

Reflections Youth Keelboat Squad 2025

INTRODUCTION

The *Reflections* Youth Keelboat Squad is a coaching program running from April to November, 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.

2025 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 on Wednesday evenings concurrently with 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/November 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	CLUB
Wednesday, 30 April 2025	6.00pm – 7.30pm	Squad Induction Night	NCYC
Sunday, 11 May 2025	8:30am – 1:00pm	Training day	NCYC
Sunday, 18 May 2025	8:30am – 1:00pm	Training day	NCYC
Sunday, 25 May 2025	8:30am – 1:00pm	Training day	NCYC
Sunday, 1 June 2025	8:30am – 1:00pm	*Training day	NCYC
	8:30am – 3:00pm	*Interclub Challenge	NCYC
Sunday, 08 June 2025	-	June Long weekend	-
Sunday, 15 June 2025	8:30am – 1:00pm	*Training day	NCYC
	8:30am – 3:00pm	*Interclub Challenge	RSYS
Sunday, 22 June 2025	8:30am – 1:00pm	*Training day	NCYC
	8:30am – 3:00pm	*Interclub Challenge	RPAYC
Sunday, 29 June 2025	8:30am – 1:00pm	*Training day	NCYC
	8:30am – 3:00pm	*Interclub Challenge	CYCA
Sunday, 06 July 2025	8:30am – 1:00pm	Training day	NCYC
12 - 13 July 2025		*Captain John Piper Regatta	CYCA
Sunday, 13 July 2025	8:30am – 1:00pm	Training day	NCYC
Sunday, 20 July 2025	8:30am – 1:00pm	Training day	NCYC
Sunday, 27 July 2025	8:30am – 1:00pm	Training day	NCYC
30 – 31 August 2025		NSW Youth Match Racing Championship	CYCA
25 – 26 October 2025		John Messenger Women's Match Racing Regatta	CYCA

DATE	SCHEDULE	INFORMATION	CLUB
Friday 17 October 2025	4.45pm – 7.30pm	Youth League	NCYC
Friday 24 October 2025	4.45pm – 7.30pm	Youth League	NCYC
Friday 31 October 2025	4.45pm – 7.30pm	Youth League	NCYC
Friday 7 November 2025	4.45pm – 7.30pm	Youth League	NCYC
Friday 14 November 2025	4.45pm – 7.30pm	Youth League	NCYC
Friday 21 November 2025		No Racing	
Friday 28 November 2025	4.45pm – 7.30pm	Youth League	NCYC

Program subject to change

**Squad coaches will form teams to represent NCYC at the Interclub Challenge and possibly the Captain John Piper Regatta. 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 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.*

Captain John Piper Match Racing Regatta

This is a two-day World Sailing Grade 4 match racing event hosted by the CYCA. **

NSW Youth Match Racing Championship

This is a two-day World Sailing Grade 4 event hosted by the CYCA. **

John Messenger Women's Match Racing Regatta

This event has been conducted annually by the CYCA since 1996 and is open to female teams of 4 or 5 sailors. This year the regatta will be a World Sailing Grade 3 event. **

***These events may be considered for select squad participants based on competence and experience as match racing is a complex and specific skill.*

ELIGIBILITY & ENROLMENT

Sailors should be between the ages of 11 - 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 30th April 2025 – <https://www.revolutionise.com.au/ncyc/events/287055>

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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Hunter Academy of Sport

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.

MAJOR SPONSOR

The 2025 NCYC Youth Keelboat Squad is sponsored by Reflections Holidays

