



Squadron Keelboat Program Handbook - 2021/2022



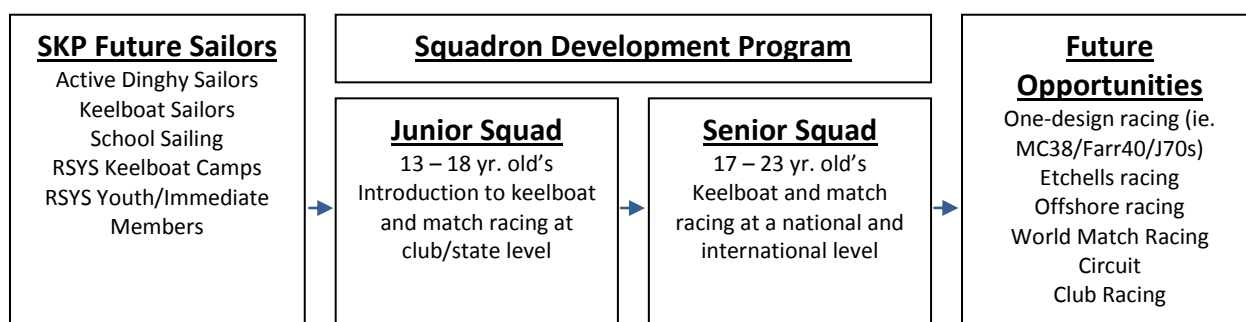
RSYS - Squadron Keelboat Program (SKP) 2021/2022

The Royal Sydney Yacht Squadron's Squadron Keelboat program was founded in 2000 as an opportunity for youth sailors aged between 13 – 23 years to become involved in keelboat racing at a state, national and international level.

Open to both members and non-members the program utilises the Squadron's fleet of Elliott 7s sport's boats and is coached by previous America's Cup skipper and Olympian, Nev Wittey.

Focused on developing the sailor's keelboat handling skills with both symmetrical and asymmetrical spinnakers, the program provides the opportunity to compete at a wide range of events including several regattas on the youth match racing circuit.

SKP Pathway



SKP Management Team

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Applications

Applications for both squads close 5:00pm Friday 28 May. Sailors can apply for either squad using the following link: www.rsys.com.au/SKP

SKP Junior Squad

The SKP junior squad is targeted at sailors aged between 13 – 18 years old who have been active dinghy or keelboat sailors and are able to demonstrate a high level of fleet racing skills. The junior squad will train from June 2021 to March 2022 with a focus on developing an intermediate to high standard of boat handling skills in the Squadron's fleet of Elliott 7s. In addition to participating in the RSYS Elliott 7s Club Series, sailors in this squad will have the opportunity to be selected to compete at local and state regattas, including the Inter-club one-design series.

Squad Objectives

- Develop an intermediate level of boat handling skills with both asymmetric and symmetrical spinnakers
- Develop an intermediate level of understanding and knowledge of the RRS (Racing Rules of Sailing)
- Develop a high level of fleet racing tactical knowledge and skills
- Introduce match racing tactics and strategy
- Introduce fitness and nutrition concepts
- Develop teamwork and leadership skills

Training Sessions

The junior squad sailors will participate in 30 training sessions from 2 June 2021 to 9 March 2022. These training sessions are compulsory for all sailors and will be held on Wednesdays.

Sessions 1 – 4 (2 – 23 June): 05:30 – 08:00 on Wednesdays

Sessions 5 – 14 (14 July – 15 September): 05:30 – 08:00 on Wednesdays

Sessions 15 – 23 (6 October – 1 December): 16:30 – 19:30 on Wednesdays

Sessions 24 – 30 (2 February – 9 March 2022): 16:30 – 19:30 on Wednesdays

Please note that the start times for all sessions are when the briefings will begin, and the end times are when we expect sailors will be able to leave (subject to how fast they de-rig). Sailors that need to leave early or that will be late must notify the SKP Head Coach prior to the training session via the Facebook Group.

Training Camp

The junior squad will be involved in two SKP training camps in September 2021 and January 2022. These **camps are compulsory** for the junior sailors and are a great opportunity for sailors to further develop their skills within a race focused environment.

September Camp: 11 - 12 September 2021, 09:00 – 17:00

January Camp: 22 – 24 January 2022, 09:00 – 17:00

A detailed SKP Training and Regatta schedule can be found in Appendix A – SKP Junior Squad Schedule.

Communication

All communication with the junior sailors will be through a private Facebook group that is administrated by the SKP management team.

The communication on the Facebook group will include weekly and monthly updates, videos from training sessions/regattas, team selections, important documents (such as the volunteer log) and other important information. This is also a page for sailors to post questions for the coaches or organise their own training sessions with other sailors.

This group is primarily for the sailors and we encourage them to take the initiative in keeping up with correspondence on the page, however parents of junior sailors may join the page.

A monthly eNewsletter will also be sent out to all participants and parents highlighting recent achievements and upcoming events. This newsletter will be open to the general RSY membership and any other interested sailors.

Volunteering

All members of the SKP junior squad are expected to contribute to the Squadron through volunteering. Members of the squad must complete a **minimum of 15 hours** prior to the conclusion of the program in 2022.

Opportunities to volunteer will be posted on the Facebook page and listed in the volunteer log. It is the **responsibility of the sailors** to contact the SKP management team and **organise their own volunteer hours**.

Volunteer hours will be taken into consideration when selecting teams for regattas.

Uniform

Members of the SKP Junior squad will be provided with a RSY long sleeve training shirt and RSY race bib at the beginning of the season. Sailors who participate at national events may also receive a RSY long sleeve racing shirt and RSY formal shirt.

The following uniform guide must be followed throughout the season:

Event	Uniform
Training/Training Camps	RSYS training shirt, black sailing shorts/leggings, enclosed shoe, hat and wet weather gear.
Local – State Level Regattas	RSYS training shirt, RSY race bib, black sailing shorts/leggings, enclosed shoe, hat and wet weather gear.
National Level Regattas	RSYS race shirt, RSY race bib, black sailing shorts/leggings, enclosed shoe, hat and wet weather gear.
National Level Regattas (Onshore Formal Events)	RSYS formal shirt, Men = beige chinos, brown shoes and belt, Women = white skirt/pants, white shoes

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 expressions of interest.

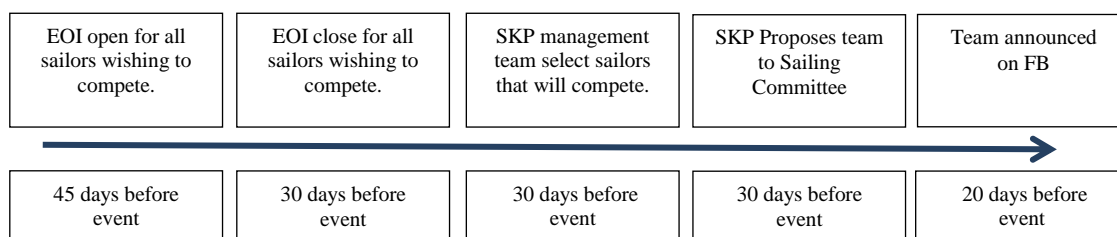
Target Regatta List:

- RSYS Elliott 7s Club Series (8x regattas at RSYS)
- Interclub Challenge 2021
 - RPAYC – 6 June
 - CYCA – 20 June
 - RSYS – 27 June
- John Messenger Womens Regatta – 23/24 October 2021 (CYCA, Rushcutters Bay)
- Thirkell Trophy – TBC 2021 (NCYC, Newcastle)
- Cracker Jack Regatta – TBC 2021 (NCYC, Newcastle)

A detailed target regatta list can be found in Appendix C – Target Regattas.

Regatta Team Selection

Selection for Regatta teams will be at the discretion of the SKP management team. A position in the junior squad does not guarantee selection for regattas. The selection process and selection criteria are outlined below. This process is subject to change depending on the regatta and will be communicated to sailors using the Facebook Group.



Selection criteria:

1. Attendance at training sessions (minimum 85% attendance);
2. Current performance at training and recent regattas;
3. Level of understanding of relevant racing techniques (ie. fleet or match racing) and the ability to apply these in training and racing;
4. 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;
5. Number of volunteer hours completed (e.g. Supporting race committee at RSYS regattas);
6. Ability to transition into at least two positions on the boat;
7. Maintenance of individual wellbeing and weight control as per agreed personal goals.
8. Agree to submit daily regatta updates to the SKP Head Coach and complete a regatta report including any relevant media.

Additional Sailing

In addition to the weekly training sessions on the Squadron's fleet of Elliott 7s, the junior squad sailors will be strongly encouraged to maintain their dinghy or keelboat sailing on the weekends.

For those sailors who are currently not competing on the weekend, the SKP management team will assist them in finding sailing opportunities including on yachts out of the Squadron that are competing in our Saturday series.

End of Season Presentation

Monday 16 March 2022 (19:00 – 21:00)

This event will be a casual presentation for the entire SKP program and will include a light dinner. This event is not included in the squad fees and tickets will be approximately \$50 per person.

Squad Fees

Squad Fee	Fee Cost
SKP Junior Squad – Subsidised Fee	\$900.00
SKP Junior Squad – RSYS Youth Combo (limited to 5)	\$600.00
SKP Junior Squad – Full Fee	\$2,710.00

The SKP Junior Squad fees include 30 training sessions, one RSYS training shirt and bib, coaching fees for both training and regattas, and entry fees to all target regattas.

The SKP Junior Squad fees do not include Squadron membership, end of season presentation, transport to and from regattas, regatta accommodation (billeting will be provided where possible), food at regattas (lunches are provided at some regattas); or additional personal sailing gear (ie. deck shorts, wet weather gear, etc.).

The SKP Junior Squad subsidised fees are provided by the Squadron Foundation and available for both members and non-members (provided they begin the membership process within the first month of the SKP program). At least one parent or guardian must also be or become a RSYS member (within the first month of the SKP program) for sailors under 16 years old.

Current Squadron members who are also participating in both the winter and summer Laser or Pacer programs for the 2021/2022 season can apply for the discounted SKP Junior Squad – RSYS Youth Combo squad fee outlined above. Applications will be assessed using the SKP Junior Squad selection criteria and only 5 sailors will be awarded this fee option.

Applications

Applications for the junior squad close 5:00pm Friday 28 May. Sailors can apply using the following link: www.rsys.com.au/SKP

SKP Senior Squad

The SKP senior squad is targeted at sailors aged between 17 – 23 years old who are able to demonstrate a high level of sailing ability at a national level or have previously participated in the Squadron Keelboat program.

The senior squad will train on Mondays from May 2021 to March 2022 with a focus on refining their boat handling and match racing skills to an advanced level. Sailors in the squad will be encouraged to develop their own teams and have the opportunity to be selected to compete at national and international events.

Squad Objectives

- Develop a high level of boat handling skills and sail trim with both asymmetric and symmetrical spinnakers in a variety of keelboats (including Elliott 7s, Etchells, etc.)
- Develop a high level of understanding and knowledge of the RRS and RRS Appendix C
- Develop a high level of match racing tactical knowledge and skills
- Develop an intermediate level of boat maintenance skills (incl. winch maintenance, basic splicing, etc.)
- Develop team management and leadership skills.

Training Sessions

The senior squad sailors will participate in 34 training sessions from 31 March 2021 to 7 March 2022. These training sessions are compulsory for all sailors and will be held on Mondays.

Sessions 1 – 15 (31 May – 6 September): 05:30 – 09:00 on Mondays

Sessions 16 – 27 (13 September – 6 December): 15:30 – 19:30 on Mondays

Sessions 28 – 34 (10 January – 7 March 2022): 15:30 – 19:30 on Mondays

Training Camp

The senior squad will be involved in three SKP training camps. These camps are compulsory for the senior sailors and scheduled around key regattas.

September Camp: 11 - 13 September 2021, 09:00 – 17:00

November Camp: 6 – 8 November 2021, 09:00 – 17:00

January Camp: 22 – 24 January 2022, 09:00 – 17:00

A detailed SKP Training and Regatta schedule can be found in Appendix B – SKP Senior Squad Schedule.

Communication

All communication with the senior sailors will be through private a Facebook group that is administrated by the SKP management team. The senior squad will also have access to a calendar that outlines all the scheduled training sessions, target regattas and Elliott 7s availability for additional training.

The communication on the Facebook page will include monthly updates, videos from training sessions/regattas, team selections, important documents (such as the volunteer

log) and other important information. This is also a page for sailors and teams to post questions for the coaches or organise their own training sessions with other sailors.

A monthly eNewsletter will also be sent out to all participants and parents highlighting recent achievements and upcoming events. This newsletter will be open to the general RSY membership and any other interested sailors.

Volunteering

All members of the SKP senior squad are expected to contribute to the Squadron through volunteering. Members of the squad must complete a **minimum of 25 hours** prior to the conclusion of the program in 2022.

Opportunities to volunteer will be posted on the Facebook page and also listed in the volunteer log. It is the **responsibility of the sailors** to contact the SKP management team and **organise their own volunteer hours**.

Volunteer hours will be taken into consideration when selecting teams for regattas.

Uniform

Members of the SKP Senior squad will be provided with a RSY long sleeve training shirt, RSY long sleeve racing shirt and RSY race bib and RSY formal shirt.

The following uniform guide must be followed throughout the season:

Event	Uniform
Training/Training Camps	RSYS training shirt, black sailing shorts/leggings, enclosed shoe, hat and wet weather gear.
Local – State Level Regattas	RSYS race shirt, RSY race bib, black sailing shorts/leggings, enclosed shoe, hat and wet weather gear.
National - International Level Regattas	RSYS race shirt, RSY race bib, black sailing shorts/leggings, enclosed shoe, hat and wet weather gear.
National - International Level Regattas (Onshore Formal Events)	RSYS formal shirt, Men = beige chinos, brown shoes and belt, Women = white skirt, white shoes

Elliott 7s Maintenance and Usage

Members of the SKP are allowed to use the Elliott 7s outside of the scheduled training sessions and teams must complete at least one un-coached training session each week.

Usage of the Elliott is dependent on availability and approval by the RSY Sailing Office. Approval is based on the sailor's ability to safely handle the boats in a range of conditions and be able to safely leave/return to the dock. Sailors must also complete a liability waiver and online damage form for each un-coached session. Sailors must log when they plan on using the boats on the squad's using the online form and ensure they receive confirmation from a member of the RSY Sailing Office.

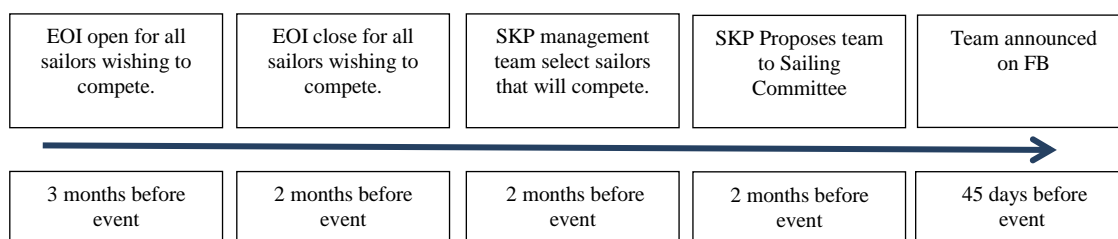
Target Regattas

A full list of the target regattas for the senior squad can be found in Appendix C – Target Regattas. Please note that the 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 expressions of interest.

Team Selection

Team selection will be led by the sailors, who must present their proposed team list and training plan to the SKP management team at least two months before WS grade 3 and lower regattas begin. If the sailors are unable to form a team by this deadline, the SKP management team will select squad members who will form the team.

Participation in the SKP senior squad does not guarantee that a team or a sailor will be selected to compete at a regatta.



NB: When possible, the team selection process for World Championships, WS grade 1 and some WS grade 2 events will begin at least six months prior to the event beginning.

When assessing the expressions of interest, the SKP management team will assess both the team as a whole and the individual sailors within the team using the following criteria.

Team Criteria:

1. Current performance at training and recent regattas;
2. Attendance at scheduled training sessions as a team;
3. Organisation and execution of team training schedule;
4. Demonstration of excellent sporting behaviours including strong work ethic, teamwork and leadership within the senior squad;
5. Agree to submit daily regatta updates to the SKP Head Coach and complete a regatta report including any relevant media.

Individual Criteria:

1. Current performance at training and recent regattas;
2. Level of understanding of relevant racing techniques (ie. fleet or match racing) 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;
5. Number of volunteer hours completed;
6. Ability to transition through various positions on the boat;

7. And maintenance of individual wellbeing and weight control as per agreed personal goals.

Additional Sailing

In addition to the weekly training sessions on the Squadron's fleet of Elliott 7s, the senior squad sailors will be strongly encouraged to maintain their dinghy or keelboat sailing on the weekends.

For those sailors who are currently not competing on the weekend, the SKP management team will assist them in finding sailing opportunities including on yachts out of the Squadron that is competing in our Saturday series.

The SKP senior squad sailors will also be strongly encouraged to participate in the Squadron's Mini B – Summer Series in the Elliott 7s. This series is once a fortnight and a great opportunity for sailors to participate in club racing and practice their fleet racing skills.

End of Season Event

Monday 16 March 2022 (19:00 – 21:00)

This event will be a casual presentation for the entire SKP program and will include a light dinner. This event is not included in the squad fees and tickets will be approximately \$50 per person.

Squad Fees

Squad Fee	Fee Cost
SKP Senior Squad – Subsidised Fee	\$1,400.00
SKP Senior Squad – RSYS Youth Combo (limited to 5)	\$1,000.00
SKP Senior Squad – Full Fee	\$5,022.00

The SKP Senior squad fees all include 34 training sessions, SKP training and race shirt, SKP race bib, SKP formal shirt, coaching fees for both training and regattas, and entry fees to all target regattas.

The SKP Senior Squad fees do not include Squadron membership, end of season presentation, transport to and from regattas, regatta accommodation (billeting will be provided where possible), food at regattas (though lunches are provided at some regattas) or additional personal sailing gear (ie. deck shorts, wet weather gear, etc.).

The SKP Senior Squad subsidised fees are provided by the Squadron Foundation and available for both members and non-members (provided they begin the membership process within the first month of the SKP program). At least one parent or guardian must also be or become a RSYS member (within the first month of the SKP program) for sailors under 16 years old.

Current Squadron members who are also participating in both the winter and summer Laser or Pacer programs for the 2020/2021 season can apply for the discounted SKP Senior Squad – Youth Combo Option squad fee outlined above. Applications will be assessed using the SKP Senior Squad selection criteria and only 5 sailors will be awarded this fee option.

Sailors may also elect to use a payment plan for the squad fees. However, this option is only available to current Squadron members and will be organised at the discretion of the Squadron account department. Please contact the SKP management team for more information about this option.

Applications

Applications for the SKP senior squad close 5:00pm Friday 28 May. Sailors can apply using the following link: www.rsys.com.au/SKP

Appendix A – SKP Junior Squad Schedule

Date	Time	JS Session Notes	Upcoming Regattas	
02-Jun-21	05:30 – 08:00	First Training Session	Interclub 2 (6 June)	
09-Jun-21				
16-Jun-21			Interclub 3 (20 June)	
23-Jun-21		Last Session Before Holidays	Interclub 4 (27 June)	
30-Jun-21		NO TRAINING - SCHOOL HOLIDAYS		
07-Jul-21			RSYS Elliott 7s - MR1 (10 July)	
14-Jul-21		First Session After Holidays		
21-Jul-21				
28-Jul-21				
04-Aug-21			RSYS Elliott 7s - FR2 (7 August)	
11-Aug-21				
18-Aug-21				
25-Aug-21				
01-Sep-21			RSYS Elliott 7s - MR2 (4 September)	
08-Sep-21		Last Morning Session		
15-Sep-21		15:30 - 19:30	First Afternoon Session/Last Session Before Holidays	SKP Training Camp 1 (11-12 September)
22-Sep-21	NO TRAINING - SCHOOL HOLIDAYS			
29-Sep-21			Hardy Shield Open MR Regatta (25/26 Sept, 2/3 Oct)	
06-Oct-21	First Session After Holidays		RSYS Elliott 7s - FR3 (9 October)	
13-Oct-21				
20-Oct-21			John Messenger Womens MR Regatta (23-24 October)	
27-Oct-21				
03-Nov-21				
10-Nov-21			RSYS Elliott 7s - MR3 (13 November)	
17-Nov-21				
24-Nov-21				
01-Dec-21	Last Session 2021			
08-Dec-21	NO TRAINING - SCHOOL HOLIDAYS		RSYS Christmas Cup (11-12 December)	
12-Jan-22			RSYS Elliott 7s - FR4 (15 January)	
19-Jan-22			SKP Training Camp 2 (22-24 January)	
26-Jan-22				
02-Feb-22		First Session 2022	RSYS Elliott 7s - MR4 (5 February)	
09-Feb-22				
16-Feb-22				
23-Feb-22				
02-Mar-22			RSYS Elliott 7s - FR5 (5 March)	
09-Mar-22				

Appendix B – SKP Senior Squad Schedule

Date	Time	SS Session Notes	Upcoming Regattas	
31-May-21	05:30 – 09:00	First Training Sessions		
07-Jun-21				
14-Jun-21			CYCA Match Cup (19 June)	
21-Jun-21				
28-Jun-21			CJP (3-4 July)	
05-Jul-21			AUS Youth MR Champs (8-11 July) RSYS Elliott 7s - MR1 (10 July)	
12-Jul-21				
19-Jul-21				
26-Jul-21				
02-Aug-21			RSYS Elliott 7s - FR2 (7 August)	
09-Aug-21				
16-Aug-21				
23-Aug-21			NSW Youth MR Champs (28-29 August)	
30-Aug-21			RSYS Elliott 7s - MR2 (4 September)	
06-Sep-21			Last Morning Session	
13-Sep-21		15:30 – 19:30	First Afternoon Session	SKP Training Camp 1 (11-13 September)
20-Sep-21				
27-Sep-21			Hardy Shield Open MR Regatta (25/26 Sept, 2/3 Oct)	
04-Oct-21			RSYS Elliott 7s - FR3 (9 October)	
11-Oct-21				
18-Oct-21			John Messenger Womens MR Regatta (23-24 October)	
25-Oct-21			NZ Womens MR Championship (30 Oct - 2 Nov)	
01-Nov-21			SKP SS Training Camp (6-8 November)	
08-Nov-21			RSYS Elliott 7s - MR3 (13 November)	
15-Nov-21			Harken AUS MR Championship (17-21 November)	
22-Nov-21			NO TRAINING - REGATTA Musto MR Championship (22-26 November)	
29-Nov-21				
06-Dec-21			Last Session 2021	RSYS Christmas Cup (11-12 December)
10-Jan-22	15:30 – 19:30		First Session 2022	RSYS Elliott 7s - FR4 (15 January)
17-Jan-22			SKP Training Camp 2 (22-24 January)	
24-Jan-22				
31-Jan-22			NO TRAINING - REGATTA RSYS Elliott 7s - MR4 (5 February)	
07-Feb-22			Warren Jones (31 Jan - 4 Feb)	
14-Feb-22			Hardy Cup (6-10 February)	
21-Feb-22				
28-Feb-22			RSYS Elliott 7s - FR5 (5 March)	
07-Mar-22				

Appendix C – Target Regattas

Please note that the 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 expressions of interest.

Regatta	Dates	Target Squad	Location
Interclub Challenge (RPAYC)	6-Jun	JS	CYCA, Sydney
CYCA Match Cup	19-Jun	SS	CYCA, Sydney
Interclub Challenge (CYCA)	20-Jun	JS	CYCA, Sydney
Interclub Challenge (RSYS)	27-Jun	JS	RSYS, Sydney
Captain John Piper Regatta	3-4 July	Both	CYCA, Sydney
Australian Youth Match Racing Championship	8-11 July	SS	SoPYC, Perth
RSYS Elliott 7s - MR1	10-Jul	Both	RSYS, Sydney
RSYS Elliott 7s - FR2	7-Aug	Both	RSYS, Sydney
NSW Youth Match Racing Championship	28-29 August	SS	CYCA, Sydney
RSYS Elliott 7s - MR2	4 September	Both	RSYS, Sydney
Hardy Shield Open MR Championship	25/26 Sept & 2/3 Oct	Both	RSYS, Sydney
RSYS Elliott 7s - FR3	9-Oct	Both	RSYS, Sydney
John Messenger Womens Match Racing Regatta	23-24 October	SS	CYCA, Sydney
NZ Women's MR Championship	30 Oct - 2 Nov	SS	RNZYS, Auckland
Harken AUS International Youth Match Racing Regatta	17-21 November	SS	RPAYC, Sydney
RSYS Elliott 7s - MR3	13-Nov	Both	RSYS, Sydney
Musto International Youth Match Racing Regatta	22-26 November	SS	CYCA, Sydney
RSYS Christmas Cup	11-12 December	Both	RSYS, Sydney
RSYS Elliott 7s - FR4	15-Jan	Both	RSYS, Sydney
Warren Jones International Match Racing Regatta	31 Jan - 4 Feb	SS	Perth
RSYS Elliott 7s - MR4	5-Feb	Both	RSYS, Sydney
Hardy Cup Youth MR Championship	6-10 Feb	SS	RSYS, Sydney
RSYS Elliott 7s - FR5	5-Mar-22	Both	RSYS, Sydney
Australian Womens Match Racing Championship	TBC 21	SS	CYCA, Sydney
Thirkell Trophy	TBC 21	JS	NCYC, Newcastle
Cracker Jack Cup	TBC 21	JS	NCYC, Newcastle
CentrePort Wellington International Match Racing Regatta	TBC Feb/March 22	SS	RPNYC, Wellington
Harken NZ International Youth Match Racing Regatta	TBC Feb/March 22	SS	RNZYS, Auckland