



**SQUADRON KEELBOAT PROGRAM**

# HANDBOOK

2023 – 2024 Program



RSYS Sailing  
Academy

Updated: 11/04/2023

## PROGRAM OVERVIEW

The Royal Sydney Yacht Squadron's Keelboat Program was founded in 2000 and aims to provide Youth, Intermediate and Metropolitan Members with the opportunity to become involved with keelboat racing at a Club, national and international level. The Squadron Keelboat Program (SKP) is an advanced sail training program that will develop sailors' skills both on and off the water. The SKP will focus on all aspects of sailing, including racing rules, sail trim, boat maintenance, fitness, communication, and how to operate in a team environment. The 2023-2024 SKP program comprises Junior, Senior and Open programs. All SKP sailors will have the opportunity to test their skills throughout the season at various local and international match racing and fleet racing regattas. It is a requirement that all SKP participants are RSYs Members. Member participants under 18 must be part of an RSYs Family Membership or have a Member guardian/grandparent.



## SKP MANAGEMENT TEAM

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### **Michael Lindsay**

RSYS Captain

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## SKP PATHWAY 2023 - 2024

### SKP FUTURE SAILORS

Active dinghy sailors, keelboat sailors, school sailing, RSYS keelboat camps and RSYS Youth/Intermediate Members



### JUNIOR SQUAD (13 - 18YRS)

This squad is open to active sailors who can demonstrate a high level of fleet racing skills in either dinghies or keelboats.

Sailors will develop an intermediate to advanced level of keelboat handling skills and may apply to compete at local and state level fleet and match racing events.



### SENIOR SQUAD (18 - 22YRS)

This squad is open to sailors who currently compete at a national level in dinghies or keelboats, or sailors who have previously participated in the SKP.

Sailors will refine their skills to an advanced level and may apply to compete at national and international events.



### OPEN SQUAD (22YRS+)

This squad is open to sailors who can demonstrate a high to advanced skill level in keelboats or sailors who have previously participated in the SKP.

Sailors can refine their skills to an advanced level and may apply to compete at various events.

**Squadron Keelboat Program**

### ADDITIONAL & FUTURE OPPORTUNITIES

RSYS Representative Teams, Etchells racing, J/70 racing, One-design racing (e.g., MC38/Farr40), Sailing Champions League, Offshore Racing, World MR Circuit

## TARGET REGATTAS

Please note that the following list of regattas is subject to change and that entry into a number of these regattas is dependent on the host club's acceptance of our expression of interest.

REGATTA	DATES	SQUAD	LOCATION
JOHN MESSENGER WOMEN'S	TBA 2023	All Squads	CYCA
AUS WOMEN'S MR CHAMPS	TBA 2023	All Squads	TBA
BOLLE INTERNATIONAL MR CHAMPS	TBA 2023	Senior	CYCA
NCYC INTERCLUB	28 May 2023	Junior	NCYC
RSYS INTERCLUB	4 Jun 2023	Junior	RSYS
ELLIOTT SERIES (FLEET)	10 June 2023	All Squads	RSYS
RPAYC INTERCLUB	18 Jun 2023	Junior	RPAYC
CYCA INTERCLUB	25 Jun 2023	Junior	CYCA
AUSTRALIAN YOUTH MR NATIONALS	3-7 July 2023	Senior	RPYC
CAPTAIN JOHN PIPER	15-16 Jul 2023	Senior	CYCA
ELLIOTT SERIES (FLEET)	22 July 2023	All Squads	RSYS
GOVERNOR'S CUP	24 - 29 Jul 2023	Senior	BYC
AIRCALIN MATCH RACING CUP	9-13 Aug 2023	Senior/Open	CNC
ELLIOTT SERIES (FLEET)	19 Aug 2023	All Squads	RSYS
NSW YOUTH MR CHAMPS	26-27 Aug 2023	Senior	CYCA
HARDY SHIELD	2-3 Sep 2023	Senior/Open	RSYS
HARKEN NZ MR CHAMPS	Oct 2023	Senior/Open	RNZYS
ELLIOTT SERIES (MATCH)	7 Oct 2023	All Squads	RSYS
REDLANDS CUP	11 Nov 2023	Junior (In School)	RSYS
CHRISTMAS CUP	2-3 Dec 2023	All Squads	RSYS
HARKEN INTERNATIONAL MR CHAMPS	4-8 Dec 2023	Senior	RPAYC
ELLIOTT SERIES (MATCH)	20 Jan 2024	All Squads	RSYS
HARKEN YOUTH MATCH CUP	Feb 2024	Senior	RNZYS
CENTERPORT MR CHAMPS	Feb 2024	Senior	RPNYC
WARREN JONES	29 Jan - 2 Feb 2024	Senior/Open	RPYC
HARDY CUP	4-8 Feb 2024	Senior	RSYS



## **JUNIOR SQUAD (13-18 Years Old)**

The SKP Junior Squad targets sailors aged 13 – 18 who are active dinghy or keelboat sailors and can demonstrate a high level of fleet racing skills.

The Junior Squad will train once a week and focus on developing an intermediate to a high standard of boat handling skills in the Squadron's fleet of Elliott 7s. Sailors will have the opportunity to compete in various local and state regattas (please refer to 'target regattas').

### **Junior Squad Training**

Junior Squad sailors will participate in 19 training sessions from 3 May 2023 to 20 September 2023 on Wednesdays between 5:30 am – 8:00 am. There will be 10 training sessions from 11 October 2023 to 13 December 2023 on Wednesdays between 4:30 pm – 7:30 pm.

Please note that the start time is when the briefings will begin, and the end time is when we expect sailors will be able to leave. **All training sessions are compulsory; sailors who cannot attend the training session must notify the SKP Coordinator and their coach.**



In addition to the weekly training sessions, sailors are strongly encouraged to maintain their dinghy or keelboat sailing on the weekends.

### **Junior Squad Fees**

The SKP Junior Squad fees include 29 training sessions, coaching fees for both training & regattas and entry fees to all target regattas. Uniforms will be provided. The SKP Squad fees do not include RSYS membership fees, the end-of-season presentation, transport to and from regattas, regatta accommodation (billeting will be provided where possible) or food at regattas. The Subsidised Fee is applicable all participants who are a current Youth Member and have a Parent/Grandparent/Guardian Member. The Unsubsidised Fee is only applicable to participants from the 2022 – 2023 season who are a Youth Member and do not have a Parent/Grandparent/Guardian Member.

- SKP Junior Squad Subsidised Fee: \$1,150.00
- SKP Junior Squad Unsubsidised Fee: \$2,000.00

### **Junior Squad Application**

Applications for the Junior Squad close at 5:00 pm on Sunday, 23 April 2023

Sailors can apply for any squad via this link: <https://forms.gle/euMXvppLejml7BSG9>

## SKP SENIOR SQUAD (18-22 Years Old)

The SKP Senior Squad targets sailors aged 18 - 22 years old, who can demonstrate a high level of sailing ability at a national level and/or have previously participated in the SKP.

The Senior Squad will train once a week and focus on refining their keelboat handling and match racing skills at an advanced level. Sailors will have the opportunity to be selected to compete at local, national, and international youth match racing events.

### Senior Squad Training

Senior Squad sailors will participate in 20 training sessions from 1 May 2023 to 25 September 2023 on Mondays between 5:30 am – 9:00 am. There will be 17 training sessions from 9 October 2023 to 26 February 2024 on Mondays between 3:30 pm – 7:30 pm. As a trial, Senior Squad will have access to a squad fitness session on Wednesday afternoons from 6 – 7 pm. Senior Squad sailors also have three training camps. These camps are compulsory for the senior sailors and are scheduled around key regattas.



- Camp 1: 26-28 June 2023 (9 am – 4 pm)
- Camp 2: 4-6 November 2023 (9 am – 4 pm)
- Camp 3: 20-21 January 2024 (9 am – 4 pm)

Please note that the start time is when the briefings will begin, and the end time is when we expect sailors will be able to leave. **All training sessions and camps are compulsory; sailors who cannot attend the training session must notify the SKP Coordinator and their coach.**

### Senior Squad Fees

The SKP Senior Squad fees include 37 training sessions, 3 training camps, coaches fees for both training and regattas and entry fees to all target regattas. Uniforms will be provided. The SKP Squad fees do not include RSYs membership fees, end-of-season presentation tickets, transport to and from regattas, regatta accommodation (billeting will be provided where possible) or food at regattas (lunches are provided at some regattas). Participants must be a current Intermediate Member. Members may pay in monthly amounts through their member account.

- SKP Senior Squad Subsidised Fee: \$1,700.00

### Senior Squad Application

Applications for the Senior Squad close at 5:00 pm on Sunday, 23 April 2023.

Sailors can apply for any squad via this link: <https://forms.gle/euMXvppLejml7BSG9>

## **WINTER SKP OPEN SQUAD (22+ Years Old)**

The SKP Open Squad targets sailors over 22 years old who can demonstrate a moderate to a high level of sailing ability in keelboats or have previously participated in the SKP.

The Open Squad will train once a fortnight and focus on refining their keelboat handling and match racing skills at an advanced level. Sailors will have the opportunity to compete in club racing and be selected to compete at national and international open-match racing events.

### **OPEN SQUAD TRAINING**

The Open Squad sailors will participate in 8 sessions from 4 May to 14 September 2023. These training sessions are compulsory for all sailors and will be held on Thursdays between 5:30 am – 8 am.

### **OPEN SQUAD TRAINING CAMP**

The Open Squad has one training camp scheduled for 5 - 6 August 2023 from 9 am – 4 pm. This training camp is compulsory for Open Squad sailors and has been scheduled around the major regattas.



### **OPEN SQUAD FEES**

The SKP Open Squad fees include 8 training sessions, a training camp, entry fees to all target regattas and coaching fees for both training and regattas. Uniforms will be provided.

The SKP Squad fees do not include RSYs membership fees, end-of-season presentation tickets, transport to and from regattas, regatta accommodation (billeting will be provided where possible) or food at regattas (lunches are provided at some regattas). Participants must be a current RSYs Member.

SKP Senior Squad Subsidised Fee: \$700.00

### **Open Squad Application**

Applications for the Open Squad close at 5:00 pm on Sunday, 23 April 2023

Sailors can apply for any squad via this link: <https://forms.gle/euMXvppLejml7BSG9>

## **APPENDIX A - ADDITIONAL PROGRAM INFORMATION**

### **UNIFORM**

SKP participants will be provided with uniforms that must be worn at training and events. In addition to the provided uniform, sailors are expected to bring their own clothing and equipment in line with the uniform guide.

### **VOLUNTEERING**

All members of SKP squads are expected to contribute to the Squadron through volunteering. Volunteering includes, but is not limited to, assisting the club in race management, race support, and boat maintenance. Opportunities to volunteer will be posted on the SKP calendar and volunteer expression of interest form. It is the responsibility of the sailors to organise their volunteer hours.

- Junior Squad: 15 hours per sailor
- Senior Squad: 25 hours per sailor
- Open Squad: 7 hours per sailor

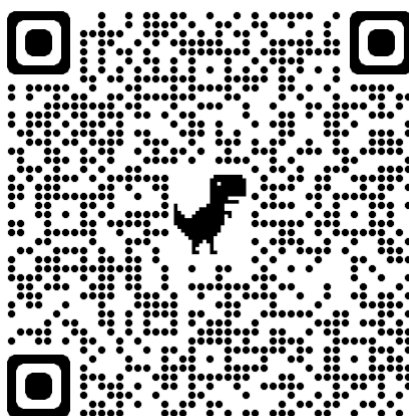
*Completed volunteer hours will be taken into consideration during team selection.*

### **INFORMATION EVENING**

The 2023 SKP Information Evening will be held at RSYS on Monday, 17<sup>th</sup> April, at 6:30 pm. A zoom-in option will be available for those who cannot attend in person. To receive more information about the Information Evening, please register using the link or QR code below by noon on Monday, 17<sup>th</sup> April.

Link: <https://forms.gle/ugVCMdscLkJxCNA19>

QR Code:





## REGATTA SELECTION

Selection for regatta teams will be at the discretion of the SKP management team. A position in the SKP program alone does not guarantee selection for regatta.

Sailors in the SKP program can submit individual or team expression of interest for an event. If sailors are unable to form a team, the SKP management team will select squad members who submit individual expressions of interest.

### Selection Process

1. Sailors fill out an EOI form for the event that they intend to attend.
2. Six weeks before an event, the EOI will close for all sailors.
3. SKP management team will select and propose the sailors that will compete to the Sailing Committee for approval.
4. Four weeks before an event, the selected team will be announced via email.

### Selection Criteria

Sailors' selection will be based on several factors and will include the following criteria:

- Attendance at training sessions is above 80% (minus approved leave)
- Demonstration of excellent sporting behaviour, strong work ethic, teamwork, enthusiasm, integrity and leadership
- Recent performance at training and events
- Number of volunteer hours completed
- Number of events previously attended
- Agree to complete a regatta report, including any relevant media

The following variables are also considered in team selection: strength, age, gender, weight, positions available, team dynamics and skipper ranking.

*NB: the SKP management team reserves the right to amend the selection process and criteria at their discretion. Sailors will be notified about any major changes.*

## END-OF-SEASON PRESENTATION

A casual presentation dinner for all SKP sailors will be held at the Club on 1<sup>ST</sup> March 2024. Tickets for this event will be **\$30 per person** and are not included in the SKP squad fees. Sailors are allowed to invite their parents or partners if they wish.



# SQUADRON KEELBOAT PROGRAM

## Calendar 2023-24

	Sat	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun						
Apr-23	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	SKP Info Evening	17	18	19	20	21	22	SKP EOJ Close	23	24	25	26	27	28	29	30				
May-23			1 SS*	2	3 JS*	4 OS*	5	6	7	8 SS*	9	10 JS*	11	12	13	14	15 SS*	16	17 JS*	18 OS*	19	20	21	22 SS*	23	24 JS*	25	26	27	28 Inter Club	29 SS*	30	31 JS*			
Jun-23						1 OS*	2	3	4 Inter Club	5 SS*	6	7 JS*	8	9	10 E7 Series	11	12 SS*	13	14 JS*	15 OS*	16	17	18 Inter Club	19 SS*	20	21 JS*	22	23	24	25 Inter Club	26	27	28 JS*	29 OS*	30	
Jul-23	1	2	3	4	5	6	7	8	9	10 SS*	11	12	13	14	15	16 CIP CYCA	17 SS*	18	19 JS*	20 OS*	21	22	23	24 SS*	25	26 JS*	27 OS*	28	29	30	31 SS*					
Aug-23			1	2 JS*	3	4	5	6 OS Camp	7 SS*	8	9 JS*	10	11	12	13	14 SS*	15	16 JS*	17 OS*	18	19 E7 Series	20	21 SS*	22	23 JS*	24	25	26	27	28	29 NSW Youth MR	30 SS*	31 JS*			
Sep-23						1	2	3 Hardy Shield	4 SS*	5	6 JS*	7	8	9	10	11	12 SS*	13 JS*	14	15	16 E7 Series	17	18	19 SS*	20 JS*	21	22	23	24	25	26 SS*	27	28	29	30	
Oct-23		1	2	3	4	5	6	7 E7 Series	8 SS	9	10	11 JS	12	13	14	15	16 SS	17	18 JS	19	20	21	22	23 SS	24	25 JS	26	27	28	29	30 SS	31				
Nov-23				1 JS	2	3	4	5	6	7	8	9	10	11	12 Redlands Cup	13	14 SS	15 JS	16	17	18	19	20 SS	21	22 JS	23	24	25	26	27 SS	28	29 JS	30			
Dec-23						1	2	3 Christmas Cup	4 SS	5	6 JS	7	8	9	10	11	12 SS	13 JS	14	15	16	17	18 SS	19	20	21	22	23	24	25	26	27	28	29	30	31 New Year
Jan-24			1 New Year	2	3	4	5	6	7	8 SS	9	10	11	12	13	14	15 SS	16	17	18	19	20 SS Camp	21 SS	22	23	24	25	26	27	28	29 SS	30	31			
Feb-24						1	2	3	4	5	6	7	8	9	10	11	12 SS	13	14	15	16	17	18 E7 Series	19 SS	20	21	22	23	24	25	26 SS	27	28	29		
Mar-24						1 SKP Preso	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

SS\* Senior Squad Morning Training   SS Senior Squad Afternoon Training   JS\* Junior Squad Morning Training   JS Junior Squad Afternoon Training   OS\* Open Squad Morning Training   Away Regattas   RSYS Regattas   Additional Events



SKP Webpage - <https://www.rsys.com.au/skp/>

- Regatta Expression of Interest
- Volunteering Expression of Interest