



YSF SUMMER SQUAD 2021-2022

The CYCSA Summer Squad provide sailors with an entry into Youth Sailing Foundation programs. Aimed at active club sailors, the Summer Squad allows sailors to develop their keelboat sailing skills, gaining a better understanding of racing knowledge and tactics. Run-in two blocks; Fridays afternoons from November to December 2021 and Friday afternoons from February to March 2022; the program provides excellent opportunities to fast track their development towards the 2022 YSF Winter Development Squads.

Summer Squad Objectives

- Provide coaching and training for sailors to develop their sailing skills for keelboats.
- Improve fleet racing skills using Elliott 7s.
- Build a better level of boat handling skills using both asymmetric and symmetric spinnakers
- Develop sound knowledge and understanding of Racing Rules of Sailing.
- Improve tactics to enhance fleet racing skills.
- Gain valuable teamwork experience.
- Introduce match racing.

Training Program

Block 1: Fridays 1630 – 2000: 5, 12, 19 & 26 November; 3, 10 & 18 December 2021.

Block 2: Fridays 1630 – 2000: 4, 11 & 25 February; 4, 11, 12 & 13 March 2022.

Key Regattas

As the Youth Sailing Foundation commences training, the 21/22 Summer Squad focuses sailors on two key events. The first event is an internal Fleet Racing sprint series held in December. Training focuses on boat handling, fleet racing skills and knowledge. From February, training will introduce basic match racing skills and concepts with the possibility to enter a team in the Fred Neill Match Racing Regatta in March.

Eligibility

Sailors who want to join the Summer Squad must be aged between 13-25 years old and have demonstrated sailing ability at club level.

Training sessions can be attended per session and participation of a minimum of two consecutive sessions is recommended.

Participation in key Regattas will determined by attendance. Submit an application of 200 words or less outlining your sailing goals and ability to commit to the program addressed to Dale Geddes - ysf.coach@cycsa.com.au

Youth Sailing Foundation



Cruising Yacht Club
of South Australia

Squad fees

\$550.00 inc. GST per full training block.

Squads can be joined anytime with fees adjusted to suit pro-rata*.

Includes all boat use, coaching throughout the program YSF Squad Team Shirt and CYCSA Junior Membership valued at \$90.

Junior members receive club access, 10% discount on food, drink and Club merchandise. Members also receive a 10% discount on future courses. *Minimum commitment conditions apply for pro-rata sign ups.

YSF Program Pathways



Contact Details

Dale Geddes
Head Coach
CYCSA Youth Sailing Foundation

p: 08 8248 4222

e: ysf.coach@cycsa.com.au