



# ROYAL SYDNEY YACHT SQUADRON

## DEVELOPMENT KEELBOAT PROGRAM



Royal Sydney Yacht Squadron

33 peel st Kirribilli 2061

[www.rsys.com.au](http://www.rsys.com.au)

Squadron Development Keelboat Program 2019 – 2020 Season

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## **Squadron Development Keelboat Program 2019/2020**

The Squadron Development Keelboat Program is a performance keelboat training program for both members and non-members aged between 13 - 30 years. The program consists of two squads, the Development Sailing Squad and the Senior Development Sailing Squad. Both squads will introduce participants to performance keelboat racing and enhance their sailing skills to an advanced level.

The **Development Sailing Squad** (DSS) is open for 13 – 25-year old's and will be looking to introduce participants to performance keelboats and advanced sailing techniques. The squad will train once a fortnight on the Squadron's Elliott 7s and will be led by our Head Coach and Senior Members. Members of the squad will have opportunities to compete at development regattas depending on selection. The Development Squad will begin in May 2019 and continue through until August 2019.

The **Senior Development Sailing Squad** (SDSS) is for sailors of all ages who have a background in competitive sailing or who have progressed through the DSS. The SDSS will have a coached training session every fortnight but are expected to sail every week. There will be a Fitness program will be provided and will need to be followed in the sailor's own time. Members of the squad will have multiple opportunities to represent the Squadron at performance regattas both nationally and internationally. Those chosen to race at regattas will then have extra trainings leading up to the regattas. The Senior Development Sailing Squad will begin in May 2019 and conclude in March 2020.

### **How to Apply**

The Squadron Development Sailing Program will select participants annually from a pool of interested and invited sailors.

Sailors looking to apply must be between 13 – 30 years old, have a sailing background and be a member of an Australian Sailing accredited sailing club. Those wishing to be part of the SDSS will need to be a RSYS member.

For those ready to take their sailing to the next level please:

1. Read and understand program outline and the subsidises available in the document below
2. Read and agree to **Appendix A: Program Conditions, Athlete Code of Conduct and Selection Criteria.**
3. Fill out an Online Form and attach your sailing CV:  
<https://www.revolutionise.com.au/rsys/events/40297/>
4. Submit a written request for a subsidy to the Sailing Office.

Contact Locky Pryor (E: [locky.pryor@rsys.com.au](mailto:locky.pryor@rsys.com.au) or Ph: 02 9017 0154) if you have any questions or would like more information.to express your interest in the program.

## Program Fees – 2019/2020 Season

SDP Squads - 2019/2020 Season	Program Fee	Subsidised Program Fee
U/23 SDSS	AUD\$8,000.00	AUD\$1,400.00
O/23 SDSS	AUD\$3,000.00	AUD\$800.00
DSS	AUD\$900.00	AUD\$500.00

All Squadron Development Program fees are inclusive of training on the Squadron's Elliotts, coaching at training sessions, training blocks and regattas, and a basic uniform.

Registration is required to attend the first session on May 4<sup>th</sup>, 2019, however no payment is required. If the sailor would like to continue with the program payment must be made by either of the options below.

There are two payment options available:

- Single payment: Due by Saturday 11 June 2019
- Payment plan: Full payment due by Saturday 27 July 2019

### **Subsidised Program Fee**

As one of the premier yacht clubs in Sydney the Royal Sydney Yacht Squadron prides itself on being able to provide the highest quality of keelboat training and opportunities for our youth sailors to compete at a local, national and international level.

To ensure that all youth and intermediate Squadron members can have access to these opportunities the club maintains the RSYS Foundation to support all youth sailing. Program participants can apply to the foundation for a subsidised program fee to help them in their sailing endeavours.

Only paid members are able to apply for to the foundation for the subsidised program fee and must complete the application form in Appendix B. There are a number of requirements that must be fulfilled to ensure your application is successful.

If you are successful in receiving a subsidy you will be required to do a minimum 20hrs of volunteer work for the club. This may entail attending certain events, functions, regattas but also repair and maintenance on assets, helping with management of regattas and sailing office events. Successful applicants will receive an information sheet on how to complete the volunteer hours.

For more information about the subsidy please contact Locky Pryor – Youth Sailing and Training Administrator (E: [locky.pryor@rsys.com.au](mailto:locky.pryor@rsys.com.au))

## Uniform

<b>Uniform</b>	<b>Item</b>	<b>Provided</b>
<u>Casual Uniform</u> (Before racing, travelling to and from regattas, etc.)	Zhik SDP Navy Polo	Yes
	Shorts, pants, active wear (no board-shorts or ripped jeans)	
<u>Sailing Uniform</u> (For racing and coached sessions/training blocks)	Black RSYS Bib	Yes
	Grey SDP Collared Shirt	Yes
	Black Shorts or active wear	
	Enclosed shoes	
	Life jacket	
	Hat	
	Sunglasses	
	Wet weather gear (preferably Navy or Black)	
<u>Formal Uniform</u> (All regatta presentations and formal events)	SDP Collared Shirt	Yes
	Men – RSYS Striped Belt	
	Men – Beige chino pants	
	Men – Brown formal shoes	
	Women – White skirts (hemmed with no rips)	
	Women – Brown flats/sandals (no jandals/Velcro sandals)	

## Training Schedule

For information about training and regatta dates refer to the calendar below.

- All DSS coached sessions will be held on Saturdays from **8:00AM**.
- All SDSS **Coached Sessions** will be held on **Fridays** from **6:30AM** only on selected weeks.
- Please ensure sailors arrive at to rig boats at least **30mins before** briefing or time chosen by coach.

Any changes to the calendar will be communicated via the Team App SDP group.

DATE	SDSS	DSS
Saturday 4 May	Coached Session	Coached Session
Week of 6 – 12 May	Athlete Organised Sessions	Coached Session
Week of 13 – 19 May	Coached Session	N/A
Week of 20 – 26 May	Athlete Organised Sessions/Kellett Shield	Coached Session
Week of 27 May – 2 June	Coached Session	NCYC Inter Club
Week of 3 – 9 June	Athlete Organised Sessions	Coached Session
Week of 10 – 16 June	Coached Session	RSYS Inter Club
Week of 17 – 23 June	Athlete Organised Sessions	RPAYC Inter Club
Week of 24 – 30 June	Coached Session/Shelving Systems	CYCA Inter Club
Week of 1 – 7 July	Athlete Organised Sessions	Coached Session
Week of 8 – 14 July	Mick Hole Regatta	N/A
Week of 15 – 21 July	Athlete Organised Sessions/John Piper	Coached Session
Week of 22 – 28 July	Cracker Jack Cup	N/A
Week of 29 July – 4 Aug	Athlete Organised Session /NSW Youth	Coached Session
Week of 5 – 11 Aug	Coached Session	N/A
Week of 12 – 18 Aug	Athlete Organised Session /Thirkell Youth Regatta	Coached Session
Week of 19 – 25 Aug	Coached Session	N/A
Week of 26 Aug – 1 Sept	Women's MR Regatta	N/A
Week of 2 – 8 Sept	Break	N/A
Week of 9 – 15 Sept	Athlete Organised Session	N/A
Week of 16 – 22 Sept	Coached Session	N/A
Week of 23 – 29 Sept	Athlete Organised Session	N/A
Week 30 Sept – 6 Oct	Coached Session	N/A
Week 7 Oct – 13 Oct	Athlete Organised Session	N/A

Week 14 – 20 Oct	Coached Session	N/A
Week 21 – 27 Oct	Athlete Organised Session	N/A
Week 28 Oct – 3 Nov	Coached Session	N/A
Week 4 - 10 Nov	Athlete Organised Session	N/A
Week 11 – 17 Nov	Coached Training Block/Harken Regatta	Coaching Block/Harken
Week of 18 – 24 Nov	Harken Regatta/Musto Regatta	N/A
Week of 25 Nov – 1 Dec	Musto Regatta	N/A
Week of 2 – 8 Dec	Coached Session	N/A
Week of 9 – 15 Dec	Athlete Organised Session	N/A
Holiday Break (16 Dec – 26 Jan) NB: Athlete Organised Sessions during break		
Week of 27 Jan – 2 Feb	Coached Training Block	Coached Training Block
2 – 6 Feb	Hardy Cup	Hardy Cup
Week of 3 – 9 Feb	Coached Session	N/A
Week of 10 – 16 Feb	CentrePort Regatta (TBC)	N/A
Week of 17 – 23 Feb	Nespresso Regatta (TBC)	N/A
Week of 24 Feb – 1 Mar	Athlete Organised Session	N/A
Week of 2 – 8 Mar	Coached Session/Wrap Up	N/A

## **Regattas**

The Squadron Development Program offers a number of opportunities for sailors to compete at events both within Australia and internationally. The majority of these regatta opportunities are supported by the club who cover the entry fees, damage deposit, coaching and team uniform.

Selection for all regattas and events is based on the following:

1. Current performance at training and regattas including physical performance,
2. Level of understanding of training techniques and the ability to apply these in training and racing,
3. Demonstration of strong personal attributes including excellent sporting behaviours, strong work ethic, co-operation, enthusiasm, teamwork, integrity and leadership to self, teammates, competitors and officials,
4. Attendance at training sessions (both Athlete and Coached sessions),
5. Contribution to the club and youth programs through volunteering or other acts of support,
6. Ability to transition into any role on the boat,
7. Demonstration of willingness to training in alternative boats or with different teams,
8. Maintenance of individual wellbeing and weight control as per agreed personal goals,

Selection for a regatta or event is not automatic and current performance and commitment to the program will take precedence over past results and endeavours. If the Program Coach or Sailing Office do not believe that athletes have met the club's expectations, outlined in the Regatta selection criteria or Program Conditions, the club may elect to not send a team to the regatta. Athletes should also be aware that the Program Coach or Sailing Office will consider compatibility sailors when selecting a team.



## Supported Regatta List

REGATTA	DATE	LOCATION	SQUAD
Autumn One Design Regatta	TBA	RPAYC	DSS
Kellett Shield	25 May	CYCA	DSS
NCYC Interclub	2 June	NCYC	DSS
RSYS Interclub	16 June	RSYS	DSS
RPAYC Interclub	23 June	RPAYC	DSS
CYCA Match Cup	29 June	CYCA	DSS
CYCA Interclub	30 June	CYCA	DSS
Darwin Int. Youth MR Championship	TBA	DSC	DSS/SDSS
Winter One Design Regatta	TBA	RPAYC	DSS
Mike Hole Regatta	TBA	RPAYC	DSS/SDSS
Captain John Piper Regatta	20 – 21 July	CYCA	DSS
Cracker Jack	27 – 28 July	NCYC	DSS/SDSS
NSW Youth MR State Championship	3 - 4 August	CYCA	SDSS
Thirkell Youth Regatta	17 – 18 August	NCYC	DSS/SDSS
John Messenger Women's MR Regatta	31 Aug – 1 Sept	CYCA	DSS/SDSS
Australian MR Championship	TBA	TBC	SDSS
Australian Women's MR Championship	TBA	TBC	SDSS
Australian Youth MR Championship	TBA	TBC	SDSS
Harken Int. Youth MR Regatta	20 – 24 November	RPAYC	SDSS
Musto Int. Youth MR Regatta	21 – 25 November	CYCA	SDSS
Warren Jones Int. MR Regatta	27 – 31 Jan	Perth, TBC	SDSS
Hardy Cup	2 – 6 Feb	RSYS	DSS/SDSS
NZ Women's MR Championship	TBA	TBC	SDSS
CentrePort Int. Youth MR Regatta	12 – 16 Feb	RPNYC, NZL	SDSS
Harken NZ Int. Youth MR Regatta	19 – 23 Feb	RNZYS, NZL	SDSS

## **Appendix A: 2019 - 2020 Program Conditions**

The Squadron Development Keelboat Program (SDKP) will run from May 2019 to March 2020.

1. All (SDKP) participants shall:
  - Attend all lectures, briefings and debriefings;
  - Attend all training and racing days as set out in the program unless released by the Program Coach;
  - All participants must wear a clean (SDKP) uniform while training at the club or participating in regattas
  - All participants must be punctual. Participants who are late or slowing the program's schedule will be released.
2. All (SDKP) participants must honour the Squadron's Rules and Regulations, most importantly the behaviour and dress standards of the club whilst in or around the club grounds and at regattas.
3. Participants under the age of 18 years of age should be aware that ALL communication regarding the program, including issues relating to a participant's performance shall be shared with the participant's parent or legal guardians.
4. Participants over the age of 18 years are considered adults and therefore solely responsible for their performance in the program. All communication with club and program management is the sole responsibility of the participant. Should issues relating to a participant's performance arise the Program Coach will NOT communicate with anyone other than program participant.
5. All program participants should be aware they commit to participate as an individual and not as part of a team. Each participant shall be selected on his/her individual performance not their performance as part of a team.
6. The club's Elliott 7 keelboats and RIBs do not go on the water unless authorised by the Program Coach or the club Training Manager. To finalise usage, they will need to be booked via the online booking form on the RSYS webpage.
7. The club's Elliott 7 keelboats and RIB's do not go on the water without all crew wearing life jackets (PFDs). Any participant failing to wear a life jacket (PFD) will be immediately removed from the water.
8. (SDKP) participants shall maintain their allocated boats and equipment under the guidance of the Program Coach to the highest possible standard on behalf of the club. The helmsman for the day is required to complete an online Elliott 7 Maintenance Report after every sailing session, and the entire crew is responsible for ensuring small maintenance tasks are completed.
9. Deliberate and malicious damage of club equipment will not be tolerated. The club follows a zero-tolerance policy with regards to deliberate and malicious damage of club equipment. Participants found to be responsible for deliberate or malicious damage to club equipment will be solely financially responsible for repairs or replacement of equipment.
10. (SDKP) participants SHALL NOT;
  - Put permanent marks on any of the Squadron vessels or property,
  - replace any gear or fittings with personal equipment,
  - alter mast rake or rig tensions in any way,
  - leave personal sailing gear on the boats (e.g. lifejackets, drink bottles and rubbish),
  - cut any ropes or cords,
  - alter or repair any sails,
  - move or remove any fittings,

- or make any repairs to hull, keel or rudder.
- 11. All (SDKP) participants wanting to apply for the subsidies shall become members of RSYS, membership procedures will be explained, and application forms can be obtained from the RSYS membership administrator Michelle Baeza on phone: 9017 0157.
- 12. All (SDKP) participants shall pay their program subscription fees before the commencement of the program unless by prior agreement with the Coach or Training Manager.
- 13. The RSYS reserves the right at its absolute discretion to suspend or remove any participant of the (SDKP) for failing to comply with any of the program conditions.
- 14. Anyone that is removed from the program will not receive a refund for the program
- 15. Anyone that wishes to leave the program after July 27<sup>th</sup> will not receive a refund

### **2019 – 2020 Athlete Code of Conduct**

As a participant in the Squadron Development Keelboat Program (SDKP) I will participate and train in accordance with the following code of conduct:

1. Respect the rights, dignity and worth of fellow athletes, coaches, officials and spectators.
2. Refrain from conduct which could be regarded as harassment towards fellow athletes and coaches.
3. Respect the talent, potential and development of fellow Squad athletes and competitors.
4. Care and respect the equipment provided and facilities made available to me as part of the program.
5. Be frank and honest with the Program Coach concerning illness, injury, my ability to train and compete within the program conditions.
6. Conduct myself in a professional manner relating to language, respect, temper and punctuality.
7. Maintain high personal behaviour standards at all times as a representative of The Royal Sydney Yacht Squadron and abide by and uphold the club values.
8. Abide by the rules of the sport and respect the decision/s of the Program Coach, the Club, its committees, umpires & judges.
9. Be honest in my attitude and preparation to training. Work as hard for myself as I do for the program and group.
10. Maintaining a high level of behaviour that will not bring the Royal Sydney Yacht Squadron, The Senior Development Program or the staff, squad and club members into disrepute.
11. At all times aiming to take care of the environment and the area that we sail and participate in both local and international events and trainings.

### **Acknowledgement of Conditions, Indemnity / Parental Consent**

1. I am aware of the inherent risk involved in sailing & I hereby release the Royal Sydney Yacht Squadron, and any representatives thereof, from any claim or demand that I may have or deem myself to have on my behalf arising out of the Squadron Development Keelboat Program. I indemnify the Royal Sydney Yacht Squadron and any representatives thereof against any claim that may be made.
2. RSYS reserves the right to select or remove any person from its programs or representative teams at any time.

3. RSYS coaches reserve the right to exclude an athlete from an activity or regatta if the consumption of alcohol is determined to impede training or their racing ability.
4. RSYS, the program Coach and committees will not entertain requests for selection by sailors or their representatives. Requests for information from clubs, parents or individual sailors seeking comparisons between selected and non-selected sailors will not be entertained at any time.
5. All funding is determined by the Royal Sydney Yacht Squadron Foundation and Trustees and they reserve the right to increase or decrease the funding available without notice to sailors.
6. The Royal Sydney Yacht Squadron Sailing is governed, as are all sports, by the Australian Sports Anti-Doping Drug Authority (ASADA). Abuse of these regulations set forth by this governing body will be automatic expulsion from program.
7. I authorise a Squadron Representatives to seek appropriate medical assistance as required in an emergency.

### Participant Undertaking

I, \_\_\_\_\_ (print full name) agree to be bound by the above conditions, Athlete Code of Conduct and Selection Criteria whilst a member of the Squadron Development Program and acknowledge that I have read and agree to the above conditions, indemnity and release.

Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Parent/ Guardian Consent (for Participants under 18 y.o.)

I, \_\_\_\_\_ (print full name) being the parent / guardian of the above named confirm that I have read the above conditions, Athlete Code of Conduct and Selection Criteria of the Squadron Development Program and agree to the above conditions, indemnity and release of those named.

Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## **Appendix B: Application for RSYS Foundation Subsidy**

I \_\_\_\_\_ wish to apply to the RSYS Foundation for a subsidised program fee for the 2019/2020 season.

In approx. 250 words please explain why you should receive support from the RSYS Foundation.

What makes you a stand out candidate? What are your current goals and commitment to the sport of sailing?

How would receiving this subsidy help you?

Why do you wish to join the SDP?

What are your future goals?

Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Please return to the Sailing Office.