

Youth Keelboat Squad

INTRODUCTION

We're excited to introduce a new partnership with the Hunter Academy of Sport – enhancing the quality of our program by allowing us to utilise their network of speakers and technical experts.

This means that squad members will have access to a greater range of opportunities including –

- ✓ Access to coaches and specialised guests
- ✓ Access to technical experts through the Hunter Academy of Sport
- ✓ Developing and improving keelboat skills
- ✓ Opportunities to race in different fleets at different venues
- ✓ Opportunities to race offshore

PROGRAM OUTLINE

The Youth Squad is a training program running from April to October, involving both on & off water sessions as well as regatta experience. The program focuses on building on the sailing skillset of participants.

At onwater sessions, participants will focus on refining their skills in the following areas –

- ✓ Understand and develop advanced keelboat handling skills including the use of symmetrical spinnakers
- ✓ Fleet race training and regatta experience
- ✓ Developing a deeper understanding and knowledge base of the Racing Rules of Sailing
- ✓ Transitioning of dinghy sailing skills to a keelboat sailing environment
- ✓ Execution of better teamwork dynamics
- ✓ Gain one-design regatta racing experience

HUNTER ACADEMY OF SPORT

Squad members will also be enrolled in the Hunter Academy of Sport program that will run concurrently to the Youth Squad training.

The Hunter Academy of Sport program offers an assortment of theory sessions that offers an insight into the fitness, nutrition and hydration, and performance psychology required to compliment a higher performance sailing campaign, as well as technical experts and guest speakers on race strategy, rules and tactics.

CONTACT

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Head Coach

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YOUTH PERFORMANCE SQUAD

The revised program will run throughout April, May, June, July, and October and will be conducted on a combination Newcastle Cruising Yacht Club's fleets of Force 24 training yachts and Elliott 6m Olympic racing yachts. Additionally, Elliott 7's will be used at Sydney based events for selected athletes.

The first half of the program focuses heavily on boat handling, as well as attention to boat speed and tactics in the lead up to the mini regattas at NCYC.

Each training session will consist of both theory and on water components to deliver the best value to participants.

YOUTH SQUAD TRAINING SCHEDULE

DATE	SCHEDULE	INFORMATION	LOCATION
Wednesday, 27 April 2022	6.00pm – 7.30pm	Squad induction night	NCYC
Sunday, 01 May 2022	8:30am – 1:00pm	Training day	NCYC
Sunday, 08 May 2022	8:30am – 1:00pm	Training day	NCYC
Sunday, 15 May 2022	8:30am – 1:00pm	Training day	NCYC
Sunday, 22 May 2022	8:30am – 3:00pm	Mini Regatta	NCYC
Sunday, 29 May 2022	8:30am – 1:00pm	*Training day	NCYC
	8:30am – 3:00pm	*Interclub Regatta	NCYC
Sunday, 05 June 2022	8:30am – 1:00pm	*Training day	NCYC
	8:30am – 3:00pm	*Interclub Regatta	RPAYC
Sunday, 12 June 2022	-	June Long weekend	-
Sunday, 19 June 2022	8:30am – 1:00pm	*Training day	NCYC
	8:30am – 3:00pm	*Interclub Regatta	RSYS
Sunday, 26 June 2022	8:30am – 1:00pm	*Training day	NCYC
	8:30am – 3:00pm	*Interclub Regatta	CYCA
Sunday, 03 July 2022	8:30am – 1:00pm	Training day	NCYC
Sunday, 10 July 2022	8:30am – 1:00pm	Training day	NCYC
Sunday, 17 July 2022	8:30am – 3:00pm	Mini Regatta	NCYC
Wednesday, 20 July 2022	6:00pm – 7:30pm	Youth Presentation Night	NCYC
Tuesday, 4 th October 2022	5:00pm – 8:00pm	Youth League racing	NCYC
Tuesday, 11 th October 2022	5:00pm – 8:00pm	Youth League racing	NCYC
Tuesday, 18 th October 2022	5:00pm – 8:00pm	Youth League racing	NCYC
Tuesday, 25 th October 2022	5:00pm – 8:00pm	Youth League racing	NCYC

**Squad coaches will form teams to represent NCYC at the Interclub Challenge. Remaining squad participants will still attend training at NCYC as usual.*

REGATTAS

Mini Regattas

Two Mini Regattas scheduled into the program, providing participants with opportunities to enhance squad training goals and to gain further regatta racing experience. The timing of the events best compliments the training structure to identify areas for improvement and to set goals to work toward by the end of the program. **All participants will participate in the Mini Regattas.*

Interclub Challenge

Created in 2001 as a way to help identify and build youth sailors experience in fleet racing events, the Interclub Challenge is a fleet racing series contested by the four major youth keelboat programs in New South Wales, with the Cruising Yacht Club of Australia, Royal Prince Alfred Yacht Club, Newcastle Cruising Yacht Club and Royal Sydney Yacht Squadron each hosting a stage of the series. Each stage consists of up to two teams from each club, participating in a maximum of six races per stage. **Interclub Challenge representative teams will be selected by the squad coach.*

Youth League racing

The Youth League racing has been included as an additional racing opportunity for squad members to return and race together again after they have returned to their regular weekend club sailing activities. With three quick races per night, the tournament offers plenty of starting practice and boat handling. **All participants will participate in the Youth League racing.*

ELIGIBILITY & ENROLLMENT

Sailors should approximately be between the ages of 13 - 21 years old and have existing sailing experience at a club level. The program is also suitable for participants of the OutThere Youth Sailing Program to continue their sailing development.

Please complete the online registration by COB Friday 22nd April 2022 – <https://www.revolutionise.com.au/ncyc/events/133435/>

COACHES

NCYC's coach(s) will train the squad. We may also seek the expertise of guest coaches, past squad athletes, and technical experts to provide a comprehensive program delivery.

COST (incl. GST)

\$440. Includes boat use, coaching fees, regatta and race entry fees, squad handbook, team shirt, team hoodie, and NCYC Junior Membership. This can also be setup as a payment plan at \$110/month starting in April by request.



APPENDIX A – HUNTER ACADEMY OF SPORT

A limited group of Youth Squad members will be selected by the Program Coordinator to be included in the Hunter Academy of Sport program that will run concurrently to the Youth Squad training.

The Hunter Academy of Sport program offers an assortment of theory sessions that offers an insight into the fitness, nutrition and hydration, and performance psychology required to compliment a higher performance sailing campaign, as well as technical experts and guest speakers on race strategy, rules and tactics.

SCHEDULE

DATE	SCHEDULE	INFORMATION	LOCATION
Wednesday, 27 April 2022	6:00pm – 7:30pm	Squad induction night	NCYC
Wednesday, 04 May 2022	6:00pm – 7:30pm	Strength & Conditioning	NCYC
Wednesday, 11 May 2022	6:00pm – 7:30pm	Nutrition & Hydration	NCYC
Wednesday, 18 May 2022	6:00pm – 7:30pm	Racing Tactics	NCYC
Wednesday, 25 May 2022	6:00pm – 7:30pm	Performance Psychology	NCYC
Sunday, 29 May 2022	8:30am – 3:00pm	Interclub Challenge (inc Hydration Testing)	NCYC
Wednesday, 01 June 2022	6:00pm – 7:30pm	Race Strategy & Hydration	NCYC
Wednesday, 08 June 2022	6:00pm – 7:30pm	Strength & Conditioning	NCYC
Wednesday, 15 June 2022	6:00pm – 7:30pm	Decision Making (inc Hydration test results)	NCYC
Wednesday, 22 June 2022	6:00pm – 7:30pm	Wind, Waves & Sail Trim	NCYC
Wednesday, 29 June 2022	6:00pm – 7:30pm	HAS Athletes & Pathway Planning	NCYC
Wednesday, 20 July 2022	6:00pm – 7:30pm	Youth Presentation Night	NCYC

ELIGIBILITY

Athletes will be selected from the Youth Squad by the program coordinator and the head coach.

COST (incl. GST)

\$0 per person. Athlete participation to be sponsored by the Newcastle Cruising Yacht Club.