



SQUADRON KEELBOAT PROGRAM

HANDBOOK

Junior, Senior and Open Squad

2022 - 2023



RSYS Sailing
Academy

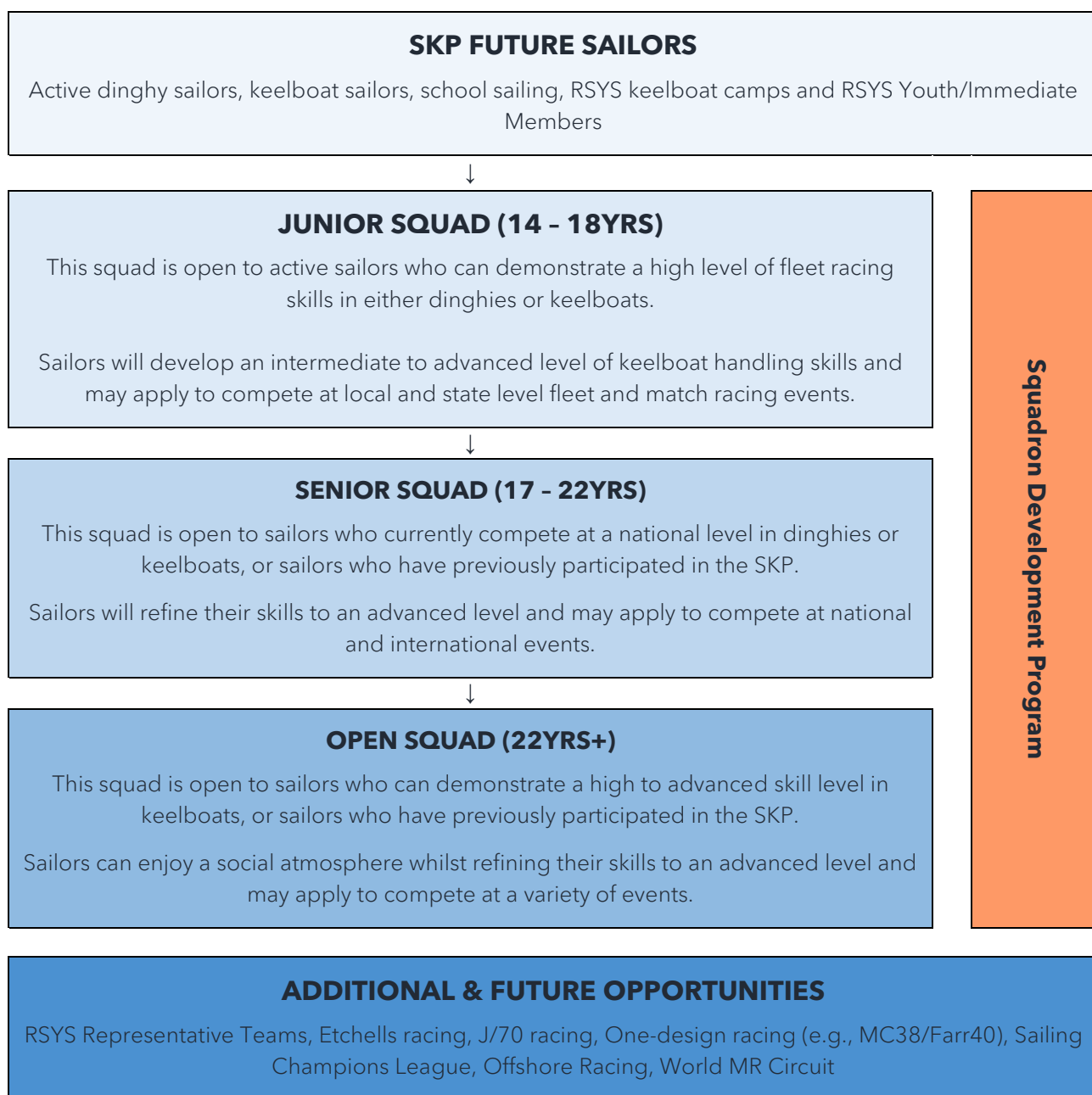
Updated: 16/03/2022

PROGRAM OVERVIEW

The Royal Sydney Yacht Squadron’s keelboat program was founded in 2000 and aims to provide Youth Members with the opportunity to become involved with keelboat racing at a Club, national and international level.

The 2022-2023 program places a renewed focus on developing sailor’s keelboat handling skills with both symmetrical and asymmetrical spinnakers to an advanced level. Sailors will have the opportunity to test their skills throughout the season at a variety of local and international match racing and fleet racing regattas.

SKP PATHWAY 2022 - 2023





SKP MANAGEMENT TEAM

Jack Littlechild (SKP Coordinator)

E: keelboats@rsys.com.au

Ph: 0435 990 112

Nev Wittey (SKP Head Coach)

E: nevillewittey@me.com

Ph: 0412 483 344

Angus Stranack (Sailing Academy Manager)

E: angus@rsys.com.au

Ph: 02 9017 0154

Michael Lindsay (RSYS Captain)

E: captain@rsys.com.au

SKP APPLICATIONS

Applications for the **Junior Squad** close at 5:00pm on Sunday 17 April 2022.

Applications for the **Senior Squad Early Intake** close at 5:00pm Sunday 3 April 2022.

Applications for the **Senior Squad General Intake** and **Open Squad** close at 5:00pm on Sunday 15 May 2022.

Sailors can apply for any squad using the following link: www.rsys.com.au/skp

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
Squadron Elliott 7s Series (Fleet)	30 April 2022	Senior Early Intake	RSYS
Hardy Cup	9 - 13 May 2022	Senior Early Intake	RSYS
Harken NZ Youth MR Champs	18 - 22 May 2022	Senior Early Intake	RNZYS, NZ
CenterPort Int. Youth MR Regatta	25 - 29 May 2022	Senior Early Intake	WYST, NZ
NCYC Interclub	29 May 2022	Junior Squad	NCYC
RPAYC Interclub	5 Jun 2022	Junior Squad	RPAYC
Squadron Elliott 7s Series (Fleet)	18 Jun 2022	All Squads	RSYS
RSYS Interclub	19 Jun 2022	Junior Squad	RSYS
CYCA Interclub	26 Jun 2022	Junior Squad	CYCA
Captain John Piper	16 - 17 Jul 2022	Senior Squad	CYCA
Governor's Cup	25 - 30 Jul 2022	Senior Squad	BYC, USA
Squadron Elliott 7s Series (Match)	23 Jul 2022	All Squads	RSYS
Junior Match Cup (Coached)	30-31 Jul 2022	Junior Squad	RSYS
Squadron Elliott 7s Series (Fleet)	20 Aug 2022	All Squads	RSYS
Hardy Shield	26-28 Aug 2022	Senior/Open	RSYS
NSW Youth MR Champs	3-4 Sept 2022	Senior Squad	CYCA
John Messenger Women's	17 - 18 Sept 2022	All Squads	CYCA
Australian Open MR Champs	5-9 Oct 2022	Open Squad	TBC
Squadron Elliott 7s Series (Match)	29 Oct 2022	All Squads	RSYS
Australian School MR Champs	11-13 Nov 2022	Junior Squad	TBC
Harken International MR Champs	16 - 20 Nov 2022	Junior/Senior	RPAYC
Bolle International MR Champs	21 - 25 Nov 2022	Senior Squads	CYCA
Christmas Cup	10-11 Dec 2022	All Squads	RSYS
Squadron Elliott 7s Series (Match)	21 Jan 2023	Senior/Open	RSYS
Warren Jones	31 Jan - 3 Feb 2023	Senior/Open	RFBYC
Hardy Cup	5 - 9 Feb 2023	Senior Squad	RSYS
Harken NZ MR Champs	22 - 26 Feb 2023	Senior Squad	RNZYS, NZ
CenterPort MR Champs	1 - 5 Mar 2023	Senior Squad	WYST, NZ
Aus Women's MR Champs	TBA 2022	All Squads	TBA
Australian Youth MR Nationals	TBA 2022	Senior Squad	TBA
NZ Open MR Champs	TBA 2022	Senior/Open	TBA, NZ

SKP JUNIOR SQUAD

The SKP Junior Squad is targeted at sailors aged 13 - 18 years old 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

The Junior Squad sailors will participate in 25 training sessions from 4 May 2022 to 7 December 2022. These training sessions are compulsory for all sailors and will be held on Wednesdays.

- Sessions 1 - 8 (4 May - 22 June): 05:30 - 08:00 on Wednesdays
- Sessions 9 - 14 (20 July - 31 August): 05:30 - 08:00 on Wednesdays
- Sessions 15 - 16 (7 & 14 September): 16:30 - 19:30 on Wednesdays
- Sessions 17 - 25 (12 October - 7 December): 16:30 - 19:30 on Wednesdays

Please note that the start time for all sessions is when the briefings will begin, and the end time is when we expect sailors will be able to leave. Sailors that cannot attend part or the whole training session must notify the SKP Coordinator.

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

JUNIOR SQUAD HOLIDAY CAMPS

Junior Squad participants are also encouraged to participate in SKP School Holidays Courses. These courses are not included in the squad fees and are not compulsory, however, they provide a great opportunity for sailors to further develop their skills within a race focused environment.

- January Holiday Camp (9 - 12 January 2023)
- April Holiday Camp 2023 (TBC)

ADDITIONAL INFORMATION

Please refer to 'Appendix A' for additional program information including provided uniform, volunteering, attendance and event selection requirements. 'Appendix B' contains the calendar for all SKP squads.

JUNIOR SQUAD PARTICIPANT REQUIREMENTS & FEES

The SKP junior squad fees are split into three tiers: subsidised, discounted unsubsidised and unsubsidised. Please refer to the fee criteria below to see which fee you can select.

SKP Junior Squad Subsidised Fee: \$700

SKP Junior Squad Discounted Unsubsidised Fee: \$1,100

SKP Junior Squad Unsubsidised Fee: \$1,500

Fee criteria:

- All SKP participants must be current RSYS Members or become a RSYS Member within three months of submitting their SKP application.
- Junior sailors (U/18) with a parent/grandparent/guardian who is a RSYS Member are eligible to receive the 'subsidised fee'.
- Junior sailors (U/18) without a parent/grandparent/guardian RSYS Member and who are participating in the SKP for the first time are eligible for the 'discounted unsubsidised fee'.
- Junior sailors (U/18) without a parent/grandparent/guardian RSYS Member and who have previously participated in the SKP are only eligible for the 'unsubsidised fee'.

The SKP Junior Squad fees include 25 training sessions, a SKP junior uniform, coaching fees for both training and regattas and entry fees to all target regattas.

The SKP Squad fees do not include RSYS membership, SKP holiday camps, end of season presentation, transport to and from regattas, regatta accommodation (billeting will be provided where possible) or food at regattas.

APPLICATIONS

Applications for the SKP Junior Squad close **5:00pm 17 April 2022**. Sailors can apply using the following link: www.rsys.com.au/skp

SKP SENIOR SQUAD

The SKP Senior Squad is targeted at sailors aged 17 - 22 years old, who can demonstrate a high level of sailing ability at a national level 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 national and international youth match racing events.

EARLY INTAKE

The SKP is offering new sailors the opportunity to join the Senior Squad early and benefit from additional coaching ahead of the general intake. The early intake program begins two months before the full program resumes and provides sailors with an extra four training sessions before the full season begins. Sailors may also be eligible for international events in May.

The early intake training schedule is built around the international events and attendance at training is compulsory for all sailors. Please note the start time for all sessions is when the session briefing will begin, and the end time is when we expect sailors will be able to leave.

- Session 1: 06:30 - 10:00 Wednesday 20 April
- Session 2: 09:00 - 16:00 Saturday 23 April
- Session 3: 09:00 - 16:00 Sunday 24 April
- Session 4: 06:30 - 10:00 Monday 2 May

The SKP early intake is in addition to the SKP Squad full training and events schedule.

SENIOR SQUAD TRAINING

The Senior Squad sailors will participate in 28 training sessions from 6 June 2022 to 20 February 2023. These training sessions are compulsory for all sailors and will be held on Mondays.

- Sessions 1 - 13 (6 June 22 - 29 August 22): 05:30 - 09:00 on Mondays
- Sessions 14 - 24 (12 September 22 - 5 December 22): 15:30 - 19:30 on Mondays
- Sessions 25 - 28 (9 January 23 - 20 February 23): 15:30 - 19:30 on Mondays

Please note that the start time for all sessions is when the briefings will begin, and the end times is when we expect sailors will be able to leave. Sailors that cannot attend part or the whole training session must notify the SKP Coordinator.

SENIOR SQUAD TRAINING CAMPS

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

- Camp 1: 5 - 7 November 2022
- Camp 2: 21 - 23 January 2023

ADDITIONAL INFORMATION

Please refer to 'Appendix A' for additional program information including uniform, volunteering, attendance, and event selection requirements. 'Appendix B' contains the calendar for all SKP squads.

SENIOR SQUAD FEES

The SKP Senior Squad fees are split into two tiers; subsidised and unsubsidised. Please refer to the fee criteria below to see which fee you can select.

SKP Senior Squad (Early Intake + Senior Squad) Subsidised Fee: \$1,300

SKP Senior Squad (Early Intake) Unsubsidised Fee: \$6,000

SKP Senior Squad Subsidised Fee: \$1,000

SKP Senior Squad Unsubsidised Fee: \$5,500

Fee criteria:

- All SKP participants must be current RSYS Members or become a RSYS Member within three months of submitting their SKP application to participate in this program.
- Youth sailors (18+) who are current RSYS Member or agree to become a RSYS Member are eligible to receive the 'subsidised fee'.
- Junior sailors (U/18) with a parent/grandparent/guardian who is a RSYS Member are eligible to receive the 'subsidised fee'.
- Junior sailors (U/18) who are a current RSYS Member or agree to become a RSYS Member but do not have a parent/grandparent/guardian RSYS Member are eligible for the 'unsubsidised fee'.

The SKP Senior Squad fees include 28 training sessions, two training camps, SKP senior uniform, coaching fees for both training and regattas and entry fees to all target regattas.

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.)

APPLICATIONS

Applications for the SKP Senior Squad close **5:00pm 15 May 2022**. Sailors can apply using the following link: www.rsys.com.au/skp

SKP OPEN SQUAD

The SKP Open Squad is targeted at sailors aged over 22 years old, who can demonstrate a moderate to 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 fortnightly training sessions from 5 June 2022 to 13 August 2022. These training sessions are compulsory for all sailors and will be held on Saturdays.

- Sessions 1 - 5 (28 May, 11 & 25 June, 9 July and 6 August): 8:00 - 12:00 on Saturdays
- Sessions 6 - 8 (10 & 24 September and 15 October): 12:00 - 16:00 on Saturdays

OPEN SQUAD TRAINING CAMP

The Open Squad has one training camp scheduled 20-21 August 2022. This training camp is compulsory for Open Squad sailors and has been scheduled around the major regattas.

OPEN SQUAD FEES

All SKP participants must be current RSYS Members or become a RSYS Member within three months of submitting their SKP application.

SKP Open Squad Fee: \$600

All SKP participants must be current RSYS Members or become a RSYS Member within three months of submitting their SKP application to participate in this program.

The SKP Open Squad fees includes 8 training sessions, one training camp, a SKP open uniform, coaching fees for both training and regattas and entry fees to all target regattas.

The SKP Squad fees do not include RSUS membership, end of season presentation, transport to and from regattas, regatta accommodation (billeting will be provided where possible) or food at regattas (lunches are provided at some regattas.)

APPLICATIONS

Applications for the SKP Open Squad close **5:00pm 15 May 2022**. Sailors can apply using the following link: www.rsys.com.au/skp

APPENDIX A - ADDITIONAL PROGRAM INFORMATION

UNIFORM

SKP participants are provided with a new uniform at the beginning of each season. The uniform provided must be worn at training and at events per the uniform guide below. In addition to the provided uniform sailors are expected to bring their own clothing and equipment inline with the uniform guide. A full list of the provided and required uniforms items is outlined below.

Provided Uniform			
Item	Junior Squad	Senior Squad	Open Squad
Sail Racing BowTech Polo	Y	Y	Y
Sail Racing Reference Rashguard	N	Y	Y*
Sail Racing Race Bib	Y	Y	Y
SKP Formal Shirt	N	Y	Y*

Sailor's Additional Items			
Item	Junior Squad	Senior Squad	Open Squad
PFD	Compulsory		
Sailing Watch	Y	Y	Y
Black Sailing Shorts/Leggings	Y	Y	Y
Wet weather jacket/pants/etc.	Strongly Recommended		
Hat	Y	Y	Y
Sailing Gloves	Y	Y	Y

SKP Uniform Guide			
Event	Junior Squad	Senior Squad	Open Squad
SKP Training	Polo	Polo	Polo
Events	Polo + Race Bib	Rash + Race Bib	Rash + Race Bib
Formal Presentations	N/A	Formal Shirt + Men = Beige chinos, Brown belt and shoes Women = White skirt, smart white shoes	

VOLUNTEERING

All members of SKP squads are expected to contribute to the Squadron through volunteering. Opportunities to volunteer will be posted on the SKP calendar and volunteer expression of interest form. It is the responsibility of the sailors organise their volunteer hours.

- Junior Squad: 15 hours per sailor
- Senior Squad: 25 hours per sailor
- Open Squad: 20 Hours per sailor

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

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. Eight 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. Six weeks before an event the selected team will be announced on FB.

Selection Criteria

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

- Attendance at training sessions is above 85% (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.

END OF SEASON PRESENTATION

A casual presentation dinner for all SKP sailors will be held at the Club on **Sunday 12 December 2022**. Tickets for this event will be **\$50 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 2022-23

	1	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					
Apr-22	SEI EOI Closes					SKP Info Evening					SKP School Holidays Course						JS EOI Closes			SEI			SEI Camp													
May-22		SEI		JS							JS								SS/OS EOI Closes		JS				JS								OS	Inter C NCYC		
Jun-22	JS				Inter C RPAYC	SS		JS			OS		SS		JS				E7S Fleet	Inter C RSYS	SS		JS			OS	Inter C CYCA	SS								
Jul-22				SS						OS		SS							SS		JS				E7S Match		SS		JS					Junior MR Cup (Coached)		
Aug-22	SS					OS		SS		JS					SS		JS				OS Camp	SS		JS			Hardy Shield			SS		JS				
Sep-22			NSW Youths CYCA						JS		OS		RSYS Opening Day	SS		JS					John Messenger Womens CYCA		SS													
Oct-22			SS	Australian Open MR Championships						SS		JS				OS		SS		JS					SS		JS					E7S Match	SS Camp			
Nov-22		JS					SS		JS			Australian School MR Champs			SS		JS				Harken RPAYC			Bolle CYCA							SS		JS			
Dec-22					SS		JS				Christmas Cup	Preso	Sail Sydney																							
Jan-23											SKP School Holidays Course														E7S Match	SS Camp									WJ	
Feb-23	Warren Jones (WJ) RFBYC					Hardy Cup									SS																					
Mar-23	CenterPort International RPNYC										Redlands Cup																									

 Senior Squad Training

 Junior Squad Training

 Open Squad Training

 RSYS Regattas

 Away Regattas

 Volunteer Opportunities

 Additional Events



Regatta
Expression of Interest
<https://bit.ly/3vqIBH7>



Volunteering
Expression of Interest
<https://bit.ly/3HphcHW>