

## YSA Development Program 2016/17

The aim of the YSA Development Program is to produce high performance sailors that can perform at national and international level. To achieve this we have developed both short term and long term strategies.

1. SAST State Sailing Performance Program
2. SA Sailing Team
3. SA Sailing Team Development Squad
4. Class Development Squad- class training by class coaches
5. Club Coach Development
6. Regatta Support

### ***1. SAST State Sailing Performance Program***

SAST State Sailing Performance Program should consist of top competitive sailors as defined by the YA Athlete Selection and Assessment Guidelines. These sailors receive week to week training in their class along with sports physiotherapy, psychology and nutrition sessions.

The selection criteria for the SAST State Sailing Performance Program will be as per the current YA recommendations for each class.

#### **Senior**

ISAF World Cups*	Placing in top 25 And Placing in top 50% of fleet
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OR

Olympic Class Nationals	20+ entries Placing in top 8 And Placing in top 30% of fleet
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\*Minimum of 7 competing countries and 25 entries

#### **Youth (as per ISAF Guidelines)**

Australian Youth Championships	Placing in top 8 And Placing in top 25% of fleet
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The SAST Performance Coach has the ability to select sailors deemed to have potential for the squad.

(Reference YA document "SAILING – High Performance Programs – Athlete Selection and Assessment Guidelines")

## **2. SA Sailing Team**

SA Sailing Team should consist of competitive sailors. These sailors will be serviced with training in their class. The squad will be serviced by YSA appointed coaches at clinics and technical sessions at subsidised costs. SA Sailing Team training sessions will be conducted by coaches at times to be determined according to numbers qualified (by selection criteria) and other available class training.

All team members will be required to make a contribution to the program costs.

The results for selection in the SA Sailing Team are based upon results from 1<sup>st</sup> May 2015 till 30<sup>th</sup> April 2016.

Transfer from a qualified Team position to a new SAST class may be allowed after written application. The YSA Youth Committee in consultation with the YSA Board will make the final decision on the Teams.

The selection criteria for the SA Sailing Team for each class are:

### **2.1 Youth Classes (including International Cadet)**

EITHER

Class National Championships	Placing in top 30 And Placing in top 30% of fleet
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OR

YA Youth Grand Prix overall result	Placing in top 10 And Placing in top 35% of fleet
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OR

Class State Championships	Placing in top 5 And Placing in top 25% of fleet
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OR

YSA Youth Championships	Placing in top 3 And Placing in top 15% of fleet
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OR

SA Youth Tri- Series overall result	Placing in top 3 And Placing in top 15% of fleet
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### **2.2 Junior Classes**

#### **2.2.1 Optimist SAST Squad**

As per the IODASA ranking system as submitted periodically to YSA. The total squad size will be determined by YSA in conjunction with IODASA. For 2016/2017 the total is set to a maximum of one coaching group.

### ***3. Class Development Training***

#### **3.1 Class Development Squads**

YSA will assist Class Associations to conduct class coaching. This will be achieved by assisting with program development, equipment and coaching support.

As an extension of the SA Sailing Team, YSA invite Class Association Presidents with keen junior/youth sailors to apply to be a participant in a Class Development Program.

Class Development Squad sailors should be chosen on a performance basis in state based events including the Class State Championships, YSA Youth Championships and the YSA Youth Tri Series and may also be nominated by Club Coaches. The results for selection in a Class Development Squad should be based on the results from 1<sup>st</sup> May 2015 till 30th April 2016.

The program for Class Development Squads should be similar to the SA Sailing Team with some joint participation. The Development Squad should involve training on the water and other off water development activities, however over a smaller time frame and less intense than SA Sailing Team and SA Sailing Performance Team.

Following expressions of interest from Class Associations and a list of potential participants, the final squad selection will be made by a panel nominated by the YSA Youth Committee Chairman and including the Class President.

YSA will offer assistance by sourcing coaches, managing administration of courses through course notification (e-mail/web), collection of money, programming to minimise clashes with club activities and collection of guardian consent and medical information.

### ***3. Club Coach Development***

As part of our ongoing goal to develop coaches within South Australia, YSA periodically run Instructor and Club Coach Courses. Particularly when contracting coaches from interstate or overseas, YSA always encourage Club Coaches to assist and engage with the designated coach to learn additional and alternative techniques.

### ***4. Regatta Support***

As well as support if requested at state regattas including class championships, YSA offer support to youth and junior sailors at their Class Nationals and Youth Nationals. This includes organising and contracting coaches, as well as providing free use of the YSA RIBs if available.

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