

# 2017 Development Programs

## Program & Selection Summary

Sailing's Development Programs aim 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 and associated programs.

1. SA Sailing Team - State Sailing Performance Program
2. SA Sailing Team – State Squads
3. SA Sailing Team - Development Squads
4. Class Training Groups
5. Club Coach Development
6. Regatta Support

### 1. State Sailing Performance Program

The State Sailing Performance Program (SSPP) consists of top competitive sailors as defined by the nationally aligned “*Athlete Selection and Assessment Guidelines*” developed by Australian Sailing and the State Institutes/Academies of Sport. These sailors receive week-to-week training in their class along with sports physiotherapy, psychology and nutrition servicing.

A summary of the performance criteria is included below:

### **SCHEDULE G – SSPP COMPETITION PERFORMANCE CRITERIA SUMMARY**

*Note: Must be read in conjunction with Schedule 1*

SENIOR COMPETITION				YOUTH COMPETITION		
Scholarship Category	Olympic Class Events	Both of These		World Sailing Youth Class Events	Both of These	
		Placing in Top	Top % of Fleet		Placing in Top	Top % of Fleet
<b>Emerging - ASS Bronze</b> (Olympic Class results only)	Worlds* <sup>#</sup> or Olympic Games	40	40			
	Europeans* <sup>#</sup>	30	40			
	SWC Melbourne or Sail Sydney – AUS 10+entries	6 Single handed; 3 Double handed	20	Olympic Class Junior or Youth Worlds	5	10
<b>SSPP: International</b>	Class Nationals 10+ entries	6 Single handed; 3 Double handed	20	Olympic Class Junior or Youth Worlds	3	10
<b>SSPP: Developing &amp; Emerging International</b>	European World Cups & Specified Events <sup>1, 2 *#</sup>	40	50			
	SWC Melbourne or Sail Sydney – AUS 10+entries	10 Single handed; 6 Double handed	30	Class Youth Worlds, World Sailing Youth Worlds	5	10
	Olympic Class Nationals – AUS 10+ entries	3	20	Class Youth Nationals, AUS Youth Champs	3	20

The guidelines allow for the SSPP Coach to recommend selection of sailors who are close to the objective guidelines and deemed to have high potential. Scholarships are offered annually from 1 Mar to 28 Feb based on performances in the previous 12 months.

## 2. State Squads

State Squads consist of competitive sailors from a range of Junior and Youth classes. Subject to sufficient performances and athlete numbers to form viable squads it is intended to run State Squads from May 2017 to April 2018 in Optimist, Laser 4.7, Cadet, Laser Radial, 420, Bic Techno, and Nacra 15 classes.

These squads will be offered specific training in their class by appointed coaches. Training timing and format will be planned according to numbers selected and other available class-based training. All team members will be required to make a contribution to the program costs.

To be eligible for State Squad, sailors must achieve **one** of the following baseline performances between September 2016 and April 2017, and submit an application form to be considered in early 2017. Transfer from a one class to a new class may be allowed upon written application.

The baseline performance criteria for State Squads are:

Class National Championships	Top 30 placing and top 30% of fleet
Australian Youth Championships	Top 30 placing and top 30% of fleet
Class State Championships	Top 5 placing and top 25% of fleet
SA Youth Championships	Top 3 placing and top 15% of fleet
SA Youth Tri-series overall result	Top 3 placing and top 15% of fleet

## 3. Class Development Squads

To assist Class Associations with program development, equipment and coaching support; class development squads may be formed for 2017. These are not intended for new sailors to the sport or class.

Class Association Presidents with keen junior/youth sailors are invited to apply to form a Class Development Squad for that class.

Sailors should be chosen on the basis of performance in state based events held between September 2016 and April 2017 including the Class State Championships, SA Youth Championships and the SA Youth Tri Series; and may also be nominated by Club Coaches and Class Presidents.

The program should be similar to the State Squads with some joint participation between the two. It should include training on and off water and other development activities' held over a smaller time frame and less intense than State Squad.

Following expressions of interest from Class Associations and a list of potential participants, a selection committee with relevant representatives would be formed to make a recommendation to Australian Sailing on final squad selection.

Australian Sailing will provide assistance to these squads via sourcing coaches, managing administration through course notification, consent forms etc, money collection, and programming to minimise clashes with club activities.

#### **4. Class Training Days**

This program is to assist Class Associations conduct class training with a focus on sailors new to the sport (vs. Development Squad aims), and will be achieved by assisting with program development, equipment and coaching support.

Class Association Presidents with keen junior/youth sailors to apply to form a Class Training Group.

Sailors should be chosen on the basis of performance in state based events held between September 2016 and April 2017 including the Class State Championships, SA Youth Championships and the SA Youth Tri Series; and may also be nominated by Club Coaches and Class Presidents.

Following expressions of interest from Class Associations and a list of potential participants, a selection committee with relevant representatives would be formed to make a recommendation to Australian Sailing on final participant selection.

Australian Sailing will provide assistance to these training programs via sourcing coaches, managing administration through course notification, consent forms etc, money collection, and programming to minimise clashes with club activities (and/or align with club activities).

#### **5. Club Coach Development**

As part of the ongoing goal to develop coaches within South Australia, Australian Sailing periodically run Instructor and Club Coach Courses. On request the State Coach will assist with coaching sessions at clubs primarily to mentor the clubs own coaches (i.e. coach the coach, not the sailors).