



Youth Squad

2024 Winter Program



Introduction

The 2024 Youth Squad will allow sailors to develop their keelboat sailing skills and shape a better understanding of fleet, match and teams racing knowledge and tactics. This pilot program will shape the future of RGYC's keelboat youth & coaching program. The program will be conducted from May to August 2024 and provide each sailor with greater opportunities to fast-track their keelboat experience.

This program, in its first year, will aim to cater to both high-performance, experienced youth sailors, while developing our future youth sailors in the beginning of their journey into a squad environment and keelboat racing.

Program Objectives

- To deliver coaching for athletes to develop their keelboat sailing skills in a variety of racing formats.
- Fine tune the basics of racing in RS21s and small keelboats.
- Develop a competent level of boat handling using asymmetric spinnakers.
- Introduce athletes to a variety of racing formats including match and teams racing.
- Develop understanding and knowledge of the Racing Rules of Sailing
- Improve tactics and strategies.
- Develop athletes in a variety of roles.
- Gain valuable teamwork experience.
- Identify sailors for future Youth Development and High-Performance Squads
- Identify sailors for future representative regattas.

Training Program

The training program will run from May to September with six training sessions scheduled, two theory seminars and one end of program regatta. The session schedule is attached in Appendix A. Athletes are expected to attend at least 80% of the training sessions. Sailors will be allocated teams and crew positions each session to further develop a broad skill base for future sailing. The program will be split into two blocks, outlined below.

Weekend 1 – RS21 Fundamentals

The focus in the May will be on RS21 sailing skills, crew positions, teamwork, communication, and racing rules & tactics. This coaching block will serve as a foundation for upcoming racing-specific sessions.

Youth sailors wishing to take an introduction coaching program into keelboats can complete this first block, in preparation for future keelboat coaching programs. Youth sailors wishing to participate in any RGYC Youth Squad are required to complete the RS21 Fundamentals.

Week 2 to 7 – Match Racing & Advanced Skills

The second block of training in June, July and August will focus on introducing sailors to advanced skills, match and teams racing on keelboats. Skills will be developed specific to each discipline, while building on the foundation skills learnt in the first block.

The program will conclude in late August with a Youth Squad Regatta, in a format to be determined by the coaches.

Sailors must complete RS21 Fundamentals to participate in Match Racing & Advanced Skills.

Coaches

RGYC is fortunate to have the support and involvement of multiple coaches, providing a broad range of skills and knowledge. Coaches will be confirmed in Appendix A prior to the start of the program.

Eligibility

- Participants shall be financial members of the RGYC for the duration of the course.
- Participants shall be between 13 and 21 years of age.
- Participants should have a good understanding of racing, the Racing Rules of Sailing and possess the ability to race around a course without assistance.

Program Cost

RS21 Fundamentals (24-26 May): \$200.00

Full Program (RS21 Fundamentals + Match Racing & Advanced Skills): \$600.00

Includes all boat use and coaching throughout the course. Prices include GST.

Appendix A: Schedule & Key Focus

T = Theory sessions P = Practical sessions

Date	Morning	Afternoon	Notes	Coaches
Friday 24th May 2024 18:00 – 19:30		T: Introduction to Youth Squad, Code of Conduct and Operating Principles	McAllister Room + Microsoft Teams	TBA
Saturday 25th May 2024 09:00 – 15:00	T: RS21 essentials P: Essential skills; rigging, docking, teamwork, boat handling	T: Boat handling and communication P: RS21 boat handling & pack down procedures.		TBA
Sunday 26th May 2024 10:00 – 14:00	T: Asymmetric fundamentals P: Asymmetric spinnaker skills			TBA
Sunday 23rd June 2024 09:00 – 16:00	T: Teamwork & Communication P: Teamwork & comms drills	T: Understanding positions & impact P: Rotating positions		TBA
Friday 5th July 2024 18:00 – 19:30		T: Match Racing Rules Seminar	RGYC Clubhouse + Microsoft Teams	TBA
Saturday 6th July 2024 09:00 – 16:00	T: Match Racing basics; Starts P: Start positioning & approach	T: Starting area boat handling P: Starting drills & practice		TBA
Saturday 20th July 2024 09:00 – 16:00	T: Match Racing tactics P: boat on boat drills	T: Match racing tactics cont. P: Practice mini races		TBA
Saturday 17th August 2024 09:00 – 16:00	T: Advanced RS21 boat handling & tuning P: boat handling drills	T: Application in racing scenarios P: boat on boat practice		TBA
Saturday 31st August 2024 09:00 – 16:00	Youth Squad Regatta – Morning Session	Youth Squad Regatta – Afternoon session		TBA
Sunday 1st September 2024 09:00 – 16:00	Youth Squad Regatta – Morning Session	Youth Squad Regatta – Afternoon session		TBA

Subject to change prior to the first session.