

Reflections Youth Keelboat Squad 2026

INTRODUCTION

The *Reflections* Youth Keelboat Squad is a coaching program running from May to July, involving both on & off water sessions as well as regatta experience. Suitable for sailors from 12 to 24 years.

The program focuses on building the sailing skillset of participants, whether that be extending existing keelboat skills or transitioning existing dinghy sailing skills.

Consisting of two Squads, the Youth Development Squad and the Youth Performance Squad, running concurrently, the program aims to best cater for individual development. Squad allocation will be determined by program coaches in conjunction with the Head Coach. The allocation may be fluid with Squad adjustments made throughout the Program.

We are also 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.

2026 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

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 be conducted on a combination of Newcastle Cruising Yacht Club's fleets of Force 24 training yachts and Elliott 6m racing yachts. Additionally, Elliott 7s 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, 6 May 2026 | 5.30pm – 7.30pm | Squad Induction Night | NCYC |
| Sunday, 10 May 2026 | 8:30am – 1:00pm | Training day | NCYC |
| Sunday, 17 May 2026 | 8:30am – 1:00pm | Training day | NCYC |
| Sunday, 24 May 2026 | 8:30am – 1:00pm | Training day | NCYC |
| Sunday, 31 May 2026 | 8:30am – 1:00pm | *Training day | NCYC |
| | 8:30am – 3:00pm | *Interclub Challenge | NCYC |
| Sunday, 7 June 2026 | - | June Long weekend | - |
| Sunday, 14 June 2026 | 8:30am – 1:00pm | *Training day | NCYC |
| | 8:30am – 3:00pm | *Interclub Challenge | RSYS |
| Sunday, 21 June 2026 | 8:30am – 1:00pm | *Training day | NCYC |
| | 8:30am – 3:00pm | *Interclub Challenge | RPAYC |
| Sunday, 28 June 2026 | 8:30am – 1:00pm | *Training day | NCYC |
| | 8:30am – 3:00pm | *Interclub Challenge | CYCA |
| Sunday, 05 July 2026 | 8:30am – 1:00pm | Training day | NCYC |
| 11 - 12 July 2026 | | *Captain John Piper Regatta | CYCA |
| Sunday, 12 July 2026 | 8:30am – 1:00pm | Training day | NCYC |
| 18 – 19 July 2026 | | *Mick Hole One Design & Sportsboat Regatta | RPAYC |
| Sunday, 19 July 2026 | 8:30am – 1:00pm | Training day | NCYC |
| Sunday, 26 July 2026 | 8:30am – 1:00pm | Training day | NCYC |
| 29 – 30 August 2026 | | NSW Youth Match Racing Championship | CYCA |
| 5 – 6 September 2026 | | John Messenger Women's Match Racing Regatta | CYCA |

Program subject to change

**Squad coaches will form teams to represent NCYC at the four events of the Interclub Challenge and possibly the Captain John Piper Regatta and/or Mick Hole 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.*

Captain John Piper Match Racing Regatta

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

Mick Hole One Design & Sportsboat Regatta

This is a two-day fleet racing regatta of mixed classes of boats hosted by the RPAYC. Squad would sail Elliott 7s.

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 12 - 24 years old and have existing sailing experience at a club level. The program is also suitable for participants of the *OutThere Sailing Program*, Tackers 3 and Green Fleet 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, and NCYC Junior Membership.

Active Kids vouchers can be redeemed for this program. 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

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.

SCHEDULE

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

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*

