



CRUISING YACHT CLUB OF AUSTRALIA
Home of the Rolex Sydney Hobart Yacht Race

CYCA YOUTH SAILING ACADEMY
WINTER SQUADS 2019
ADVANCED SQUAD
SYDNEY, AUSTRALIA // 4 MAY—4 AUGUST 2019





ADVANCED SQUAD 2019

The 2019 CYCA Youth Sailing Academy Advanced Squad will put more emphasis on athlete's commitment on achieving a high level of sailing ability in keel boat knowledge as well as fitness and nutritional goals. Conducted from May to August, the program will incorporate coaching 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 CYCA for athletes to continue into ocean racing. Athletes will also have mandatory volunteering for specific CYCA activities including race committee duty (Mon/Wed Twilights), protests and/or hearings (CYCA Winter Series – Thursday evenings).

Program objectives

- To deliver coaching for athletes to develop their sailing and fitness goals
- 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 and 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 and outline key peak dates for each sailor and team

Sail Training Program – (0900 – 1500hrs)

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 three fitness testing days scheduled throughout the season. Athletes will nominate two positions for the season with the emphasis on building set skills in those areas per season. Team selection will occur after Week 4 and be consolidated for the upcoming regatta season with each team receiving a nominated local, national and international event to work towards where possible.

Weeks 1-4: Sat 4 May, 11 May, 18 May, 25 May
Fleet Racing, Elliott 7m tuning and crew combinations
Event: Kellett Shield – Sat 25 May

Weeks 5-12: Sat 1 Jun, 15 Jun, 22 Jun, 29 Jun, 6 Jul, 13 Jul, 20 Jul, 21 Jul, 3 Aug, Sun 4 Aug
Consolidation of crew positions and teams for representation and skill development in match racing
Events: CYCA Match Cup – Sat 29 Jun
Captain John Piper Regatta – Sat 20 & Sun 21 Jul
Club Marine NSW Youth MR Regatta – Sat 3 & Sun 4 Aug

YSA Presentation Evening: Friday 30 August 2019

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

Australasian Youth Match Racing Circuit

Athletes are expected to be available to attend an approved list of regattas across Australia and New Zealand from September 2019 to February 2020. Athletes will be selected based on attendance, performance and attitude throughout winter training. Each individual should be available to train twice a week (1x weekday AM or PM, 1x weekend AM or PM) from October 2019 to February 2020. Blackout dates for training are 9 December to 6 January 2020.



A list of regattas include:

- John Messenger Women's MR Regatta	31 Aug - 1 Sept	CYCA
- Australian Match Racing Championship	TBA	TBC
- Australian Women's MR Championship	TBA	TBC
- Australian Youth MR Championship	TBA	TBC
- Harken Int. Youth MR Regatta	20 - 24 Nov	RPAYC
- Musto Int. Youth MR Regatta	21 - 25 Nov	CYCA
- Warren Jones Int. U25 Regatta	27 - 31 Jan	Perth, WA
- Hardy Cup	2 - 6 Feb	RSYS
- NZ Women's MR Nationals	TBA	TBC
- CentrePort Wellington Int Youth MR	12 - 16 Feb	RPNYC, NZL
- Harken NZ Int. Youth MR Regatta	19 - 23 Feb	RNZYS, NZL

Additional Opportunities

Each athlete is strongly encouraged to compete in the Audi Centre Sydney Blue Water Series 2019. Participants will have access to gaining their offshore qualifications including SSSC and Radio courses.

Key dates for the Audi Centre Sydney Blue Water Series include:

- Noakes Sydney Gold Coast Yacht Race	27 July
- Flinders Islet Race	21 September
- Newcastle Bass Island Race	11 October
- Cabbage Tree Island Race	8 November
- Bird Island Race	30 November
- 75 th Rolex Sydney Hobart Yacht Race	26 December

Eligibility:

This program is via invitation only. If you would like to join the program, please complete the online registration form by Friday 19 April 2019. 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 Academy programs. All applications will be assessed on merit for the available positions. All squad members must be members of the CYCA to remain eligible (CYCA Youth Membership - \$94.00/year)

Program cost:

Advanced Squad program - \$675.00

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 selected representative teams.

Active Kids Program

Through a New South Wales Government initiative, the CYCA Youth Sailing Academy has been approved as an Active Kids Program provider which allows parents to claim and redeem a \$100.00 Active Kids voucher per school enrolled child to cover registration of a CYCA Youth Sailing Academy course. To be eligible for the grant, please complete the online application form [here](#).

Contact

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