



## YSF WINTER PERFORMANCE SQUAD

The CYCSA Performance Squad is aimed at sailors who graduate from the Winter Development Squad and who are committed to performing at a high level. The Performance Squad focusses on high level coaching and race tactics with the goals of competing at national and international events. Run-on Saturdays from July to September; the program provides excellent opportunities to continue refining keelboat racing skills to compete at the highest levels.

### Performance Squad Objectives

- Provide coaching, theory, and training for sailors to refine their sailing skills for keelboats.
- Introduce fitness and nutrition concepts.
- Fine tune fleet racing skills using Elliott 7s.
- Develop a higher level of boat handling skills using both asymmetric and symmetric spinnakers.
- Develop deeper knowledge and understanding of Racing Rules of Sailing.
- Refine tactics used in both fleet racing and match racing.
- Develop and build upon match racing knowledge.
- Gain valuable teamwork experience.

### Training Program

Saturday (0900-1500) 2 July - 3 September (10 weeks)

The Winter Performance Squad incorporates both on and off water training included fitness and nutrition goals tailored towards the sailors' goals and ambitions. Each session will start with a fitness session and will include testing days during the program. Sailors will nominate two key positions for the training period to build skills sets in designated positions. Teams will be selected after 4 weeks with training to consolidate towards key national regattas. To be confirmed as YSF Squads develop

### Eligibility

Sailors who want to join the Winter Performance Squad must be aged between 17-25 years old and have demonstrated sailing ability at a high 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](mailto:ysf.coach@cycsa.com.au)

### Squad fees

\$650.00 inc. GST.

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

Dale Geddes  
Head Coach  
CYCSA Youth Sailing Foundation

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