participants are expected to make themselves available for any club duties when required, primarily in assisting in regattas and maintenance of boats.
9. All participants shall agree to abide by the *Participants Code of Conduct Policy*.
10. The Royal Prince Alfred Yacht Club Youth Development Program reserves the right to suspend or terminate the participation of any members in the program for breach of the Conditions of Participations policy.



Participants Code of Conduct Policy

In an effort to provide an atmosphere that is conducive to healthy on-water competition and congenial, responsible onshore activities, co-operation is expected from each participant. Participants are expected to behave in a responsible, respectful, co-operative and conscientious manner, with dedication to the RPAYC Youth Development Program.

1. Consumption of alcohol is forbidden whilst training or whilst competition is in progress. For those aged 18 years and above alcohol may be consumed in moderation post training and regattas, however please be aware that you are still representing the Royal Prince Alfred Yacht Club and appropriate behaviour is expected.
2. The use of drugs not prescribed by a medical practitioner will not be tolerated at all. All medical information should be noted down on the *Confirmation of Enrolment Form*. Participants displaying signs of intoxication or effects of drugs will be asked to leave the program.
3. All participants will be respectful of everyone in the program. They will not swear or speak disrespectfully of or to participants or coaches and will not bully or harass other participants.
4. At all times participants will act in a proper sportsperson like manner.
5. I will be responsible for and respect RPAYC boats and equipment according to club policy.
6. At all times participants will follow the directions and safety guidelines set out to me by RPAYC staff, coaches and volunteers. I understand that I will be required to wear my pfd when on or near the water.
7. Participant agrees to sign off for the day with the coach before leaving at the conclusion of each day's activities.
8. Participant agrees that the Head Coaches decision is final and that no lobbying will be entered into.
9. Participant acknowledges that the Royal Price Alfred Yacht Club reserves the right, in its absolute discretion, to suspend or terminate the participation of any members in the Youth Development Program for any breach of this Code of Conduct.

I have read the above items and agree to undertake these responsibilities.

Participant Name:

Participant Signature: Date:

Intermediate Youth Development

Program Information

The Intermediate Youth Development Squad Program consists of on water training sessions and regatta experience.

The program focuses on building core teamwork dynamics and advanced sail trim techniques. Athletes will focus on refining their skillsets in the following areas:

- Understand and develop 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.

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.

Sailors must be financial Youth Members of the Royal Prince Alfred Yacht Club for the full membership year, to be eligible to participate in the Youth Development programs.

All applications will be assessed on merit for the available positions. Squad places will be limited to twenty applicants.

Membership

The membership year runs from 1st May 2024 through to 30th April 2025.

The Membership Application Form can be downloaded online at rpayc.com.au/membership or collected from Reception. Membership fees are not included in any Youth Development program fees.

Program Fees

Program fee (incl. GST): **\$850.00 – Members Only**

The program fee covers coaching, team uniforms, and use of the Elliott 7s for the duration of the program.

The IYD program fee must be paid in full prior to the commencement of the program.



Program Schedule

April to July 2024

The IYD program commences with a two-day training program during the April school holiday period. Following this, the program will continue with weekly training sessions on Saturday mornings from May to July. Attendance at training sessions is compulsory for squad members.

IYD participants may be selected to compete in the Interclub Challenge Series, a Youth Keelboat Series, held at clubs in Sydney and Newcastle.

The following schedule includes all training sessions, regattas and special events for Intermediate Youth Development. *Note, regatta and training dates are subject to change.*

DATE	SCHEDULE	INFORMATION	LOCATION
Tue 23 April	0900 – 1500	Holiday Camp: On-water training #1	Royal Prince Alfred Yacht Club
Wed 24 April	0900 – 1500	Holiday Camp: On-water training #2	Royal Prince Alfred Yacht Club
Sat 04 May	0830 – 1200	On-water training #3	Royal Prince Alfred Yacht Club
Sat 11 May	0830 – 1200	On-water training #4	Royal Prince Alfred Yacht Club
Sat 18 May	0830 – 1200	On-water training #5	Royal Prince Alfred Yacht Club
Sat 25 May	0830 – 1200	On-water training #6	Royal Prince Alfred Yacht Club
Sat 01 June	0830 – 1200	On-water training #7	Royal Prince Alfred Yacht Club
Sun 02 June	0800 – 1500	Interclub Challenge #1	Newcastle Cruising Yacht Club
Sat 08 June	No Sailing	King's Birthday Long Weekend	
Sat 15 June	0830 – 1200	On-water training #8	Royal Prince Alfred Yacht Club
Sun 16 June	0800 – 1500	Interclub Challenge #2	Royal Sydney Yacht Squadron
Sat 22 June	0830 – 1200	On-water training #9	Royal Prince Alfred Yacht Club
Sun 23 June	0800 – 1500	Interclub Challenge #3	Royal Prince Alfred Yacht Club
Sat 29 June	0830 – 1200	On-water training #10	Royal Prince Alfred Yacht Club
Sun 30 June	0800 – 1500	Interclub Challenge #4	Cruising Yacht Club of Australia
Sat 13 July	0830 – 1200	On-water training #11	Royal Prince Alfred Yacht Club
Sat 20 July	0800 – 1500	Mick Hole One Design Regatta	Royal Prince Alfred Yacht Club
Sun 21 July	0800 – 1500	Mick Hole One Design Regatta	Royal Prince Alfred Yacht Club
Sat 07 Sept	1000 – 1500	Opening Day & Pittwater Dash Race	Royal Prince Alfred Yacht Club

ON-WATER TRAINING PROGRAM

Each training session will commence with a morning briefing and theory session, followed by an on-water training session. Training is directed by the Royal Prince Alfred Yacht Club's keelboat coaching team.

Athletes must be prepared for a long training session on the water, with the required food, water and clothing suitable for the day's weather conditions.

REGATTA PROGRAM

Five fleet racing regattas are scheduled, with events staged in the Sydney and Newcastle areas.

- **Interclub Challenge:** Newcastle Cruising Yacht Club, Royal Prince Alfred Yacht Club, Royal Sydney Yacht Squadron, and Cruising Yacht Club of Australia.
- **Mick Hole Winter One Design Regatta:** Royal Prince Alfred Yacht Club

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



CELEBRATION DINNER

The Youth Development Celebration Dinner will be scheduled at the end of the program and will be held in the main clubhouse. The date is to be confirmed. Dinner is provided for sailors in the program.

Family and friends are invited to join this event to celebrate the achievements and participation of all Youth Development sailors throughout the 2024 program. Dinner is included for IYD and YD squad sailors.

Regatta Selection Process & Criteria

Regatta team selection will be at the discretion of the RPAYC Youth Development coaches and program coordinators.

Due to there being only two teams allocated for each club at the Interclub Challenge rounds, this will mean only up to ten of the YD and IYD squad will be able to sail on each day. Every effort will be made to give all sailors an opportunity to participate in multiple Interclub Challenge rounds. Each sailor will have the opportunity to sail in at least one round, depending on their availability.

For the RPAYC's One Design & Sports Boat Regattas, the entire Youth Development squad will participate in these events.

The following selection criteria will be considered when regatta teams are selected:

1. Availability for events, and indication of availability by requested dates.
2. Attendance and commitment to training sessions.
3. Attitude, behaviour and work ethic during all training, regattas and other club activities
4. Conduct and behaviour to other squad members, coaches and club members.
5. Performance at recent training and events.

Uniform

All sailors will be provided with a long-sleeve shirt as part of the program. This uniform, once provided, must be worn at all training sessions and regattas.

Sailors are reminded that they are representing the club at all times whilst wearing club uniform.

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 May to October each year. The Youth Development training program also incorporates selective State, National and International level regattas all year round.

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.

Youth Development

Program Information

The Youth Development Squad (YD) is an advanced keelboat squad training program, for youth members aged between 16-25. The program commences in May 2024 and involves both on & off water training sessions.

Sailors will have the opportunity to represent Royal Prince Alfred Yacht Club at selected club and state regattas, and gain selection to National and International Championships.

The program continues on from the foundation keelboat training in the Intermediate Youth Development program and focuses on building core teamwork dynamics and advanced sail trim techniques in fleet racing and match racing.

Participants will focus on refining their skills in the following areas:

- Understand and develop advanced keelboat boat handling skills including the dynamics of both asymmetrical and symmetrical spinnakers.
- Develop a deeper understanding and knowledge base of the Racing Rules of Sailing and learning the changes to the 2021-2024 Racing Rules of Sailing.
- Implement changes from dinghy fleet racing tactics to keelboat racing.
- Execution of better teamwork dynamics.
- Develop a deeper knowledge base of match racing rules and tactics.
- Maintenance and preparation of keelboats.
- Regatta experience at the One-Design & Sports Boat Regattas & Interclub events and represent the Club & Australia at National & International events.
- Introduction to larger keelboat sailing with RPAYC club members in club events & regattas.

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).

Eligibility

Participants must be between 16-25 years old and must have existing sailing and racing experience in keelboats to apply and have demonstrated sound dinghy and/or keelboat results at club, state and national levels.

Sailors must be financial Youth Members of the Royal Prince Alfred Yacht Club for the full membership year, to be eligible to participate in the Youth Development programs.

All applications will be assessed on merit for the available positions.

Membership

The membership year runs from 1st May 2024 through to 30th April 2025.

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

Membership fees are not included in any Youth Development program fees.



Program Fees

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

Fees include the use of the RPAYC Elliott 7s, fitness training, coaching, sail training resources, celebration dinner, and Youth Development uniform.

The YD program fee must be paid in full prior to the commencement of the program.

Program Schedule

Youth Development on-water squad training, and Fitness Training, will take place from May to September 2024. Athletes will train with their regatta teams in the pre-regatta training periods in October & November 2024, and January & February 2025.

In addition to squad on-water and fitness training sessions, athletes are required to participate in their own fitness training and other sailing activities each week. It is encouraged that athletes participate in other club activities such as Centreboard Racing, Yacht Racing, and involvement with Alfred's Community Sailing.

Refer to the **2024 Youth Development Program Calendar** document for a full outline of the training and regatta schedule. Note, the calendar is subject to change.

PROGRAM INDUCTION

An induction evening will be held on **Friday 03 May 2024**, from **6pm – 7pm**.

The induction will include a meet and greet with other squad members, coaches and club staff, goal setting for the year ahead, an overview of the program and the schedule, and acceptance of code of conduct and conditions of participation.

ON WATER TRAINING

On water training sessions will take place on Saturdays, commencing with a squad meeting in the Jack Gale Centre at 0730 hrs. Attendance is compulsory for all squad members. Training is directed by the RPAYC YD Coach, Rob Brewer.

Training will include both theory practical 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.

Athletes must be prepared for a long day of training on the water, with the required food, water and clothing suitable for the day's weather conditions.

The first on-water training session is scheduled on **Saturday 04 May 2024**.

- May – September 2024: YD Squad Training & Match Racing Development
- October – November 2024: Regatta Training Period
- January – February 2025: Regatta Training Period

FITNESS TRAINING

Fitness and team building training sessions will take place in the RPAYC 'Sail Fit' gym on a Friday evening. Attendance at Fitness Training is compulsory for all squad members. The fitness training program is directed by the club's qualified Fitness Instructor, Tana Andersen.

The first fitness training session is scheduled on **Friday 10 May 2024**, and the program will run through to the end of September 2024. Refer to the calendar.



CELEBRATION DINNER

The Youth Development Celebration Dinner will be scheduled at the end of the program, and will be held in the main clubhouse. The date is to be confirmed. Dinner is provided for sailors in the program.

Family and friends are invited to join this event to celebrate the achievements and participation of all Youth Development sailors throughout the 2024 program.

Regattas & Youth Competition Support Fund

Through their involvement in the Youth Development program, athletes will have the opportunity to represent the Royal Prince Alfred Yacht Club & Australia at State, National and International keelboat fleet & match racing events throughout the year.

KEY REGATTAS 2024-25

- Interclub Challenge: NCYC, RPAYC, RSYS, CYCA.....June 2024
- Captain John Piper Regatta: CYCA (Sydney) July 2024
- Mick Hole Winter One Design Fleet Racing Regatta: RPAYC July 2024
- Aircalin Match Racing Cup: CNC (Noumea)..... Aug 2024
- NSW Youth Match Racing Championships: CYCA (Sydney) Aug 2024
- David Lukins Memorial Match Racing Regatta: RPAYC (Pittwater)..... Sept 2024
- John Messenger Women’s Match Racing Regatta: CYCA (Sydney)..... Oct 2024
- HARKEN International Youth Match Racing Championship: RPAYC (Pittwater) Nov 2024
- Helly Hansen International Youth Match Racing Championship: CYCA (Sydney) Nov 2024
- Hardy Cup Sydney International: RSYS (Sydney) Feb 2025
- RNZYS Youth International Match Racing Cup: RNZYS (Auckland, NZ)..... March 2025
- Centreport International Youth Match Racing Regatta: RPNYC (Wellington, NZ)..... TBC 2025
- Australian Youth Match Racing Championship TBC

YOUTH COMPETITION SUPPORT FUND

The RPAYC supports specific events, through the Youth Competition Support Fund (YCSF), which are related to the Youth Development program, and which are seen as a valuable asset to the club and the program.

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 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.

It is expected that all sailors who receive YCSF funding will be required to assist their time free of charge for activities for the Club in return. Sailors are responsible for maintaining a volunteering log and submitting this to the program co-ordinators.

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.

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 SELECTION PROCESS FOR EVENTS

Selection trials may be held throughout the year for events funded by the program and the Youth Competition Support Fund. Regatta team selection will be at the discretion of the RPAYC Youth Development coaches and program co-ordinators. Teams and sailors are selected on a number of criteria, including:

1. Attendance and commitment to weekly fitness and on-water training sessions
2. Skill level and performance at recent training sessions and regattas
3. Availability for events, and indication of availability by requested dates.
4. Position requirements and weight
5. Attitude, behaviour and work ethic during all training, regattas and other club activities
6. Conduct and behaviour to other squad members, coaches and club members.

Volunteering

All participants of the Youth Development program must complete a minimum of **8 volunteer hours** per month, for the duration of the program and until the end of the year (May-Dec 2024). This must be supervised and approved by the program co-ordinators.

Participants can volunteer their time to the club through the following activities and club programs:

- **Alfred's Community Sailing (ACS):** Friday Elliott 7 sailing days & weekend beach excursions
- **Club Racing & Regatta Support:** safety boat driver/crew, start boat assistant, mark laying, on shore event support & preparation, cooking the BBQ!
- **Maintenance of vessels & equipment:** Cleaning and basic maintenance of Elliott 7's, tidying up sails and equipment, basic replacement of parts, boat preparation for upcoming regattas
- **Sail Training:** become an assistant instructor and support the club's sail training programs, including Tackers and Junior Training.

Uniform

All sailors will be issued items of club uniform as part of the program. This uniform, once provided, must be worn at all training sessions and regattas. Items include:

Uniform will include a long sleeve on-water shirt, a short sleeve on-shore polo shirt, a HARKEN duffle bag, and a presentation shirt when competing at high level international events.

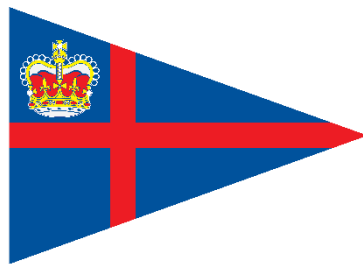
Sailors are reminded that they are representing the club at all times whilst wearing club uniform and should consider their appearance and behaviour at all times.

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.



**ROYAL PRINCE ALFRED
YACHT CLUB**

YOUTH DEVELOPMENT 2024

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