



**CYCA
YOUTH SAILING
ACADEMY**
CELEBRATING
TWENTY-FIVE
YEARS

CYCA Youth Sailing Academy Advanced Squad 2018

The CYCA Youth Sailing Academy will celebrate its 25th season in 2018. The 2018 Advanced Squad program will put more emphasis on athlete's commitment to achieving a high level of sailing ability in sailing knowledge as well as fitness and nutritional goals. Conducted from May to August, the program will incorporate elite coaching in both the sport of sailing and fitness; provide greater racing opportunities for athletes by supporting specific events which are related to the Youth Sailing Academy and provide better connections with the Cruising Yacht Club of Australia for athletes to continue into ocean racing.

Program objectives

- To deliver new world class coaching for athletes to develop their sailing & fitness goals
- Provide greater understanding of health, fitness & nutritional levels needed for elite athletes
- Develop a high level of boat handling, sail trim and understanding of the Racing Rules of Sailing
- Provide ongoing opportunities for athletes to represent the CYCA & Australia at local, state, national and international events across all sailing disciplines.
- Provide financial support (where possible) for athletes to achieve their goals
- Specialise in key roles on-board yachts & outline key peak dates for each sailor and team

Sail Training Program – (0800 – 1400hrs)

The sail training program will be conducted from May to August with 14 training and regatta sessions scheduled. Each session will begin with a 1hr compulsory fitness session with 3 fitness testing days scheduled throughout the season. Athletes will nominate 2 positions for the entire season with the emphasis on building set skills in those areas per season. Team selection will occur after Week 4 and be consolidated for upcoming regatta season with each team receiving a nominated local, national & international event to work towards.

Weeks 1-4: Sat 5 May, 12 May, 19 May, 26 May
Fleet Racing, Elliott tuning and crew combinations
Event: Kellett Shield – Saturday 26 May

Weeks 5-14: Sat 2 Jun, 9 Jun, 16 Jun, 23 Jun, 30 Jun, 14 Jul, 21 Jul, 22 Jul, 4 Aug, 5 Aug, 11 Aug
Consolidation of crew positions and teams for representation and skill development in match racing.
Events: Shelving Systems Match Cup – Saturday 30 June
Captain John Piper Regatta – Sat 21 & Sun 22 Jul
Club Marine NSW Youth MR – Sat 4 & Sun 5 Aug

All members will be strongly encouraged to participate fortnightly in the CYCA Winter Series

Presentation Evening: Friday 26 October 2018

Eligibility:

This program is via invitation only. If you would like to join the program, please complete the online registration form by Friday 20 April 2018. CYCA Youth Sailing Academy Head Coach, Jordan Reece, will then contact you to set up an appointment to discuss your goals. Athletes must be between the ages of 17 and 25 years of age and have already demonstrated a high level of sailing ability either through their own club and/or class results or participated in CYCA Youth Sailing programs. All applications will be assessed on merit for the available positions. Non CYCA members who wish to join the Advanced Squad must also join the CYCA (Youth Membership - \$88.00/yr)

Other pathways and opportunities in 2018-19:

- National and International match racing regattas
- Crewing opportunities in skiff and Olympic classes
- Harbour and offshore yacht crewing – Farr 40s, MC38s etc
- CYCA Sydney Gold Coach Yacht Race
- CYCA Winter Series
- Rolex Sydney Hobart Yacht Race
- Blue Water Series

Program cost:

Advanced Squad program - \$635.00

Includes all boat use, coaching within the course and additional coaching for CYCA YSA representative teams, course notes, YSA Musto Tech Top, YSA Presentation dinner and financial support for all CYCA members in representative teams.

Contact

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