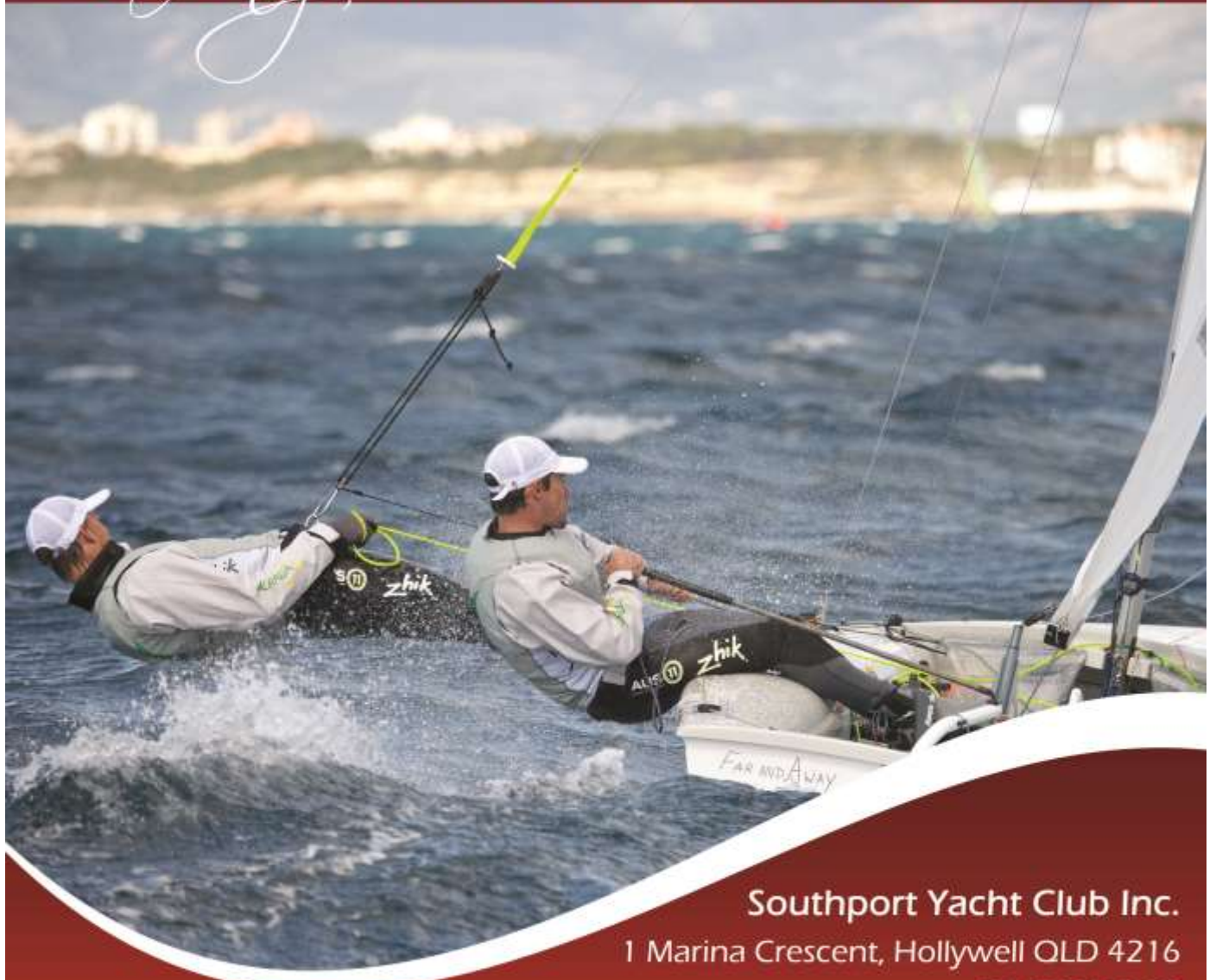


# Southport Yacht Club



## 2018

# *Sailing* PERFORMANCE PROGRAM



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## Welcome to the Southport Yacht Club Sailing Performance Program

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Southport Yacht Club offers excellent facilities and a supportive learning environment through the Club's Sailing Performance Program. This cutting edge program is for those who aspire to be more competent club racers, compete at State, National or World Championships, be selected to the Queensland or Australian Sailing Team, or even to become Olympic champions.

Led by Olympic Gold Medallist Mathew Belcher OAM in a Mentor role, the Performance Program is athlete focussed and uses the experience and knowledge that Mathew has gained from being on the Australian Sailing Team for the past 12 years.

The Sailing Performance Program is inclusive from our cadet members who have learned to sail through our Junior Basics Program or have come to us after completing the Australian Sailing Tackers Program Level 3 to those aiming to be included in the Queensland Sailing Team. Sailing Team members are not required to have already proven themselves on the racecourse, all our coaching team requires is that sailing team members have the right attitude and be committed to hard work.

We have three distinct levels of opportunities for our members to reach their potential. Sailing Team, Development Sailing Team and Performance Sailing Team. These teams support and encourage every individual sailor to be the best that they can be while being a valued member of the Southport Yacht Club Sailing Team.

We have a core team of dedicated, highly skilled on-water coaches that are coaching to the session plans designed by Mentor Mathew Belcher. Our Coaches will be on the water ready to assist team members with training ensuring that all members of the sailing team are reaching their potential. Mentor Mathew Belcher will be on the water as often as his own training sessions in the 470 allow.

While training sessions are not compulsory, time invested on the water at these sessions makes the next level that bit more accessible.

The following pages outline the details of the Sailing Performance Program. If you have any questions or need any further information, please contact our Sailing Academy.

Mercedes-Benz  
Gold Coast



Proud sponsor of the Southport Yacht Club Sailing Performance Program

## About the Sailing Teams:

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### Sailing Team

Sailors who have just completed Tackers 3 and are looking to take the next step with their sailing. The Sailing Team focuses on boat handling and building confidence. This training will give young sailors everything they need to start competing in junior club racing.

**To move to the Development Sailing Team a sailor must be able to demonstrate the following:**

- Tack
- Jibe
- Rig your own boat unassisted
- Must be able to identify and sail on all points of sail
- Be able to stop and hold station
- Effectively right a capsized boat
- Sail around a course
- Be effective at starting
- Understands the basic Racing Rules of Sailing (RRS) including: Understands port and starboard, flag signals and rule 69 etc

**And require the following:**

- Competing regularly in club racing effectively and understanding on & off water processes



## Development Sailing Team

Sailors who have looking to take the next step with their sailing. The Sailing Team focuses on boat handling and building confidence. This training will give young sailors everything they need to start competing in open club racing. As part of their Development they will be spending some Saturday sessions with the Performance Team.

## Selection into the Development Team

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Selection into the Development Team is based on performance in club racing and by meeting the criteria set out in this document. Selection will be made during the term by either Mat Belcher or his nominee and be effective from the following term.

**To move to the Performance Sailing Team a sailor must be able to demonstrate the following:**

- Tack
- Jibe
- Rig your own boat unassisted
- Must be able to identify and sail on all points of sail
- Be able to stop and hold station
- Effectively right a capsized boat
- Sail around a course
- Be effective at starting
- Understands the basic Racing Rules of Sailing (RRS) including: Understands port and starboard, flag signals and rule 69 etc

**And require the following:**

- Competing regularly in club racing effectively and understanding on & off water processes
- Own their own boat



## Performance Sailing Team

The Performance Sailing Team is all about getting young sailors who are now confident in sailing their boat completing more advanced drills and training techniques. This training will give young sailors everything they need to compete more effectively in club racing and develop their skills to start competing in away regattas including State and National titles. The Performance Sailing Team will be capped at 24 participants to ensure each Team Member has every opportunity to make the most of the coaching sessions to reach their own goals.

As part of the Performance Team each individual sailor will have a one-on-one session with one of the Performance Program Coaches to discuss their goals in Term 1 and again in Term 4. This session will be booked via the Team App. A progress report will be completed in these one-on-one sessions and will be available to parents.

Our mission for Performance Sailing Team members is to help them get selected to the Queensland Sailing Team.

## Selection into the Performance Team

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Selection into the Performance Sailing Team is based on performance in club racing, state, national or other regattas and by meeting the criteria set out in this document. Selection will be made during the term by either Mat Belcher or his nominee and be effective from the following term.

Being on the Performance Sailing Team a sailor will learn to demonstrate the following:

- Hike with proper posture
- Sail without a rudder and understands the principal of steering with heel
- Sail backwards
- Can read and understands tell tails
- Can tie knots (Bowline, Figure eight, Reef knot)
- Understands all Racing Rules of Sailing (RRS)
- Have the right attitude, commitment and availability

Sailors will also be encouraged to work on:

- Team Culture – building a strong team with shared knowledge, role models and a focus on having fun
- Personal Development – based on key performance areas, training techniques, on-water exercise, self-analysis techniques, goal setting and boat maintenance
- Theory – building the foundation for racing principles (strategical, tactical, starting, rules and speed)
- Fitness – injury prevention, fatigue and performance, understanding your body and how to build proper technique early
- Time management – yours and your parent's role, getting to events and managing performance
- Race Management Development – Developing skills and knowledge in relation to on-water race management

## Changing to a new boat?

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Moving to a new boat is both an exciting and daunting process. To ease you into the new boat we will ask you to join our Development Sailing Team until the coach feels you are ready to join back in to the Performance Team training sessions in your new class of boat.

## Can't make it on the scheduled training days?

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The Sailing Performance Program as part of the Southport Yacht Club must work around operational requirements for Hollywell. This means that the scheduled days for each Team cannot be moved to another day. You cannot join in other Team Sessions that are scheduled. Please talk to us about how we can help with private lessons to keep you sailing.

## Reporting and Communication:

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The Performance Sailing Team have their own smart phone App. When you become a member of the team you will be asked to download the App to access your Training Calendar, have regular communication with Coaches and Mentor Mathew Belcher, receive notifications of Special Events, Sailor Profiles and other relevant information for the sailing team.

## Away Regatta Support

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Away Regatta Support is dependent on the number of Team members attending the regatta. Not all regattas will be supported by the program. Regattas that are supported will be listed in the TeamApp Calendar.

## Promotion

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Southport Yacht Club wants our community to know about our Sailing Performance Program Athletes and how their Performance Journey is going. We communicate with our community via E-News (a weekly email), social media (facebook, Instagram etc), the quarterly magazine iN SYnC, SYC Website and Media Releases.

A formal photograph will be taken of each Team Member for Promotional purposes and Team Members may be required to write articles or do video interviews for inclusion in club communication.

## Weather Policy

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On-water sessions are bound by current weather conditions in the training area. The decision to cancel on-water sessions will be made by the Academy no earlier than 30 minutes prior to the start of the session. The decision will be posted on Team App.

Should the on-water session be cancelled, all team members will be doing theory until 5pm. Theory is a key component of the Performance Program at Southport Yacht Club so all team members should attend. The on-water session will not be rescheduled.

Should the on-water session go ahead, if the skipper is not feeling confident in the prevailing weather conditions, the decision to participate in the on-water sessions will be their decision (in accordance with RRS Fundamental Rule 4 – Decision to Race)

### Performance Sailing Team

On-Water Sessions will be cancelled when the following conditions are current:

Severe weather warning (including Severe Thunderstorm warning) for the training area

Stable 25 knot wind with either a stable trend or trending upwards.

### Development Sailing Team

On-Water Sessions will be cancelled when the following conditions are current:

Severe weather warning (including Severe Thunderstorm warning) for the training area

Stable 22 knot wind with either a stable trend or trending upwards.

### Sailing Team

On-Water Sessions will be cancelled when the following conditions are current:

Severe weather warning (including Severe Thunderstorm warning) for the training area

Stable 18 knot wind with either a stable trend or trending upwards.

## Term Dates and Training Schedules:

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### Term 1

January 23<sup>rd</sup> → March 31<sup>st</sup>

Total 10 Weeks of Training

### Term 2

April 18<sup>th</sup> – 23<sup>rd</sup> June

Total 10 Weeks of Training

### Term 3

July 10<sup>th</sup> → September 15<sup>th</sup>

Total 10 Weeks of Training

### Term 4

October 3<sup>rd</sup> – December 8<sup>th</sup>

Total 10 Weeks of Training

Each Term's complete training schedule will be published in the Team App.

Please be aware that in some instances our training schedule will need to be adapted to suit varying weather conditions ie. wind and tide. This may result in some training sessions being theory and/or fitness based. These sessions also form an important part of your sailing pathway. The Academy will make this decision, prior to the session, based on the safety of the team members and opportunity for development.

## Sailing Team

Team briefing will commence on "the wall of knowledge" at 4pm sharp. Your boat must be rigged and on the beach ready for launching **prior** to briefing. Coaches will be available to assist with rigging from 3.45pm.

## Development Sailing Team

Team briefing will commence at 4.15pm sharp. Your boat must be rigged and on the beach ready for launching **prior** to briefing. There will be a compulsory de-brief at the end of the session.

## Performance Sailing Team

Team briefing will commence at 4.15pm sharp. Your boat must be rigged and on the beach ready for launching **prior** to briefing. There will be a compulsory de-brief at the end of the session.



## Weekly Training Schedule (Subject to Change):

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	Tuesday	Thursday	Saturday
Sailing Team	& Optimist, Sabot & Open Bic On-Water Training 4pm – 6pm		
Development Sailing Team	Optimist, Sabot & Open Bic On-Water Training 4.15pm – 6.15pm	Lasers & Double Handed Boats On-Water Training 4.15pm-6.15pm	
Performance Sailing Team		Lasers & Double Handed boats & Optimist, Sabot & Open Bic On-Water Training 4.15pm – 6.15pm	Fitness Training for over 13's @ Runaway Bay Sports & On-Water Training 8.15am – 12.30pm

## What is a session?

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A session is approximately 2 hours long and can include on-water, fitness, theory, video de-briefs and informative talks. Sessions can be grouped together to form training camps.

## Sailing Team Uniform

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As part of the Southport Yacht Club Sailing Team, we encourage all team members to wear the team uniform while at training, participating in club races as well as representing the Club during away regattas.

Each Sailing Team member will be given the below items when they join any of the sailing teams for the first time. Additional Team merchandise is available for purchase from the Sailing Office.

### Sailing Team Uniform:

1x SYC Sailing Team T-Shirt

1 x Hat

### Development Sailing Team Uniform:

1x SYC Sailing Team T-Shirt

1 x Hat

### Performance Sailing Team Uniform:

1x SYC Sailing Team T-Shirt

1 x SYC Shorts

1 x Hat

1 x Race Bib

1x SYC logo Sticker to be placed on boat



## Payment:

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Payment must be made prior to the first session of the term and a registration form completed, signed and returned to the Sailing Academy. Sailors are encouraged to attend all training sessions to maximize the benefits of being part of the Sailing Team.

### Sailing Team Cost:

\$230.00 per term per sailor (10 Sessions)

### Development Sailing Team Cost:

\$230 per term per sailor (10 sessions)

### Performance Sailing Team Cost:

\$450.00 per term (single handed) – Full Program (20 Sessions)

\$550.00 per term (double handed)

## Responsibilities:

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### All Team Members

- Southport Yacht Club Cadet membership
- Abide by the SYC Code of Conduct. Breach of the code may result in permanent dismissal from the Sailing Performance Program
- Must be and remain a financial member of SYC and in good financial standing with SYC
- Work towards the attainment of their full potential in sailing
- Sign in and sign out of all training sessions
- Wear the official uniform when in competition, training or on the podium at presentations and at other official functions
- Sail under the SYC banner only

### Performance Sailing Team

- Participate in 2017/2018 Club Championship Race Days
- Be part of the SYC Mentor Program
- Take part in Sail Past
- Attend end of season Sailing Presentation Night
- Write an article for Insync when required

Failure to comply with these responsibilities, may jeopardise your position in the Sailing Performance Program.

## Rights To Use Name And Likeness

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By participation in this program, a Team Member automatically grants to Southport Yacht Club and the sponsors of the Sailing Performance Program, the right in perpetuity, to make, use and show, from time to time and at their discretion, any motion pictures, still pictures and live, taped or film television and other reproductions of him/her during the period of their inclusion in the Sailing Performance Program training sessions in which the Team Member participated and in all material related to the said training session without compensation.