



SOUTH OF PERTH YACHT CLUB
SAILING ACADEMY

YOUTH SQUAD & JUNIOR SQUAD APPLICATION

2010/2011

DEVELOP YOUR SAILING SKILLS :

- **FLEET RACING**
- **TEAMS RACING**
- **MATCH RACING**

Introduction

- The aim of the Youth Squad at South of Perth Yacht Club is to further develop the skills & knowledge of both junior & youth sailors within the Club, to compete successfully to State level and, further develop these skills in those that aspire to compete at National and International level.

Aims

- Develop skills to a high standard in helming, boat handling and crewing.
- Develop the skills essential for effective team work & communication.
- Develop a thorough knowledge of The Racing Rules of Sailing in the various disciplines of the sport.
- Apply the rules to sail fairly and tactically, to sail competitively across the various disciplines.
- Develop a sound knowledge of class specific rules related to the classes they sail.
- Develop a sound knowledge of boat preparation and rig tuning to achieve optimum performance.
- Consistently demonstrate accurate sail trim to suit the prevailing conditions and make immediate changes to suit when the conditions vary.
- Develop a comprehensive understanding of on water tactics and apply it on the race course to their advantage.
- Read and understand sailing instructions so they can compete successfully without making costly mistakes.
- Understand the procedure for protesting, appealing and applying for redress and use it appropriately when sailing competitively
- Develop an appreciation of the skills, knowledge & understanding required to run and umpire the various racing disciplines
- Respect the time and effort that volunteers put into running events.
- Develop the skills and experience necessary to move between classes and continue to be competitive on the race course.
- Develop an appreciation of the efforts volunteers make within their Club environment.

Eligibility

To be eligible to become a member of the South of Perth Yacht Club Junior Squad and Youth Squad, sailors must meet the following criteria;

- Be a sailing member of SoPYC
- Be between the age of 8 and 15 years at the 1st October 2010 (Junior Squad)
- Be Between the age of 12 and 21 years of age at 1st October 2010 (Youth Squad)

TEAM SELECTION

The following criteria will be considered when teams are selected for events

- Regular participation in Club racing.
- Recent past achievements in competitive sailing.
- Individual skills and their suitability for the position nominated.
- Personal commitment to regular training programmes and coaching sessions particularly in the lead up to an event.
- Enthusiasm and ability to work effectively in the team environment.
- Encouragement and support shown to others.

The following conditions also apply

- All team members representing the Club will be part of the SoPYC Youth Squad unless there is not a capable squad member available to fill a position due to illness, injury or non attendance.
- Teams will be selected by the Youth Squad Manager and participating coaches.
- Team selection will be ratified by the Training & Development Committee.
- Any appeals related to team selection will be in writing to the Training and Development Committee who will seek clarification from the selection panel.

BENEFITS

- Free gym membership
- Supervised fitness training programmes
- Team race coaching
- Keelboat training
- Event specific training prior to regattas
- Entry fees & damage deposits for selected team regattas
- Access to Club boats for additional practice subject to adequate supervision where necessary and availability
- Youth Squad T-Shirt/rashie
- Achievement awards and prizes

WHAT IS EXPECTED OF YOU

Squad members will be expected on occasions to help with the following

- Assist at Club events such as Open Days
- Assist with coaching junior sailors within the Club
- Assist with Academy Training Courses
- Assist with Youth Squad training in the future
- Act as role models and mentor junior sailors within the Club
- Provide regatta reports for both Soundings & Coffee Pointers
- Assist with boat maintenance where possible

KEY REGATTAS

- WA Inter-club Teams Racing
- WA Youth Teams Racing
- WA Open Teams Racing
- WA Youth and Open Match Racing
- Warren Jones Match Racing Regatta
- Little Wheel Match Racing Regatta
- Foundation Youth Cup
- Foundation 36 State Championships
- Inter-Club Championships
- Women's State Keelboat Championships

Other appropriate regattas will be considered when scheduled.

Inter-state regattas may be added at the discretion of T&D

Note: The Youth Squad will participate in programme of events throughout the year provided a team with the appropriate skill level can be selected for the relevant regatta.

TRAINING PROGRAMMES

Team Race Training

Team Race Training starts at the end of January on Thursday afternoons in preparation for the Inter-Club Team Racing Series. Sessions are from 4.00pm to approximately 6.00pm and continue for the duration of the competition which concludes around the end of March. The training is predominantly done in the Academy Pacers and is a fantastic way to sharpen up your boat handling skills and knowledge and application of the rules.

Keelboat Training

Keelboat training is conducted in preparation for various fleet and match racing regattas nominated by the Training and Development Committee for Squad entry. Weekday training on Thursday afternoons is open to any Youth Squad members wishing to participate and have a go at keelboat sailing. Teams are selected from those who participate who may be required to complete some event specific training leading up to a regatta. Training is currently conducted on the Academy J24s and will switch to the BW8s once the Club finalizes the project and takes delivery of the boats.

If you have any further queries, please do not hesitate to contact:

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YOUTH TRAINING SCHEME BACKGROUND

Disciplines available through South of Perth Yacht Club Sailing Academy

MATCH RACING

Match racing is relatively easy to follow. A match race consists of two identical boats racing against each other. The leader uses strategies and techniques to control the other boat and maintain a tactical advantage. This one-on-one duel is a game of strategy, tactics and teamwork.

In each match the paired boats sail upwind to mark (1), the windward mark, then set spinnakers to mark (2) which is placed in close proximity to the starting line. The yachts sail back upwind to mark (1), returning to the finish line. The duration of the race is approximately 20 minutes.

At the start, the two boats (each flying either a blue or yellow flag) enter the starting area from opposite ends of the starting line four minutes prior to the actual start. During the next four minutes the boats engage in pre start maneuvers. Each skipper will try and gain an advantage over the other using the match racing rules and the skill of his team to enforcing a penalty, force the other boat cross the line early, or to make sure they start in front of the other boat.

On the first leg the yacht which crosses the starting line first has a decided advantage because it can hinder the other boat by covering them. The trailing yacht will tack to gain clear air. This usually results in a tacking duel. If the boats are even coming off the starting line, each uses boat speed and tactics to get an advantage over the other.

On the second downwind leg, if the trailing boat is close enough he has an advantage of blocking the wind and slowing them down. The lead boat must then work to keep its air clear while positioning itself between the trailing boat and the next mark.

Each match is officiated by two umpires in a small powerboat, who follow each pair around the course making penalty decisions. A boat alleging that an infringement has been committed will display the Y flag (Red and Yellow) to call for the umpires' decision. The umpire boat will then fly one of the following flags: Blue – the blue boat is penalized, Yellow – the yellow boat is penalized, or Green and White – there is no penalty. The penalized boat may complete its 720° penalty turn at any time during the race prior to the finish line. If a boat accumulates three penalties, it is disqualified and the match is awarded to the remaining boat.

TEAMS RACING

The recognized format for the Team Racing World Championships involves racing in two handed dinghies, three a side. The boats are provided by the organizers to ensure that they are evenly matched and should be of a type that can be sailed effectively without there being a premium on strength or an optimum weight.

Two teams of three boats try and achieve a winning combination of places with the lowest total scored a win. The scoring system is usually: 1st Place – 1 Point, 2nd Place – 2 points, 3rd Place – 3 points and so on.

If a team is laying 1, 4, and 6 the leading boat will go back and try to help his teammates pass 2, 3 or 5. In teams racing there are two main weapons. Firstly, he can position his boat between the wind and his opponent, thus blanketing his sails, slowing him down and controlling his course. Secondly, he can use the right-of-way rules to his advantage, approaching his opponents in such a way that his adversary has to change course or incur a penalty. Both these weapons are deployed even before the start when the maneuvers begin, much as in match racing, but involving six boats rather than two.

To maintain order, and keep everyone out of the Protest Room, the racing is followed by umpires in small inflatable dinghies. If protested against, a competitor can accept the penalty of a 360° turn or he can wait for the umpires to give a decision, which may result in a green flag “no penalty” or a 720° turn if the protest is supported. Everything happens very quickly and there is no better school for tactical decision making and understanding the rules than teams racing.

FLEET RACING

Fleet racing is the most common form of competitive sailing. It allows for any number of boats to compete. However, when entries become enormous the field is generally broken down into smaller more manageable fleets.

A fleet racing regatta normally consists of several races and provided a pre determined numbers of races are completed, each competitor gets to drop one or more of their worst results. The eventual winner is determined by the boat that scores the lowest accumulative score. Draws are settled through a count back to see who scored the most higher places. Often handicaps are applied to give less experienced sailors a chance of a win and these are adjusted for those who score a win to make it harder for them to win next time.

The size of the fleet governs the length of the start line and the wind speed influences the size of the course and therefore the length of the race. Fleet racing is exciting and challenging especially in larger fleets because a fine balance of tactics and speed is need to stay in touch with the front of the fleet and hopefully cross the line in the front.

TRAINING

Quality coaching, regular training and a commitment from the athletes are some of the key elements to success in competition. This, along with the right equipment, sound preparation a balanced programme of training and development in the following areas will provide each and every participant with the opportunity to improve their skills and ultimately their performance.

- Fitness training and diet
- Planning and preparation
- Tactics and strategy
- Understanding and applying the rules
- Tuning and sail trim
- Effective training
- Boat handling skills
- Helming for speed
- Teamwork
- Regatta Planning
- Sports Psychology

The aim of the Youth and Junior Squad Programme at South of Perth Yacht Club is to provide quality training and coaching for our young sailors and afford them the opportunity to develop their sailing to a level where they can compete successfully at whatever level they chose.