



NEWCASTLE CRUISING YACHT CLUB

2019 Youth Keelboat Program Overview

Newcastle Cruising Yacht Club (NCYC) 2019 Youth Keelboat Programs are as follows:

Youth Emerging Talent Coaching Clinics

Short intensive 1- 4 day clinics.

Running Feb 2019, Oct 2019, Jan 2020, April 2020. (Dates and Times TBC)

Age guideline: 12-18 years old

Program Cost (incl.GST) – TBC (Dependent on number of days and duration of session times).

Youth Development Squad (YDS)

8 week program (May - June 2019)

Age guideline: 12-16 years old

Program Cost (incl.GST) – \$350

Includes boat use, coaching throughout the program, NCYC Junior Membership, Youth Keelboat Program Squad Member Handbook, sailing shirt.

(YDS program is eight weeks, so the Active Kids Voucher can be used for this course).

Youth Intermediate Squad (YIS)

Winter Training program (May - July 2019)

Age guideline: 14-18 years old

Program Cost (incl. GST) – \$450

Includes boat use, coaching throughout the program, NCYC Junior Membership, Youth Keelboat Program Squad Member Handbook, Sailing shirt, Regatta Entries to the Interclub Challenge plus the Cracker Jack Cup.

Youth Advanced Squad (YAS)

Intensive winter training and regatta schedule for advanced sailors (June – August 2019).

Age guideline: 15-25 years old

Program Cost (incl. GST) – \$550

Future // Youth Performance Squad (YPS)

This Squad will compete at an International Level in Match Racing.

New // Elliott 6 Spring/ Summer Squad

Elliott 6's training and racing throughout the period of November 2019 – March 2020.

More details will be released October 2019.



NEWCASTLE CRUISING YACHT CLUB

Youth Development Squad Program 2019

PROGRAM OUTLINE

The 2019 Youth Development Squad (YDS) program consists of eight sessions to develop fleet racing skills, knowledge and tactics. This squad is suited to youth who have minimal keelboat racing experience. The program well suited to sailors progressing from Young Guns, Sail & Play, Green Fleet and school sailing programs at Newcastle Cruising Yacht Club. The YDS is also the next step for young sailors from around the Hunter area who race dinghies at their home Club and are keen to get involved in keelboat fleet racing. The YDS program is designed to give sailors the tools to take them to the next level.



YDS Sailors will focus on the following areas:

- Familiarisation with inshore keelboats and harbour awareness
- Developing boat handling skills in all crew positions, including use of symmetrical spinnakers
- Understanding boat & sail set up for all weather conditions & trim for maximum outcome
- Knowledge & understanding of the Racing Rules of Sailing 2017-2020
- Develop tactical skills & knowledge for fleet racing, including starting techniques.
- Gain valuable teamwork experience

TRAINING

The program will run over eight training days from 9:00am to 2:00pm and will be conducted by the Newcastle Cruising Yacht Club's Sailing Academy's instructors and coaches. Training will be conducted on NCYC inshore fleet of Force24 Keelboats. Each training session with comprise of theory and on water sessions.

SCHEDULE

Eight weeks 9:00am-2:00pm at Newcastle Cruising Yacht Club

Week 1 – Sunday 12th May

Week 2 – Sunday 19th May

Week 3 – Sunday 26th May

Week 4 – Sunday 2nd June

Week 5 – Sunday 9th June

Week 6 – Sunday 16th June

Week 7 – Sunday 23rd June

Week 8 – Sunday 30th June

ELIGIBILITY

Age guideline for sailors is 12 - 16 years old.

Demonstrated a satisfactory level of sailing ability at a club level, either through club/class results or through an NCYC program. For example, Young Guns, Sail & Play, school sailing programs and Tackers (Green Fleet or Tackers 3).

All sailors will be assessed on merit for the available positions in each squad.

Registrations must be submitted by 23:59hrs Tuesday 7th May 2019. Sailors will be advised of their squad allocation by Thursday 9th May 2019.

COACHES

Coaching will be conducted by NCYC Sailing Academy Instructors.

All instructors have great knowledge and experience in fleet racing.

COST (incl. GST)

\$350. Includes boat use, coaching throughout the program, NCYC Junior Membership, Youth Keelboat Program Squad Member Handbook, sailing shirt.

(YDS program is eight weeks, so the Active Kids Voucher can be used for this course).

WHERE TO NEXT

Youth Intermediate Squad:

As the YDS sailors progress their dinghy racing skills and/ or fleet racing skills and boat handling in the Force 24's they will be eligible to apply for the Youth Intermediate Squad for 2020 which focuses on enhancing sailors fleet racing skills, away regattas including the Interclub challenge and introduces match racing to further develop sailors skills.

* Members of the Youth Development Squad may also be invited to participate in the 2019 Interclub Challenge with the Youth Intermediate Squad.

Elliott 6's Spring/ Summer Squad:

Elliott 6's training and racing throughout the period of November 2019 – March 2020. More details will be realised October 2019.

Offshore Sailing:

Sailors interested in gaining offshore experience will have opportunities to crew on NCYC club yachts during the winter and summer sailing point scores and twilight races.

The Sailing Office team will assist sailors being placed on boats and or putting sailors in contact with suitable contacts to help with their sailing goals and aspirations.

Interclub Dates and Hosting Clubs:

Sunday 2nd June – Interclub @ NCYC

Sunday 16th June – Interclub @ RSYS (Kirribilli, NSW)

Sunday 23rd June – Interclub @ RPAYC (Newport, NSW)

Sunday 30th June – Interclub @ CYCA (Darling Point, NSW)

PRESENTATION EVENING

Wednesday 4th December 2019 at Newcastle Cruising Yacht Club.

(More Details TBC)

CONTACT

Nina Long

Performance Sailing Coordinator

PH: (02) 4940 8188

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NEWCASTLE CRUISING YACHT CLUB

Youth Intermediate Squad Program 2019

PROGRAM OUTLINE

The Youth Intermediate Squad (YIS) aims to progress the skills of sailors who have demonstrated competitive racing skills, either in keelboats or dinghies. They will have the opportunity to represent the NCYC at events locally and away in Sydney. Participants will extend their fleet racing experience and begin to gain knowledge & skills in match racing. This program focuses on building core team work dynamics and advanced sail trim techniques while through training and participating in fleet racing and match racing events.

YIS Sailors will focus on the following areas:

- Transitioning of dinghy sailing skills to a keelboat sailing environment
- Understand & develop keelboat handling skills, including the use of symmetrical spinnakers
- Refining boat handling skills in all crew positions, leading to selection of a preferred crew role
- Developing team communication skills for effective teamwork
- Developing a deeper understanding & knowledge of the 2017-2020 Racing Rules of Sailing
- Implementing changes from dingy fleet racing tactics to keelboat racing
- Match race training, developing new skills and racing tactics
- Representing the club at away Interclub regattas and at Club regattas.

TRAINING AND REGATTAS

The Program will run over between May – July 2019 and will be conducted on Newcastle Cruising Yacht Club's new fleet of Elliott 6m keelboats and at away regattas on other yacht clubs keelboats.

The first half of the program focuses on fleet racing in the lead up to the four interclub regattas and then second half of the squad training dates focuses on furthering sailors skills with an introduction to match racing. These sessions will be conducted by the Newcastle Cruising Yacht Club's coaches and lead by experienced coaches, including guest coaches. Each training session will comprise of theory and on water sessions. Training session at NCYC will run 9:00am to 2:00pm.



SCHEDULE

Fleet Racing Module:

Fleet racing skills, Elliott tuning, crew roles & combinations.

Sunday 12th May – Training session at NCYC // 9:00am-2:00pm

Sunday 19th May - Training session at NCYC, 9:00am-2:00pm

Sunday 26th May - Training session at NCYC, 9:00am-2:00pm

Interclub Challenge:

Sunday 2nd June – Interclub @ NCYC.

Sunday 16th June – Interclub @ RSYS (Kirribilli, NSW).

Sunday 23rd June – Interclub @ RPAYC (Newport, NSW).

Sunday 30th June – Interclub @ CYCA (Darling Point, NSW).

Regatta Registration 8:30am at each venue, Six races back -to-back

Match Racing Module:

Consolidation of crew positions, introduction to match racing.

Sunday 7th July –Training session at NCYC 9:00am-2:00pm

Sunday 14th July – Training session at NCYC 9:00am-4:00pm

(Combined Training Day with the Youth Advanced Squad).

Sunday 21st July - Training session at NCYC, 9:00am-2:00pm

Saturday 27th & Sunday 28th July – Cracker Jack Cup (NCYC) Times TBC

REGATTAS

Interclub Challenge – Fleet racing:

The Interclub Challenge is a fleet racing series contested by the Newcastle Cruising Yacht Club, the Royal Sydney Yacht Squadron, the Royal Prince Alfred Yacht Club and the Cruising Yacht Club of Australia. Each participating club may enter up to two teams per event. All YIS members are eligible for selection to a team and selected teams will be nominated 6 days in advance for each event. A carpool will be coordinated for away events.

Cracker Jack Cup – match racing:

The Cracker Jack Cup is an entry level match racing event with eight teams invited. The two-day, double round robin event is open to NCYC Youth Intermediate and Youth Advanced Squads and teams from other clubs. It allows YIS members the opportunity to consolidate their match racing skills and complete in a development level regatta to gain experience. All YIS members are eligible for selection to a team and selected teams will be nominated 6 days in advance.

ELIGIBILITY

Sailors should approximately be between the ages of 14 - 18 years old.

Three to four years of dinghy and/or keelboat racing experience.

All sailors will be assessed on merit for the available positions in each squad.

Registrations must be submitted by 23:59hrs Tuesday 7th May 2019. Sailors will be advised of their squad allocation by Thursday 9th May 2019.

COACHES

Highly experienced coaches from NCYC will train the squad. Additional guest coaches will be brought into the program at key times to share their knowledge and skills with the squad.

COST (incl. GST)

\$450. Includes boat use, coaching throughout the program (at home & away regattas), NCYC Junior Membership, Youth Keelboat Program Squad Member Handbook, Sailing shirt and Regatta Entries to the Interclub Challenge series plus the Cracker Jack Cup at NCYC.

WHERE TO NEXT

Members of the YIS who demonstrate a high level of keelboat skills may be invited or selected for Scholarships into the Youth Advanced Squad on occasion to sail with the YAS teams on training days or at graded Match Racing events.

Youth Advanced Squad:

The Youth Advanced Squad program is offered to sailors aged between 15-25 years who demonstrate high level of sailing ability in keelboats. As YIS sailors progress their Match racing skills they will be eligible to apply for the Youth Advanced Squad for 2020, which focuses on establishing performance sailors who are able to compete at State, National and International level regattas.

Elliott 6's Spring/ Summer Squad:

Elliott 6's training and racing throughout the period of November 2019 – March 2020. More details will be realised October 2019.

Offshore Sailing:

Sailors interested in gaining offshore experience will have opportunities to crew on NCYC club yachts during the winter and summer sailing point scores and twilight races. The Sailing Office team will assist sailors being placed on boats and or putting sailors in contact with suitable contacts to help with their sailing goals and aspirations.

PRESENTATION EVENING

Wednesday 4th December 2019 at Newcastle Cruising Yacht Club.
(More Details TBC)

CONTACT

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Youth Advanced Squad Program 2019

PROGRAM OUTLINE

The Youth Advanced Squad program is for advanced sailors who desire to further their sailing.

The rigorous training will fine tune sailors in all aspects of sailing – helping them excel towards their match racing goals. Squad members will work closely with coaches to prepare their teams for competition at both home and away match racing regattas throughout the *winter/spring* sailing season.

Sailors will focus on the following areas:

- Advanced keelboat handling skills, including symmetrical spinnakers & starts
- Match race training, developing a better knowledge base of match racing rules and tactics
- Refining individual boat handling skills in a chosen/preferred crew position.
- Execution of effective teamwork dynamics
- Maintenance and preparation of keelboats.
- Representing the Club at State and National level regattas.

TRAINING

Training will be conducted on Newcastle Cruising Yacht Club's new fleet of Elliott 6m keelboats and will include both mid-week sessions and weekend sessions. Each training session will comprise of theory and on water sessions. Training will be customised to those squad members selected. Boats may be made available to YAS members pursuing additional self-training/practise opportunities (subject to availability).



SCHEDULE

- o Saturday 1st June - Training at NCYC, 12:30-4:30pm
- o Saturday 8th June - Training at NCYC // 12:30-4:30pm
- o Saturday 15th June - Training at NCYC // 12:30-4:30pm
- o Mid-Week Training – TBC
- o Saturday 22nd June - **Shelving Systems Regatta (CYCA)**
- o Saturday 29th June - Training at NCYC // 12:30-4:30pm
- o Saturday 6th July - Training at NCYC // 12:30-4:30pm
- o Sunday 14th July - Training at NCYC // 9:00am-4:00pm
(Combined Training Day with the Youth Intermediate Squad)
- o Mid-Week Training – TBC
- o Saturday 20th & Sunday 21st July - **Captain John Piper Regatta (CYCA)**
- o Saturday 27th July & Sunday 28th July - **Cracker Jack Cup (NCYC)**
- o Mid-Week Training – TBC
- o Saturday 3rd & Sunday 4th August
Club Marine NSW Youth Match Racing Championship (CYCA)
- o Saturday 10th August - Training at NCYC // 12:30-4:30pm
- o Saturday 17th & Sunday 18th August
Thirkell Trophy – Newcastle Youth Match Racing Championship (NCYC)

**Note that regattas are by invitation only, and a position in the Youth Advanced Squad does not guarantee an invitation to a regatta. Where an invitation is extended to NCYC, the Program Coordinator will work with squad coaches to form a team(s) to nominate for the event(s). Where possible, NCYC will provide competition opportunities for all squad members.*

REGATTAS

Squad Members may wish to expand their program by pursuing invitations to:

- o John Messenger Women's Match Racing Regatta
CYCA (Saturday 31st August & Sunday 1st September)
- o SHARP Australian Youth Match Racing Championship
Location TBC October 2019.
- o HARKEN International Match Racing Championship
RPAYC (Wednesday 20th – Sunday 24th November)
- o MUSTO International Match Racing Championship
CYCA (Monday 25th – Friday 29th Nov)

ELIGIBILITY

Sailors approximately 15-25 years old.

At least four years of fleet racing experience at a high standard.

All sailors will be assessed on merit for the available positions in each squad.

Registrations must be submitted by 23:59hrs Tuesday 7th May 2019. Sailors will be advised of their squad allocation by Thursday 9th May 2019.

COACHES

Highly experienced coaches from NCYC will train the squad. Additional guest coaches will be brought into the program at key times to share their knowledge and skills with the squad.

COST (incl. GST)

\$550. Includes boat use, coaching throughout the program (at home & away regattas), NCYC Junior Membership, Youth Keelboat Program Squad Member Handbook, Sailing shirt and Regatta Entry Fees to the Shelving Systems Regatta (CYCA), Captain John Piper Regatta (CYCA), Cracker Jack Cup (NCYC), Club Marine NSW Youth Match Racing Championship (CYCA), and the Thirkell Trophy (NCYC).

Beyond the YAS Schedule, squad training and competition may be expanded by liaising with the Performance Sailing Coordinator and the Sailing office at NCYC. The Club may provide financial support by means of 50% of the cost of squad expenses, which may include coaching, regatta entry fees, and other approved expenses.

WHERE TO NEXT

Youth Performance Squad

A Youth Performance Squad in future will represent NCYC when hosting international teams and when representative teams from our club compete at National Sailing League events, Grade 1 & 2 Match Racing Regattas, or International Match Racing Regattas.

Elliott 6's Spring/ Summer Squad:

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