



RPAYC Youth 'Sports Boat' Keelboat Program

Term 4 – 2021



Overview

The RPAYC Discover Sailing Centre and Training Academy is pleased to welcome you to our **Youth 'Sports Boat' Keelboat Program** for school term 4, 2021.

The RPAYC 'Sports Keelboat' program is an opportunity for sailors with existing dinghy racing and keelboat sailing experience to understand and develop keelboat handling and racing skills. Training will focus on building core teamwork dynamics and sail trim techniques onboard the RPAYC's fleet of Elliott 7 keelboats.

- Understand and develop keelboat handling skills including the dynamics of using an asymmetrical spinnaker and headsail
- Develop a deeper understanding and knowledge base of the Racing Rules of Sailing
- Implement changes from dinghy fleet racing tactics to keelboat racing
- Execution of better teamwork dynamics

The program will be delivered and supported by qualified RPAYC coaching staff.

Schedule

Four Wednesday afternoon training sessions are scheduled throughout NSW School Term 4. Each session will commence at **4pm** and finish at **7pm**.

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| • Wed 10 November 2021 | 1600 – 1900 |
| • Wed 17 November 2021 | 1600 – 1900 |
| • Wed 24 November 2021 | 1600 – 1900 |
| • Wed 01 December 2021 | 1600 – 1900 |

Should weather conditions be unsuitable for an on-water sailing session to be delivered, the RPAYC coaching will deliver a productive on-shore theory session for all participants.

Eligibility

This program is open to RPAYC members and visitors who have pre-existing sailing experience participating in dinghy racing, such as club racing or Schools Pacer Teams Racing.



Registration

Participants must register via the RPAYC revSPORT website, using an Australian Sailing number. Link to register: <https://www.revolutionise.com.au/trpayachtclub/events/108974/>

Fees include usage of the Elliott 7s and coaching on listed training days and temporary Australian Sailing membership during the program. Participants may also use an RPAYC lifejacket (PFD) if they do not have their own.

Please note, registration fees for this program do not cover external event fees or Royal Prince Alfred Yacht Club Youth Membership.

Regattas

Participants will have the opportunity to participate in One Design Keelboat regattas at Royal Prince Alfred Yacht Club. Short windward/leeward racing will take place within the confines of Pittwater, and participants can take part onboard an RPAYC Elliott 7.

One design racing is excellent keelboat regatta experience as participants will have the chance to compete with other classes such as Etchells, 5.5 metres, and other sport boats.

The *Australian Secondary Schools Match Racing Championships* and *NSW Secondary Schools Match Racing Championships* (both TBA in 2021/22) are other regattas that school teams may wish to enter. The entry fees and any coaching support at these events are not covered in this program, however additional coaching support can be arranged through RPAYC.

Where to next?

Sailors who demonstrate a high level of skills may be invited to join the RPAYC's Intermediate Youth Development program or Youth Development squad program.

The Intermediate Youth Development (IYD) program is offered to sailors between 13-18 years, who are at a club racing level or higher, and are looking to broaden their sailing skills by being introduced to keelboat racing.



The Youth Development (YD) program is offered to sailors between 16-25 years who demonstrate a high level of sailing ability in keelboats or selective classes as well as a deep understanding of the Racing Rules of Sailing.

More about RPAYC Youth Development: <https://rpayc.com.au/courses/youth-development/>

RPAYC Youth Membership: <https://rpayc.com.au/membership/>

Contact



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