

## Youth Keelboat Squad

### INTRODUCTION

The NCYC Youth Keelboat Squad is a coaching 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, whether that be extending existing keelboat sailing skills or transitioning existing dinghy sailing skills.

We are pleased to announce our continued partnership with the Hunter Academy of Sport which provides Squad members the opportunity to extend their knowledge through access to the Academy's network of speakers and technical experts.

2024 Youth Squad members will have access to a 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

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.
- ✓ Develop a deeper understanding and knowledge of the Racing Rules of Sailing.
- ✓ Transition dinghy sailing skills to a keelboat sailing environment.
- ✓ Execute 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 provides 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.

### PROGRAM STRUCTURE

The 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 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 regatta sailing.

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, 1 May 2024	6.00pm – 7.30pm	Squad induction night	NCYC
Sunday, 05 May 2024	8:30am – 1:00pm	Training day	NCYC
Sunday, 12 May 2024	8:30am – 1:00pm	Training day	NCYC
Sunday, 19 May 2024	8:30am – 1:00pm	Training day	NCYC
Sunday, 26 May 2024	8:30am – 1:00pm	*Training day	NCYC
Sunday, 1 June 2024	8:30am – 1:00pm	*Training day	NCYC
	8:30am – 3:00pm	*Interclub Regatta	NCYC
Sunday, 09 June 2024	-	June Long weekend	-
Sunday, 16 June 2024	8:30am – 1:00pm	*Training day	NCYC
	8:30am – 3:00pm	*Interclub Regatta	RSYS
Sunday, 23 June 2024	8:30am – 1:00pm	*Training day	NCYC
	8:30am – 3:00pm	*Interclub Regatta	RPAYC
Sunday, 30 June 2024	8:30am – 1:00pm	*Training day	NCYC
	8:30am – 3:00pm	*Interclub Regatta	CYCA
Sunday, 07 July 2024	8:30am – 1:00pm	Training day	NCYC
13-14 July 2024	8:30am – 5:00pm	Match Racing Regatta	CYCA
Sunday, 14 July 2024	8:30am – 1:00pm	Training day	NCYC
Sunday, 21 July 2024	8:30am – 1:00pm	Training day	NCYC
Sunday, 28 July 2024	8:30am – 1:00pm	Training day	NCYC

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

## REGATTAS

### Interclub Challenge

Created in 2001 as a way to help identify and build youth sailors experience in 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 (CYCA), Royal Prince Alfred Yacht Club (RPAYC), Newcastle Cruising Yacht Club (NCYC) and Royal Sydney Yacht Squadron (RSYS) 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.*

### NCYC 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 & ENROLMENT

Sailors should 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 youth *OutThere Sailing* Program to continue their sailing development.

Please complete the online registration by COB Wednesday 1<sup>st</sup> May 2024 – <https://www.revolutionise.com.au/ncyc/events/233355/>

## 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.

## CONTACT

Andrew Omotosho  
Head Coach

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## APPENDIX A – HUNTER ACADEMY OF SPORT

Youth Squad members will also be included in the Hunter Academy of Sport program that will run concurrently to the Youth Squad training, mostly on Wednesday evenings.

The Hunter Academy of Sport program offers an assortment of theory sessions that offers an insight into the fitness, nutrition & 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

The Hunter Academy of Sport session schedule will be advised to participants once confirmed.

## EXPECTATION

This is a highly valuable program offered by the Hunter Academy of Sport and we are grateful that sailing has been selected as an included sport.

As such we expect all squad members to be respectful of this opportunity, attending all sessions as scheduled and engaging with presenters and the session content provided.

## COST (incl. GST)

\$0 per person. Athlete participation is fully sponsored by the Newcastle Cruising Yacht Club.