



YSF WINTER DEVELOPMENT SQUAD

The CYCSA Winter Development Squad provide sailors with an entry into Youth Sailing Foundation winter training programs. Aimed at active club sailors and sailors who have successfully completed the School Holiday squad and Summer Squads, the Development Squad allows sailors to develop their keelboat sailing skills, gaining a better understanding of racing knowledge and tactics. Run on Saturdays in two blocks from May to September; the program provides excellent opportunities for sailors to develop and work towards Performance squads.

Development Squad Objectives

- Provide coaching, theory, 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.
- Introduce basic match racing concepts.
- Gain valuable teamwork experience.

Training Program

Block 1 – Saturday (0900-1300) 7 May – 25 June 2022 (8 weeks).

Block 2 – Saturday (0900-1300) 16 July – 3 September 2022 (8 weeks).

Key Regattas

The Winter Development Squad focuses sailors on two key events. The first event is an internal Fleet Racing sprint series. Training focuses on boat handling, fleet racing skills and knowledge. The second event is an internal Match Racing event. Training will introduce basic match racing concepts building key skills and knowledge. Sailors will rotate through all positions developing a well-rounded skill set to enable transition to the Winter Performance Squads. Development Squad goals include the aim to send teams interstate to compete. Sailors are encouraged to compete on members yachts during the winter series.

Eligibility

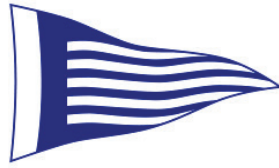
Sailors who want to join the Winter Development Squad must be aged between 13-18 years old and have demonstrated sailing ability at club level. Submit an application of 200 words or less outlining sailing goals and ability to commit to the program addressed to Dale Geddes - ysf.coach@cycsa.com.au

Squad fees

\$550.00 inc. GST per training block. Discount available for both training blocks.

Includes all boat use, coaching throughout the program, YSF Squad Team Shirt and CYCSA Junior Membership valued at \$90.00. Junior members receive club access, 10% discount on food, drink and merchandise. Members also receive a 10% discount on future courses.

Youth Sailing Foundation



Cruising Yacht Club
of South Australia

YSF Program Pathways



Contact Details

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CYCSA Youth Sailing Foundation

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