

Overview

SA Sailing Performance Development program is a key element of the SA Sailing Train to Compete program and serves to ensure the continued ability, development and enjoyment of SA Sailing sailors via South African Class Associations through the sailor's choice of sailing pathway.

It empowers classes to build and develop class participation and encourages overall performance development within the class and has a mechanism to retain sailors and stimulate continued participation of its members.

Purpose

The programs purpose is intended to support and provide access to performance development that introduces, develops and works towards achievement and success for all sailors in their chosen path within sailing and to do so across all levels of competition under which the class operates.

The program is structured towards building from the base to ensure a good foundation at grass level and begin instilling a mindset and aptitude of personal development and achievements as it aligns and follows on to ensure that development is aligned to key outcomes though out a sailors competitive goals once they decide to venture beyond club racing.

It provides the Train to Compete Program with capacity building infrastructure and enables the class to identify and work with key suitable sailors to develop as race coaches within the class to assist and ensure that the class is able to retain and benefit from experienced and suited persons who are able and willing to communicate their lessons onto others to achieve their goals of success. It allows for the class to develop and encourage coaches to apply their knowledge and expertise at any or all levels in line with where their interest and passions for coaching are aimed at.

The SA Sailing Race Coach program is aligned to the SASCOC coach requirements in order to help ensure that the international classes are able to seek and obtain the necessary approvals of attendance of national teams and coaches at international class events or the hosting of international events and training camps in South Africa.

Development Program Structure

The program is designed to ensure there is a structure and means to develop, identify and nurture talent in line with key milestones and Government requirements, while works towards retaining and growing active participation in class sailing through all its levels of ability (i.e. club to international etc).

It encourages and allows for talent identification programs to take place and places the sailor within the correct environments for this to occur naturally and at key times in an athlete development plan.

Talent identification is a key element to performance development to ensure that talent can be identified, harnessed and then nurtured and guided onto a path for success while ensuring that the athlete is developed to allow for peak performance at key times of their path.

This is achieved through the full pathway of participation by following the 3 key levels of the program

Local District Training Groups

This is the starting stage to performance development and introduces and develops competition mindset and ability.

It is aimed at sailors wanting to progress in to competition and to encourage competitive participation and supporting ability development from basic ability and on towards the highest level of competition.

Local District/Class development programs coaches operate at local waters from club premises to improve ability and support personal or individual campaigns to achieve in local competition and stimulate active participation.

Development training groups may be run at one or more clubs within a specific district or linked to key regional or national championship events aimed at performance readiness and achievements at these key events.

Success mentality is encouraged by having sailors aim to be eligible as a top performer in order to be selected for regional talent development program.

Regional Talent development Programs

The talent development programs are for sailors, who have made it to the top level of the Class performance and have been identified to have talent to be developed and are looking to further develop within a Sports Institute program with aspirations of working towards the next steps of the pathway towards inclusion in Class National Teams or aspiring toward inclusion into the SA Sailing Team.

SA Sailing Performance Squads (SAST Youth and Senior)

These are for sailors with proven records of accomplishments at World Championship level that are sailors identified with potential to attain the South African Sailing Team standards and achievements.

This step/squad is open only to the athletes working towards meeting qualification requirements as is laid out by SASCOC eligibility document and for key International events stipulated by SA Sailing only, for example Youth World Sailing Championships, Youth Olympic Games, Para World Champs and Olympic classes.

Outcomes of the program

Key outcomes of the program are: -

- ✚ Empower Classes to grow and retain sailors and coaches with clear pathways for both
- ✚ Empower athletes to have best chance and to be in direct contact with training technical resources with the class and or the class coaching team.
- ✚ Ensure that the necessary government requirements are in place to ensure that selection criteria are met and athletes are able to achieve these through the advanced level of competition, thereby ensuring the athlete investments to their sport is spread over a full development period and thus increases affordability
- ✚ It will allow all classes to benefit and align to the class program to the competition structure that is suitable and relevant to themselves
- ✚ It shows a clear pathway to the sailors to follow and make better informed choices for their future.
- ✚ Allow for talent identification programs from early on to ensure that obtaining medal winners at key events

- ✚ Allows for structured processes to plan marketing around and to be able direct prudential sponsors or talent scouts to connect them with suitable persons
- ✚ A Performance Development program show potential investors sustainability and longevity of their investments which makes for sourcing of funding more likely as they are investing into a program and not into any participate individual.
- ✚ It provides for long term development across the full spectrum.
- ✚ It further provides investors looking to support talent and work on athlete management the proof and track record for these athlete that would support and the attraction of this type of investment.
- ✚ It provides a means to allowing clubs and local communities to make available structure training without the barriers of travel, time and cost at grass roots level

SA Sailing Commitment to the program

While the classes develop and train their coaches on the technical aspects of coaching in their equipment. SA Sailing through its Race Coach development program will accredit Race Coaches on the completion of training the soft skills of race coaching.

The SA Sailing Coach Program includes an RPL process to attach back and or accredit those already working in the area of coaching and to easily obtain their SA Sailing Race Coach Accreditation.

The SA Sailing Coach Program aligns to the SASCOC and the South African Coaching Professional Association (SASCA) body and will assist Coaches towards receiving these bodies coach accreditations which are required for any team or individual that represents the country as a national team at international level.

SA Sailing is willing to add its endorsement to class formal coaching material or making use of international class training material should the class wish to obtain such endorsements in support of attaching funding and to indicate its support and backing of suitable programs.

SA Sailing through its Sailing management process will continue assist and work with classes in the compiling of the competition structure and sanctioning of events.

SA Sailing will, with its rewards and awards programs, work with classes to ensure that top performances at all levels are nominated not only for internal SA Sailing awards but are put forward for external sports awards like those held by sports councils, department of sports and SASCOC

SA Sailing will assist and support classes with the knowledge and their identifying and submitting application towards funding, and will provide guidance of what needs to be in place to support favourable responses to applications.

SA Sailing by having this program will be able through its Grant funding be in a position to review applications and consider support of training programs or coaching clinics from within in its representative committees at District(Local), Regional or National level as is relevant.

SA Sailing though its mechanism will assist classes with marketing and program support under its accreditation process and work with the Classes to promote and actively grow and retain sailors throughout the county.