



PERFORMANCE PATHWAY HANDBOOK





Contents

| | |
|--------------------------------------|----|
| Welcome | 4 |
| Aims of the Programme | 6 |
| Values & Behaviours | 8 |
| Programme Stages | 10 |
| The Programme Journey | 12 |
| Adaptive Sailor | 14 |
| What it Takes to Win | 16 |
| Performance Mindset | 18 |
| Case Studies | 20 |
| Stages of the Programme | 28 |
| Accelerating your Development | 46 |
| Performance Parent | 48 |
| Life after the Performance Programme | 50 |
| Other Forms of Funding | 60 |
| Racing Syllabus | 66 |
| Club & Class Recognition | 68 |
| Further Information | 74 |
| Anti Doping | 75 |
| Safeguarding & Equality | 76 |



About this handbook

WELCOME TO THE LATEST EDITION OF THE RYA PERFORMANCE PATHWAY HANDBOOK

This handbook aims to share the most up to date information to understand the values, aims, philosophy and structure of the British Youth Sailing Programme. It is the definitive guide for young sailors and their parents to help you navigate your way along the pathway, to inform your decisions to maximise sailor development and to make the most of available opportunities in the sport.



Ian Walker MBE
RYA Director of Racing / Performance Director

In short, this is your definitive guide to...

- The aims of British Youth Sailing
- The pathway from club activity to success on the International stage
- The commitment and expectations for sailors and parents at each stage of the Programme
- Optimising your development within the Programme and forming a winning team within your family





I hope this handbook provides you with all the information you feel you need to inform your sailing and lifestyle choices wherever you sit within the Youth Programme. Please use it to take control of your own sailing future



There is no 'one size fits all' for young sailor development with many of our most accomplished Olympians all having experienced a different journey to the top of the sport. We hope you enjoy reading the case studies that help to highlight the differences in the pathway experienced by four of Britain's top sailors. While this handbook is an essential guide for our future Olympians please bear in mind that the Olympics is only one peak in a sport that can offer something for everyone. Sailing is truly a sport for life that can offer more career

and sporting opportunities than almost any other sport, and this handbook will help highlight and guide you on those varied paths.

We hope that with the aid of this handbook, you and your family will be able to make more informed decisions, and identify the key factors you can work on to enable you to enjoy a smooth progression through the Programme. In turn this will give you the very best chance of achieving your goals and enjoying a lifetime in sailing.

I'd like to record our continued thanks to the following organisations, whose ongoing support is vital to enable us to deliver the scale and scope of programmes to which we aspire:



The National Lottery, Sport England, Sport Wales, Sport Scotland and Sports Council for Northern Ireland, The English Institute of Sport



Aims of the Programme



To develop and retain the

1

Are fast
in all
conditions

2

Are mentally and
physically robust
athletes

3

Are excellent
non-dependent
decision makers

Promoting British Sailing Team
values from the outset



best sailors in the world

4

That excel under
the most extreme
pressure

5

Nurture passion,
professionalism and a
performance mindset

Values & Behaviours

BRITISH YOUTH SAILING



PASSIONATELY AMBITIOUS

'Be the best you can be'

- Excited and enthusiastic about the journey
- Committed to your programme
- Hunger and desire to improve your performance through prioritisation
- Invested in the sailors and your own journey to success



CURIOSITY

'Fascination with the process of learning'

- Desire to learn new things
- Experimenting with different ways of learning
- Motivated to learn from all experiences
- Exploring opportunities to improve the pathway



COURAGE AND DETERMINATION

'Never give up'

- Keep on trying, no matter what the challenge
- Embrace failure in order to ultimately succeed
- Strive to bounce back after a setback
- Have the confidence to challenge and be challenged

OWNERSHIP

'Take responsibility'

- Start to do things for yourself
- Take responsibility for your actions
- Manage your own programme
- Be accountable for your work

RESPECT AND INTEGRITY

'Doing the right thing'

- Doing the right thing
- Exhibit sportsmanship
- Exhibit professionalism
- Be open, honest and trustworthy

A determination to ensure everything we do keeps raising the bar and 'no stone is left unturned'



BRITISH SAILING TEAM



TO LEAD AND INSPIRE FUTURE GENERATIONS OF BRITISH SAILORS

Being **professional** in your attitude and behaviour no matter what the pressure or situation, and representing the team with **pride**

Being **passionate** about the sport, being **driven to succeed**, looking to leave the sport and the team in a better place

Being a **role model** for all, having **respect** for each other, the team and the programme, operating with the upmost **integrity** in everything you do



STRIVING TOGETHER AND PUSHING BOUNDARIES

Having the **determination to succeed** through optimising the resources and support around you, **working collaboratively** as part of a larger team

Creating the right environment to **maximise learning** on and off the water with the aim of developing your **competitive edge**

Pioneering the way in setting new limits through being **creative, innovative** and **willing to take risks** in the pursuit of sailing excellence



IN THE RELENTLESS PURSUIT OF SUCCESS

Sailing with **purpose** in everything you do, training with **precision** in every session and **making every moment count**

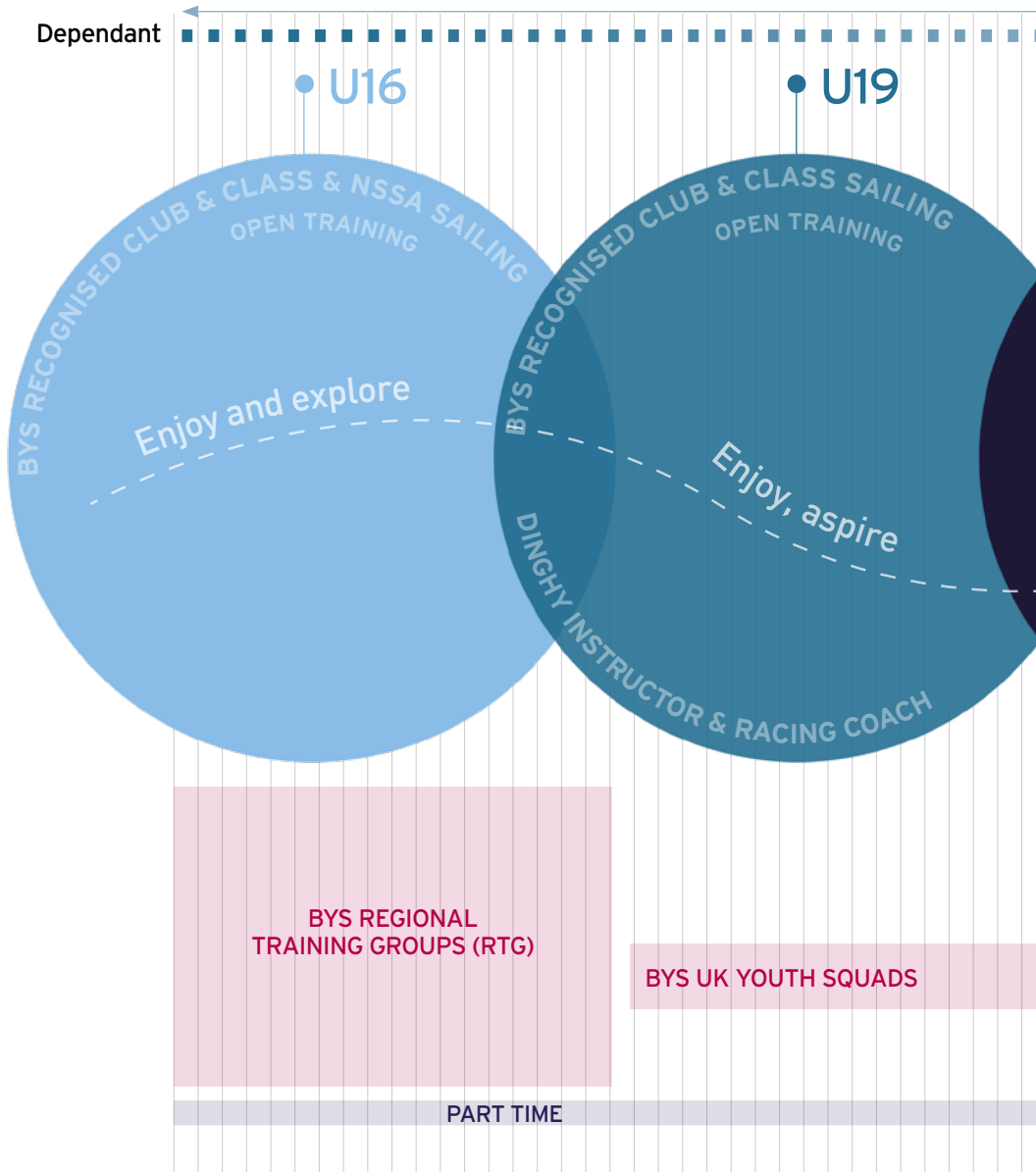
Setting **high standards** for performance in training and competition, constantly **striving to be better** and pushing yourself, your skills and each other all the way

Taking **ownership** of, and making yourself **accountable** for, every action or decision, on and off the water





Programme Stages

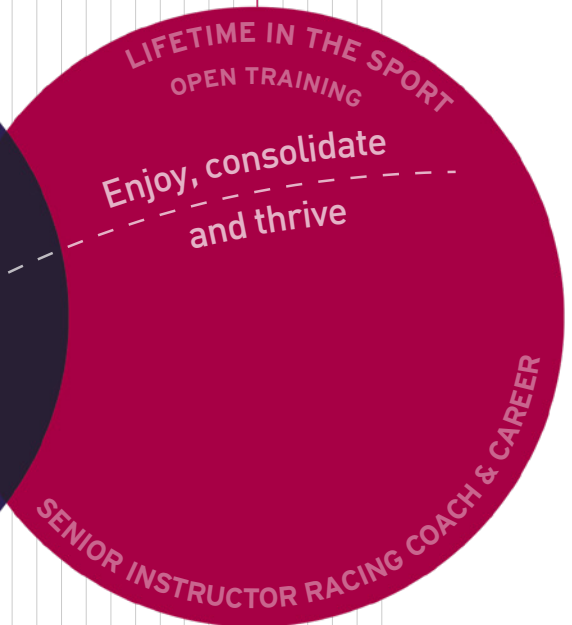
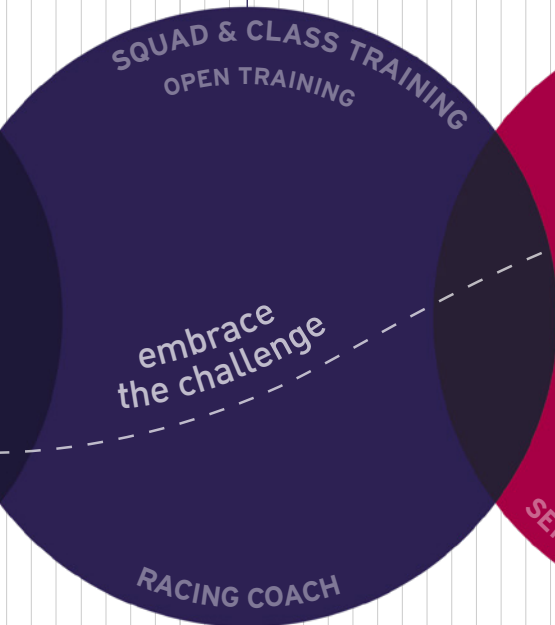




Non-Dependant

U23

Senior



BRITISH SAILING TEAM

TRANSITION

BRITISH SAILING SQUAD

OLYMPIC GAMES TEAM

BYS UK U19 & U21
INTERNATIONAL TEAMS

PART TIME

FULL TIME



The Programme Journey

To develop as a successful sailor you need to clearly identify the key milestones throughout the journey and what skills, behaviours and attributes are needed to help you achieve your end goal. Throughout your journey we work hard to develop a culture of leaving no stone unturned, setting clear goals for each step, and closely monitoring progress. This all begins with thinking of your end goal; start with the end in mind.

This journey presents endless opportunities to learn about yourself as a person, an athlete, a competitor, a team member and as a developing sailor. The journey will also allow you to develop skills that are widely transferable to the world outside of sailing.

KEY POINTS TO CONSIDER THROUGHOUT YOUR JOURNEY...

Remember the process evolves: Development is an evolutionary process which means the route that each sailor takes will be different. There will be periods of transition, adjustment and stepping outside your comfort zone into the unknown. Re-evaluating this journey along the way will shape your future and allow you to move forward with clear purpose.

Be prepared for set backs, failure is normal: Every sailor agrees that setbacks and failure happen. These could be due to performance outcomes, injury, selection, mistakes and exam breaks just to name a few. But every sailor will also agree that the setbacks and failures they experienced were important factors that continued

their learning and development. Sailors who see these as opportunities are those who continue the journey with more knowledge and direction. Throughout the pathway, true failure is not about not achieving your goals, true failure is to stop learning or to stop trying.

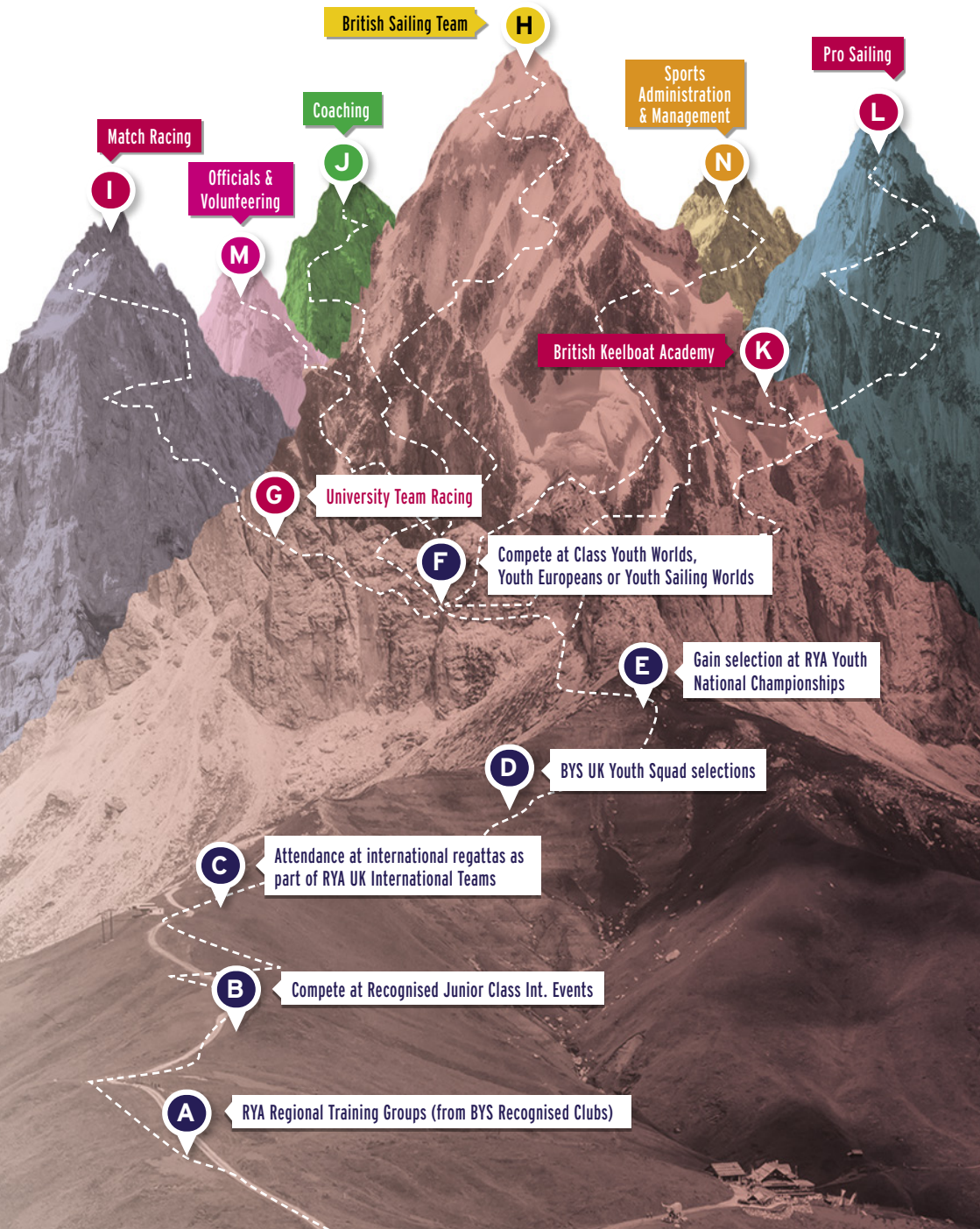
There is more than one pathway:

No journey is ever the same. The most important thing is that sailors make their individual pathway work for them.

There is more than one pathway:

Location, priorities, education, opportunities, injury and illness are just some of the factors that will shape your unique journey.







Be The
World's Most
Adaptive Sailor





Racing is about solving the problems the course, weather and competitors throw at you

WHAT DOES IT TAKE TO WIN?

Under pressure in a race, you are able to...



Get a start that allows you to execute your race plan

STARTING



Sail fast in all conditions and directions

SPEED



Take advantage of the conditions on the race course

STRATEGY



Take advantage of boat-on-boat situations as they occur around the race course

TACTICS



Adapt as the situation changes

What it takes to win

A complex sport requires a broad range of skills, qualities and attributes in order to develop and reach your full potential. Listed below, are some attributes and behaviours demonstrated regularly by our most successful sailors. We encourage you to develop these skills and attributes throughout your journey with persistence, effort and commitment.



“As an athlete you go in to every competition aiming to win, but even if you don’t hit those heights it’s important to learn, take what you can from the experience and put it in to action at the next opportunity.”

Stu Bithell





Performance Mindset

DEVELOPMENT OF MENTAL ROBUSTNESS IN WORLD-CLASS SAILORS

The Sailor Performance Psychology Model represents the psychology mission to help *remove psychological barriers* and *optimise performance*. This is achieved through establishing, strengthening and maintaining the core foundations of a B.L.A.S.T. Performance Mindset and optimising on water, sailing specific mental processes.

Through developing these skills and increasing their robustness by practicing them in training and under pressure in regattas, it is believed that sailors will be able to thrive when it matters most. Meaning they can apply and demonstrate these skills, make logical decisions and deliver optimal technique under pressure.

For further information, guidance and handouts to help you optimise your Performance Mindset, please visit our online resource:

<https://sway.office.com/G30xPDKolxR8F6Zz?ref=Link>





Sailor Performance Psychology Model

LOGICAL DECISIONS & OPTIMAL TECHNIQUE



ON WATER MENTAL PROCESSES



B.L.A.S.T. PERFORMANCE MINDSET

B BELIEVE **L** LEARN **A** AWARE **S** STRIVE **T** TRUST



GILES SCOTT^{MBE} : Finn



When I finished my university degree and became a full-time sailor, it took me a while to understand what it really took to be the best.

When I started full-time sailing, I started to believe in myself and what I could achieve, but I was not sure what to do with this belief. In late 2010 I realised that it was not only about doing my sport because I enjoyed sailing and winning, but that I also needed to really understand how to apply myself to be the best.

My strategy was to work hard to be a better sailor by ensuring all the foundations were in place and that they were robust with no distractions.

The biggest challenge I have faced in my sailing career so far was to beat the best, who at the time was Ben Ainslie, at the Olympic Selection Trials in 2011.

I didn't win the Trials in 2011, but this challenge certainly helped me to understand what it really meant to try hard to achieve what I wanted.

ADVICE

My advice to young sailors would be to enjoy sailing, both the sport itself you're your achievements along the way. Enjoyment is your fuel to stay engaged in the sport, to be focused on the water and to learn to be a better sailor.





TIMELINE

Aged 6: I started sailing an Optimist at Grafham Water Sailing Club. Initially I did not like racing, I just wanted to go fast and sail straight up and down.

Aged 9: Started racing at local events and did well, I enjoyed winning.

Aged 12: Entered the Topper National Squad. I was the youngest in the Squad and loved racing against the older competitors.

Aged 14: First success came when I won the Topper Nationals in my final year. I competed in a few Radial events - loved trying new challenges and competing against an older fleet. Excited to take the next step along the pathway.

Aged 15: Entered the Radial squad and quickly progressed into the Laser at 16 where I was once again the youngest in the squad.

Aged 18: Won Laser ISAF Youth Worlds and then soon after went to Southampton University to study Geography for three years.

Aged 19: Finished seventh at the Laser Worlds.

Aged 20: Started sailing the Finn and trained alongside Olympic champion Ben Ainslie.

Aged 21: Finished University and entered the British Sailing Team Podium Squad to become a full-time sailor.

Aged 24: Won the Finn Worlds in Australia which was a great moment.

Aged 24: Lost out on selection for the London 2012 Olympic Games to Ben Ainslie.

Aged 25: Joined Team Korea and then Luna Rossa for the America's Cup Challenge. Learnt a great deal and gained a broader understanding of sailing.

Aged 26: Came back to Finn sailing in September, fresh and motivated.

Aged 27: Won the Finn World Championships in Santander.

Aged 28: Won my third and fourth Finn World Championship titles in Takapuna, New Zealand and Gaeta, Italy.

Aged 29: Won an Olympic gold medal at Rio 2016.

Aged 30: Competed in America's Cup for BAR Land Rover in Bermuda

Aged 32: Selected for Tokyo 2020 in the Finn alongside working with Team Ineos for the next edition of the America's Cup

Aged 33: Competed in America's Cup with INEOS Team UK

Aged 34: Won gold at Tokyo 2020



EILIDH MCINTYRE_{MBE} : 470

ADVICE

I've known I wanted to go to the Olympics and win for as long as I can remember. I had always wanted to be a helm and had never considered crewing but when the opportunity to join the British Sailing Team at 15 arose I snapped it up.

Learning to crew was a huge eye opener for me. I never appreciated how much they do and how an amazing crew can make all the difference between winning and losing. It was a turning point in my journey and I fell in love with crewing.

I went full time sailing when I was 18 although I spent most of my GCSEs and A Levels wishing I already was. Being full time was a baptism of fire. I thought I was putting everything into it until someone pointed out to me that I wasn't even trying. That's when I realised I had to give it my absolute everything.

Coming in to the Tokyo 2020 cycle I was determined that this was the cycle for me and I wasn't going to stop at anything but winning.





TIMELINE

Age 7: Got my first Oppie - I thought I knew everything there was about sailing

Age 8: Went to my first Oppie event and realised I might need to learn a bit more

Age 11: Started Sailing RS Feva alongside Oppie - I got a bit long for the Oppie

Age 14: Ladies National Champion and for the first time beating all the boys at an open meeting

Age 15: Started learning to crew a 470

Age 16: Second place women at the 470 Junior European Championships

Age 18: Moved from part time to full time and finished third at Open 470 Europeans

Age 19: Finished fifth at the 470 Worlds

Age 21: Runner up at Olympic Trials to Hannah Mills and Saskia Clark

Age 22: Teamed up with Hannah Mills

Age 23: Second at 470 World Championships

Age 25: 2019 World Champions and selected for Tokyo 2020

Age 27: Won gold at Tokyo 2020. Made MBE in New Year Honours.



JAMES PETERS : 49er

ADVICE

Get out there at a young age and try to win races in any class you can get your hands on!

If you're lucky like me to come from a vibrant sailing club full of top sailors, you can get a long way by trying to win locally, getting advice from those around you (often at the bar after sailing!). Combine this club environment with a bit of coaching/professionalism sprinkled in from the RYA squads and you'll be golden.

However, first and foremost get out on the water and enjoy yourself. We're all so lucky to even have the chance to go sailing!





TIMELINE

Age 4: First sailed an optimist at Hayling Island Sailing Club

Age 11: My first success in a Junior national fleet, Qualifying for the Optimist Europeans team at the National Worlds/Europeans Selection Trials

Age 13: RS Feva World Champion with team mate Ben Gratton. The RS Feva was a new and exciting junior class and it carved a path for me in Asymmetric one design racing!

Age 15: 29er ISAF Youth World Champion and European Champion with team mate Ed FitzGerald

Age 18: RS200 National Champion with team mate Alan Roberts. Memorable 150 boat national class racing at WPNSA. Still love racing the RS200 class now when possible!

Age 19: 49er U21 World Champion and European Champs Bronze with team mate Ed FitzGerald

Age 24: First senior major regatta win (Princess Sofia, Palma) and 49er World championship Silver with team mate Fynn Sterritt

Age 26: Top the 49er world rankings with team mate Fynn Sterritt

SASKIA SILLS : iQFOIL



ADVICE

Firstly, and most importantly, have fun and enjoy it with your friends and your family.

Next, I think that time on the water is so valuable at any stage of sailing development, but it's important to know your 'why'. Why are you going on the water? To improve your starts? Your tacks? Your speed against your friends? To have fun? Knowing your 'why' helps to focus each session as well as your training throughout the year.

Celebrating every single success is also really important, big or small. Take a step back to acknowledge what you've achieved, process it and use it as fuel to keep on moving forwards.

Be kind to yourself and people around you, ask questions and ask for help if you need it. Build a team around you who you trust, they will help you get the best out of yourself.



TIMELINE

Age 9 - My first ever big competition - The UKWA National Championships in Weymouth

Age 13 - Won my first Techno 6.8 Junior World Championships

Age 15 - Won my second Junior World Championships on my 15th birthday in San Francisco, USA in the Techno 7.8

Age 15 - Won the ISAF Youth World Championships in Dun Laoghaire, Ireland in the RSX 8.5

Age 16 - 2nd at the Open U19 RSX Youth World Championships & won the U17 category

Age 17 - Had a year off training due to being ill (Diagnosed with Coeliac Disease and had an Appendicitis). Until this, I thought I would finish academia at 18 after my A-levels and become a full-time windsurfer but it made me realise that I wanted a 'back up plan'

Age 18 - Moved away from home and went to study Geography at Bournemouth University, stayed in the British Sailing Team competing and training where I could

Age 19/20 - Still studying, finding studying and athlete life extremely difficult to 'balance' (I'm not sure if I believe in 'balance', it's more about prioritisation). Taken off the British Sailing Team for about a year

because I wasn't improving in my sailing. Developed an overuse injury called Compartment Syndrome in both my forearms

Age 20 - I decided to split my last year at university across two years so that I could manage my time with windsurfing and studying a bit better.

Age 20 - With the access to the specialist support of the British Sailing Team, I realised I had to have surgery on my forearms due to the Compartment Syndrome and so I finished my exams and went for surgery

Age 22 - I graduated from University and became a full-time sailor in the British Sailing Team. 23rd at the 2018 World Sailing World Championships

Age 22 - Won my first Senior Medal at the World Cup Final

Age 23 - 9th out of 106 girls at the senior RSX World Championships

Age 23 - Training Partner for Tokyo 2020 Olympic candidate

Age 24 - switched to iQFOiL

Age 25 - Bronze medal at the 2021 iQFOiL World Championships

What to expect at every stage







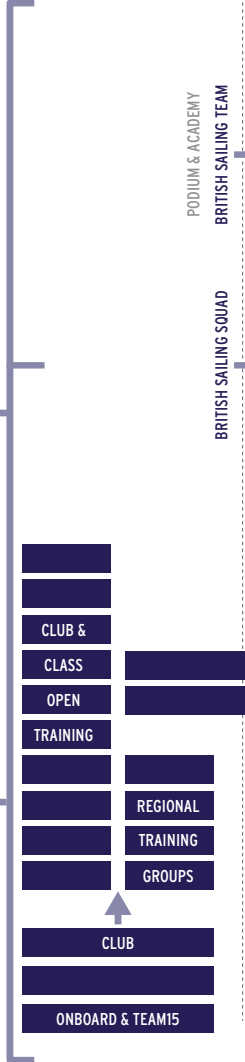
The Performance Pathway



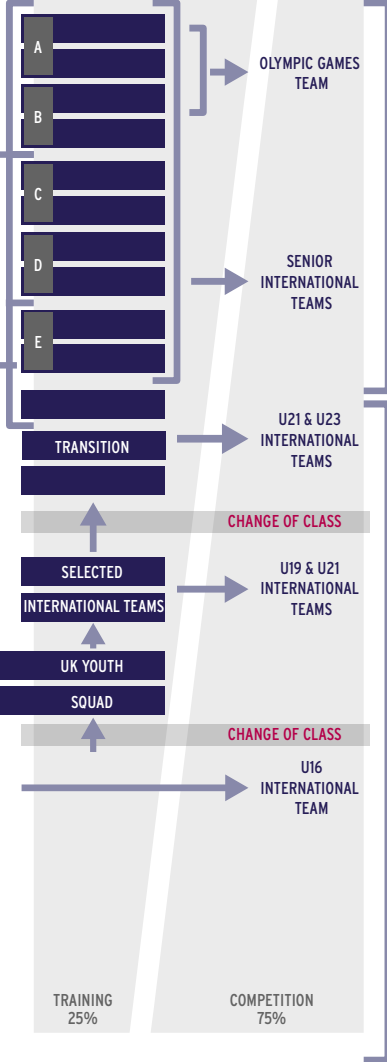
LIFETIME IN THE SPORT

- KEELBOAT SAILING
- COACHING & INSTRUCTING
- DISABILITY SAILING
- TEAM RACING
- MATCH RACING
- VOLUNTEERING
- JUDGING & UMPIRING
- RACE OFFICIALS

HOME COUNTRIES



WORLD CLASS PROGRAMME



PERFORMANCE SUPPORT

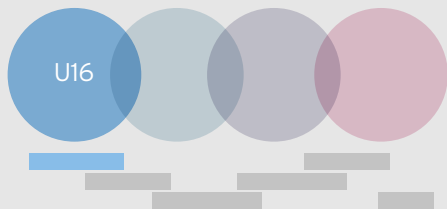
- FULLTIME - Weymouth & Portland based
- TAILORED SPORTS SCIENCE AND MEDICINE SUPPORT
- PROFILING AND EDUCATION
- EDUCATION

[Dark Blue Box] = 1 YEAR



Recognised Club

BYS Recognised Club



AIMS AT THIS LEVEL

Making it FUN and engendering commitment through the development of enjoyment and enthusiasm for the sport.

SAILOR COMMITMENT

- AGE:** 6 and over
- DAYS:** As many or as little as you like as long as you are learning and having fun!
- TRAVEL & EVENTS:** Once you have achieved a reasonable level of competency at club level, you should begin to progress into Class Association open training and racing events and then on to BYS Regional Training Groups (RTG) and travel to train locally with peers from other clubs.
- COST:** A reasonable second hand boat will do and you can pick this up from a couple of hundred pounds, the important thing is it is safe and everything works rather than looking pretty!

INTRODUCTION

The BYS Recognised Club Programme accredits and supports junior dinghy, windsurfing and foiling clubs that have made a commitment to the development of junior training and racing. They are safe and effective places to develop your skills and there will almost certainly be one in your local area.





Nurturing a growth mind set, passion for learning and professional attitude



BYS RECOGNISED CLASSES



Optimist



Topper



RS Feva XL



RS Tera Sport



Cadet



BIC Techno 2930D

MOVING ON

Options for moving on from here

The BYS Regional Training Groups are the next step up. At this stage it's all about gathering skills and experience of racing and engaging in appropriate training and competition as locally as possible. The BYS Class you choose to sail is very much secondary to the environment you choose to do your sailing in, it should all be about having a fun and constructive time afloat.

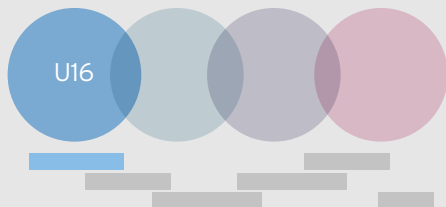
Help with making your decisions

Your local RTG coach is your contact for finding out what activity is in your area, what classes are sailed most prolifically and what you need to do and when to get into the RTG. This information is available on the BYS website.

Alternatively, your BYS Recognised Club Coach, will be more than happy to offer you and your parents advice on whether you are ready to think about moving up to the RTG and they can help you explore the options for swapping classes, or progressing into regional racing and race training.



BYS Regional Training Groups (RTG)



AIMS AT THIS LEVEL

The sailors are encouraged to have FUN and promote the development of practical sailing skills as well as a broad foundation of knowledge to help them progress into Youth Sailing.

Sailors are expected to optimise their equipment, themselves and their partnerships.

It is important at this level to gain an insight and understanding of the commitments involved in the British Sailing Team for sailors looking to transition into Olympic Classes.



INTRODUCTION

The BYS Regional Training Groups support around 450 sailors nationally. They provide local access to high quality training under the guidance of expert RYA appointed coaches. The sailors are typically under 15. This is the first step to learn to compete and prepare for National Competition.

SAILOR COMMITMENT

RTG is additional coaching and support for sailors to complement their sailing in their Club and Class Association. Whilst sailors should continue with their other sporting commitments, they should also be sailing every weekend by this stage. The RTG programme should add value for one weekend a month over 6 months.

AGE: 9-16

DAYS: One weekend per month October - May

TRAVEL & EVENTS: Most of the six training weekends take place locally by Region. Selected sailors will attend the RYA Eric Twiname Championships, and sailors are encouraged to attend class indicator events as well as open training and regional racing activity.

COST: The BYS RTG are subsidised by the RYA and require a financial contribution from the sailor. Event entry fees are the sailor's responsibility, as well as travel and equipment costs

NO. OF SAILORS SUPPORTED: Up to 450



Spend time in all boats, experiencing different race scenarios. But always master your own craft



BYS RECOGNISED CLASSES



Optimist



Topper



RS Feva XL



RS Tera Sport



BIC Techno 2930D



Cadet



ILCA 4

MOVING ON

Participation at International events is one step onwards for those sailors that are ready but for the majority preparing to and transitioning in to Youth sailing the next step on from here. However, there are many other routes you can pursue from here if you have other priorities or can't make the commitment for whatever reason. You can either continue sailing in the RGT (depending on your age) apply the skills you have learned within your Club and or Class Association racing and training or move into other classes furthering your enjoyment of the sport.

Help with making your decisions

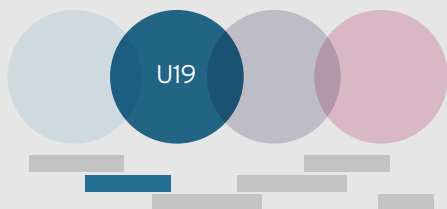
Your local RTG Coach or Class Association Coach is the best person to advise you although all information should be available on the BYS Website.

The relevant coaches are also well placed to advise you on your readiness to move up to the next level and can help you plan a smooth and effective move.

The Class Associations can give you the most up-to-date information about specific classes, inform you on how the class activity is structured and advise you on what events are relevant. Some Class Associations can help organise test sails so you can try out their class.

In addition to this Clubs & Class Associations will both help in facilitating trials of different Classes and exploring the merits of each.

Changing Class



HOW TO CHOOSE THE RIGHT CLASS FOR YOU

Changing class, like changing school, can be daunting for young sailors and the choices can be confusing for parents too. The reality of going from being one of the most experienced in a junior class to relative newcomer in a youth class, coupled with new skills to learn, a tougher physical challenge and a new peer group can be unnerving.

Fortunately, there is a lot of help at hand and just like school it won't be long before you feel right at home. It is important to make the right choices and the RYA and our coaches are here to help.

WHEN TO START THINKING ABOUT TRANSITIONING

Being a good physical fit for the boat you sail is very much part of a young sailor's enjoyment of the sport. As sailors grow and develop their ideal boat will also change. It's best to always have an idea of what may come next on your journey. It is tempting to stay in your existing class longer to stay with your friends and to try to win events, and sometimes this can build your confidence.



But beware as getting too big for your current boat can lead to poor results and a loss of enjoyment. Likewise, if you transition too early you may not be physically or mentally ready for the new challenge. There is no right answer so you should change class when you feel ready but bear in mind the majority make the mistake of staying in a boat for too long and on reflection will say they should have transitioned a little sooner.

EXAMPLES OF NEW SKILLS TO BE LEARNT WHEN TRANSITIONING:

| Single Handed | Double Handed |
|-----------------------|-----------------------|
| Hiking techniques | Trapezing |
| Pumping | Spinnaker skills |
| Physiological demands | Rig tuning |
| Rig tuning | Communication |
| | Physiological demands |



“Transitions are a normal evolution of life in any domain, and should be viewed as an exciting opportunity”



WHAT TO DO NEXT

Sailors thinking about changing class should consider a whole host of different factors:

- Do you enjoy sailing on your own or as part of a team?
- Do you have a teammate in mind? How might you find one?
- Do like helming or taking a more strategic role?
- Do you like a technical challenge?
- What boat might ‘fit’ you best for your size?
- What boats are raced locally to you?
- Is speed your thing?
- Do you thrive on the physical challenge?
- What is affordable?

Think about what excites you most in your sailing and come up with your own questions. Talk to your coach and parents to help you understand this and work through your questions.

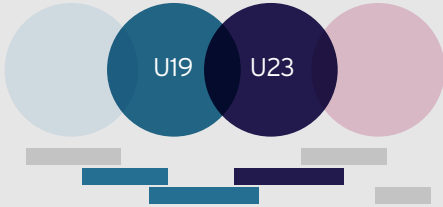
Take advantage of any opportunities to try out different boats. Many clubs and classes will run ‘try a boat’ days or have club or class boats that can be borrowed.

Then once you are ready, join the relevant class association and sign up for its open training programme. There are RYA coaches working within these programmes who will tailor training to the needs of the transitioning sailors.

Once you are in a new class it is important to take time training and learning how to sail your new boat before considering performance and racing. Don’t expect too much too soon by setting yourself some realistic goals. It can take years to master a new class of boat but learning new skills is very satisfying - along with seeing your results improve!



BYS Youth Performance Squads and Summer Teams



AIMS AT THIS LEVEL

To further develop sailors' foundations and athletic ethos within a culture of excellence and personal responsibility. Building on the established values and behaviours and aligned to the underpinning philosophy of 'coach the sailor to be their own coach'.



INTRODUCTION

Sailors are expected to optimise their equipment, themselves and their partnerships. It is important at this level to gain an insight and understanding of the commitments involved in the British Sailing Team for sailors looking to transition into Olympic Classes.

SAILOR COMMITMENT

Outside of school and exam commitments sailors should now be looking to spend every available moment on the water and may now need to start to prioritise sailing over other sport commitments. Sailors should continue with sailing in their Club and Class Association and the BYS Youth Squad should add value on top of this.

AGE: U23, U21 & U19 (1st September in year of Selection)

DAYS: 20 days normally UK based training spread across weekends and holiday time. Support at International regattas normally over the summer holiday period.

TRAVEL & EVENTS: Sailors are encouraged to attend class national ranking events, open training and other club racing activity. Many Youth Classes have a comprehensive calendar of international events as well.

COST: The BYS UK Youth Squads & Teams are subsidised by the RYA and require a financial contribution from the sailor. Event entry fees are the sailor's responsibility, as well as travel and equipment costs, although grants to international events may be available.

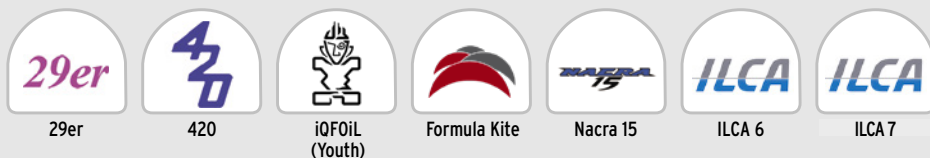
NO. OF SAILORS SUPPORTED: Up to 90



Building on the established values and behaviours of British Youth Sailing



BYS RECOGNISED CLASSES



MOVING ON

Options for moving on from here

The British Sailing Team is the ultimate goal within the Pathway, however there are a number of options and choices after Youth sailing. The traditional route is through the Youth to Olympic Transition programmes and then on to the British Sailing Squad, which can support both full time sailors and those in education. For those not planning on going down the route of Olympic Class sailing there are many other routes you can pursue. These include: continuing in your current Class, university/higher education, transferring across to university team/match racing, transferring to British Keelboat

Academy programme or opting to apply your skills to racing in other Classes. All of these provide opportunities to further your enjoyment of the sport.

Help with making your decisions

RYA staff and coaches are always on hand to help offer advice on the route forwards. In addition to this Clubs & Class Associations will both help in facilitating trials of different Classes and exploring the merits of each. We would also recommend you read the post 18 'Sailing Through a Dual Career' resource to help inform some of your future decisions.



Sailing Through a Dual Career



WHAT IS DUAL CAREER?

The term 'dual career' can refer to an array of different forms of education and work that an individual is involved in alongside their sailing career, sailors are looking at three typical pathways.

1. Sailing Olympic class alongside higher education studies (university or any form of undergraduate qualification)
2. Sailing Olympic class alongside professional development (vocational based training and development)
3. Sailing Olympic class full time



A sailor that is engaging in any other form of professional development and education alongside their sailing is considered a Dual Career Sailor.

We understand that making the decision to sail full time after further education is not possible for some people and carrying on in education is important to their future career.



Post-18 Sailor Pathways

Full-time Sailing pathway

Full and exclusive commitment to sailing as a career.

Sailors do not engage in any formal education outside of sailing once further education has been completed.

Dual career pathways

University route

Vocational route

Sailors embark on balancing a vocational course or work and sailing.

Parallel route

Sailors embark on balancing a university degree and sailing.

They commit to completing their degree in three/four years and returning to sailing after completing their degree.

Staggered route

Sailors embark on balancing a university degree and sailing.

They will use strategies to manage their careers, such as taking a year out to focus on one career, stretching their degree.

If you are currently struggling to determine which pathway would be best for you, best practice is to reach out to your support network for advice.

Key things to consider when making the decision

- Consider your future career goals in sailing and your vocational career
- Consider where you are within an Olympic/major event cycle
- Consider your available finances and funding options
- Consider what support you may have access to
- Consider your preferred learning style (e.g., combine multiple demands at one vs. focusing on one career at a time)
- Consider how you might best optimise your time
- Consider all available options before making a firm decision

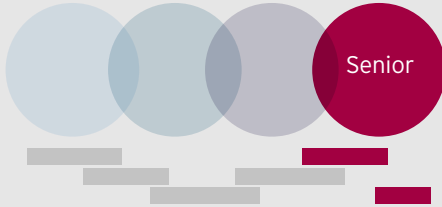
Top tips

- Go on university open days and speak to university sport scholarship staff about support options
- Speak to employers about flexible work arrangements
- Speak to other sailors that have offered your desired pathway
- Do thorough research!
- Reach out to British Sailing staff to discuss your position in the pathway and how this might impact your options
- Seek additional support if you are struggling or feeling overwhelmed

VIEW THE FULL RESOURCE HERE: <https://www.rya.org.uk/racing/british-youth-sailing/funding-bodies-and-education>



Youth to Olympic Transition Programmes



AIMS AT THIS LEVEL

The transition from youth to senior class sailing can be hard, in recognition of this we have created a new tier of support to help your first step into Olympic classes.

The programme is designed to be the 'Foundation Stage' to Transition into Olympic Class Racing. Essentially this is an extended supported selection process for the British Sailing Squad. This stage is appropriate to the class it is supporting and is different class by class.

The programme is designed to be part time to fit alongside education or work commitments. It is primarily made up of UK based coaching days with a focus of helping sailors gain experience and develop their skills within the boat and for those in a double hander class, secure partnerships for the future.

INTRODUCTION

If you are aspiring to continue your journey within the dinghy & foiling pathway and your aim is to reach the British Sailing Team and one day represent the UK at the Olympic Games, this section is for you.

SAILOR COMMITMENT

Sailors are expected to commit to the full programme where possible to ensure they have the best chance of transitioning to their new Olympic class.

It is important at this level to build and progress your hours training on and off the water, so you are best prepared for the fulltime sailing pathways.

AGE: Typically over 18

DAYS: Typically, 50 days plus, however, this is dependent on class and sailors' circumstances

TRAVEL & EVENTS: Sailors are encouraged to attend national ranking events and other racing activity. The squad will also look to attend international events such as U23 and U21 European and World Championship events

COST: Sailors are required to make a financial contribution towards support. Event entry fees are the sailor's responsibility, as well as travel and equipment costs, although grants to international events may be available

NO. OF SAILORS SUPPORTED: Up to 50



Gain an insight and understanding of the commitments involved in the British Sailing Team Programme



RECOGNISED CLASSES



ILCA 6



ILCA 7



470



iQFOiL



Formula Kite



49er/49erFX



Nacra 17

MOVING ON

Options for moving on from here

The British Sailing Team (our Olympic programme) is the ultimate goal within the Pathway, however there are a number of options and choices after Youth sailing. The traditional route is direct to the Podium Potential Pathway and this can support both full time sailors and those in education. For those not planning on going down the route of Olympic Class sailing there are many other routes you can pursue. These include: continuing in your current Class, university/higher education, transferring across

to university team/match racing, transferring to British Keelboat Academy programme or opting to apply your skills to racing in other Classes. All of these provide opportunities to further your enjoyment of the sport.

Help with making your decisions

RYA staff and coaches are always on hand to help offer advice on the route forwards. In addition to this Clubs & Class Associations will both help in facilitating trials of different Classes and exploring the merits of each.



British Sailing Squad



AIMS AT THIS LEVEL

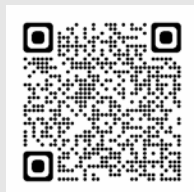
The British Sailing Squad is seen as the next stage after transition 'An Olympic class apprenticeship', to give sailors the opportunity to break into the top half in the World Class Programme. Sailors may be invited to this squad, dependent on their development, progression and ability to perform.

This programme is designed to help sailors progress and deliver sailing performances that could be considered for selection into the British Sailing Team. It is assumed that the sailors in the British Sailing Squad will be of a standard to train with the British Sailing Team if required.

INTRODUCTION

Sailors consider training full time or have the flexibility to train up with the British Sailing Team.

Please visit our sailing support resource to be aware of the benefits and challenges of sailing full time.



SAILOR COMMITMENT

Sailors are expected to commit to the full programme to ensure they have the best chance of transitioning to perform at senior international competition.

AGE: Typically over 18

DAYS: Roughly 100 days, however, all programmes are designed and prioritised on performance gaps and potential within the pathway. Each programme of support and days on the water will vary per class depending on the priority of the class.

TRAVEL & EVENTS: Sailors are encouraged to attend national ranking events and other national domestic activity. The squad will also look to attend international events such as senior European and World Championships.

COST: Sailors are required to make a financial contribution towards support. Event entry fees are the sailor's responsibility, as well as travel and equipment costs, although grants to international events may be available.

NO. OF SAILORS SUPPORTED: Up to 30



The Programme teaches you how to manage yourself and develop your skills outside of sailing



RECOGNISED CLASSES



ILCA 6



ILCA 7



470



iQFOiL



Formula Kite



49er/49erFX



Nacra 17

MOVING ON

The British Sailing Team is the next step up - selection is based on the achievement of meeting of specific performance criteria. It offers core programme support, sports science support and potential to qualify for international event grants.

Sailors aspiring to the British Sailing Team should refer to the Olympic Classes Handbook found via the British Sailing Team website. At this point the 6 elements of the BST performance model come in.



Accelerating your Development

Encouraging and supporting our sailors to be non-dependant is a goal we strive to achieve throughout the pathway. For their own benefit and development, sailors are encouraged to continue their learning outside of the environments we provide.

Here are some top tips and suggested tools for sailors to manage their own learning activities and create opportunities to accelerate their learning and development using the plan-do-review concept.



PLAN

What is your purpose? What is your goal? What are you motivated and curious to improve? Setting development goals will support you in better understanding your current skill set, as well as identifying positive progressions and opportunities for improvement. Applying these developmental goals during training sessions and competition will give you a clear focus and allow you to create relevant opportunities for learning and progression. **Ask yourself:**

What is your goal or outcome you are seeking to achieve?

What would success look like at the end of this period against this goal?

How will you achieve this goal?

What experiences will allow you to succeed at this goal?

What people do you need to communicate your plan with?

What resources do you have to help to achieve this goal? What are your strengths and weaknesses that will help or hinder?

Have you mapped out your commitments and potential 'hot spots' with other activities?

To what extent does your goal(s) relate to your short, medium and long-term developmental needs/wishes?

DO

Learn through experiential learning. This means learning through trial and error and through experiences. Engage yourself fully in the moment with commitment and enthusiasm, striving toward what you want to achieve because you know what it takes. **Ask yourself:**

Have you mapped out your goal in detail to highlight each step?

Have you put dates in the diary to review progress?

Have you made your goal measurable to check in with your progress?

Are you continuing to work on the strengths you have developed as well as areas of improvement?

Have you planned your weeks so you optimise time available?

Are you demonstrating the values and behaviours required to progress?

Have you discussed your plan with your coach and other relevant people?

Are your planned learning activities related to your developmental goal(s) and to what extent do they offer the opportunity to learn by 'doing'?

REVIEW

Reflect on your experience in relation to the developmental goal(s) you set - What went well? What was challenging? How can you plan for progression? The RYA believe that "failing smarter to learn faster" is important to help us learn from challenges and mistakes, and therefore reach our potential. **Ask yourself:**

Have you chosen a date to review your situation and progress?

What can you learn from this experience?

Have you reviewed this with your coach and parents?

What resources have brought you closer or further from your goal and therefore could repeat?

What performance problems were you faced with in pursuit of achieving your goal(s)?



Performance Parent

At British Sailing, a core philosophy of our programme is to nurture sailors who...

- HAVE A DESIRE TO LEARN and be process driven
- ACTIVELY EMBRACE CHALLENGE
- APPLY EFFORT using new strategies and tactics
- EXPLORE AND BE COMFORTABLE WITH FAILURE

We want our sailors to be able to fail smarter so that they learn faster to help them progress through the pathway and optimise their potential every step of the way. As parents, you are central to their support network, and play a key role in shaping the beliefs and mindset of your children. Through our support, we hope we can work together to continue to share and live our messages beyond the days your child spends inside the RYA environment.

TOP TIPS TO SUPPORT YOUR SAILORS...

1 Encourage independence

Encourage and allow sailors, appropriate to their age and level of the pathway to take increasing responsibility and ownership over their own campaign. This means giving the sailors the 'know how' rather than the 'know who', by teaching them the strategies for planning, nutrition, and boat work, as a few examples, by moving through a continuum from 'parent does, child observes' through to 'child does, parent observes'.

2 Reward effort and persistence

Whatever the outcome may be, emphasise how hard they worked or how they could have worked harder. Using praise that rewards effort and persistence creates a dedication to learning and increases resilience. By rewarding effort, the sailor will begin to understand that effort is the path to mastery.



3 QUESTIONS TO ALWAYS ASK:

What did you enjoy most today?

What have you learnt for next time?

What have you tried hardest at that you can be proud of?

3 Allow and celebrate failure

Allowing sailors to make mistakes and fail smarter are learning opportunities, which allows for them to increase their resilience and learn faster from adversity. Giving sailors an opportunity to develop a strategy for handling failure will allow for them to develop and progress and repeatedly respond to failure by exerting more effort instead of simply giving up. Help them see the learning beyond the outcome of the event.

4 Model growth mindset behaviours and beliefs

Children learn how to behave by imitating others. That means one of the most powerful ways you can help your child develop these attributes is to model them with your own actions and your own beliefs. In particular, studies have shown that one powerful way that parents model a growth mindset in front of their children is through their reaction to failure.

Failure is not a lack of achievement. It is failing to try, to learn and to make the most of the opportunity



Life after the Performance Programme

So now you've completed or decided to move on from the Performance Programme, what else does sailing and the marine industry have to offer you?

The short answer is a lifetime of fun, challenge and unlimited potential.

The Olympic dream is only part of what the Programme aims to achieve. There's a whole world of sailing out there and the Performance Programme will have helped you build the best foundation for whatever you strive to be.

There's more to life - and sailing - than medals alone. The social, academic and organisational skills you've learned will equip you for success, not only in your sailing but also your personal and professional future. Universities and employers seek out successful, enthusiastic sports people. Sailors from the Performance Programme find their experience has a great impact on their life outside the sport and opens up doors that would have otherwise remained closed. Above all, you're limited only by your own ambition.

This is the time to consider what skills you've already developed and ask yourself what you want to achieve next.



"The social, academic and organisational skills you learn will equip you for success, not only in your sailing but also your personal and professional future."

TRANSFERABLE SKILLS

Through your involvement in the Performance Programme you will also develop many skills that are transferable to the outside world and any walk of life.

This is why universities and employers seek out successful and enthusiastic sports people. Many sailors who have been through the Performance Programme agree that their sailing experiences

have made a great impact on their life outside of the sport and opened up doors that otherwise would have remained closed.

As a result, the content of the Programme is designed to prepare you for success in school, university, your chosen career and indeed life. Some of these transferable skills and competencies from sailing include:

Social and communication skills

Learn how to communicate with others (peers, coaches, management, sponsors etc.) to build relationships and interpersonal skills using effective presentation, conversational and listening skills.

Organisation skills

A skill set that allows for long term planning with agreed deadlines and prioritisation of tasks, to achieve the end goal.

Campaign management

Increased skills that allow for personal responsibility for managing your own campaign (including financial management, travel and logistics, sponsorship and marketing, people management).

Decision making

Develop skills of problem solving and creative thinking under pressure, whilst being able to remain logic and adapt plans quickly and effectively.

Time management

Learning skills to balance work-life commitments successfully, whilst using time effectively and productively to manage workloads and agreed commitments.

Physical literacy

Heightened level of physical fitness and energy with sports science awareness to prevent the risk of injury and illness and ensure healthy eating.

Psychological skills

Has increased knowledge, skill and self-awareness to strive under challenge and pressure. Improved abilities to remain confident, logical, task-focused and motivated to continue in the face of setbacks.



OPTIONS TO CONSIDER FOR CARRYING ON YOUR ENJOYMENT OF THE SPORT

British Keelboat Academy

The BKA supports young people (18-24) in developing their keelboat racing to a professional level. The Academy aims to run programmes that best represent the sport of keelboat racing and is focused on helping to continue your development into a world class sailor.

BKA sailors meet and sail with peers from all over the UK and enjoy improved opportunities to join professional teams, World Match Racing Tour and

offshore racing programmes alongside entry into the yachting industry. BKA sailors have gone on to join America's Cup teams, The Ocean Race teams, TP52 Super Series, Class 40 and Figaro programmes.

For a career in yachting you'll need passion, determination, professionalism and industry contacts. Bring the first two and the BKA will help you develop the rest. www.britishkeelboatacademy.co.uk



Class Association and Club Racing

There are endless opportunities within clubs and class race series in the UK and beyond. There's a wealth of knowledge and expertise and you'll find plenty of talented sailors to pit your skills against. If you think this may be the option for you, consider what you want from your sailing. Is it glamorous venues, the appeal of a major international title or simply good quality, fair racing within your area and the UK? You can read a review annually on each of the classes in the UK yachting press and many of their websites feature similar information. Have a chat with the Class Associations at the RYA Dinghy Sailing Show, check out their domestic and international calendars and seek out a class which offers you the right blend of what it is you want.

University Sailing

Sailing while at university is available at over 50 clubs across the UK. During the university term there are four major national championships (Dinghy Fleet Racing, Match Racing, Team Racing and Yachting) at which you can represent your university. These events are run by British Universities Sailing Association (BUSA) and sanctioned by the British Universities and Colleges Sport (BUCS), who oversee all university sport in the UK. There are also a large number of university-run team racing events, with several taking place each weekend.

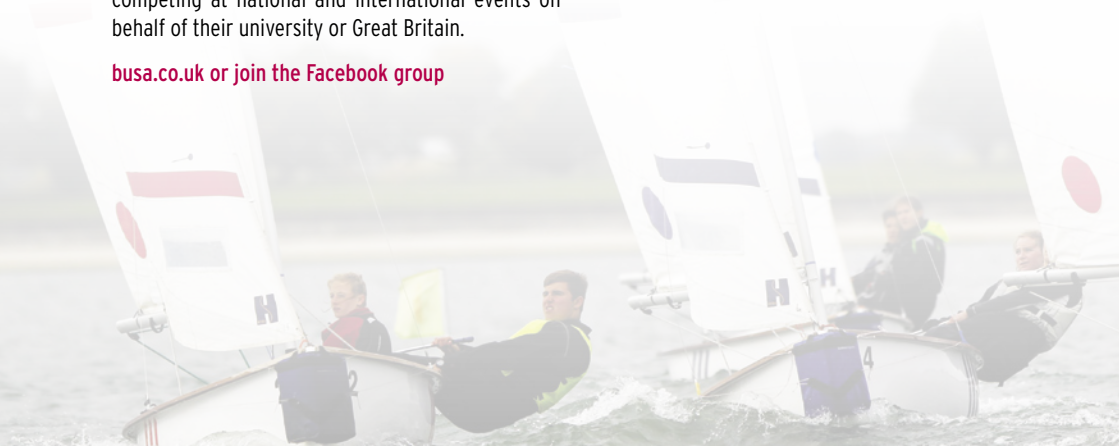
Sailing while at university is a highly social experience, with many clubs and teams also competing at national and international events on behalf of their university or Great Britain.

busa.co.uk or join the Facebook group

NSSA

The NSSA is a UK membership organisation for anyone involved with sailing in an educational environment. Concentrating on primary and secondary education, they aim to include sailing as part of the educational experience of young people.

The NSSA aim to ensure the core skills of developing fitness and healthy living, personal and social development, selecting and applying skills, improving performance and developing a risk management approach to watersports in safe and controlled environment. The NSSA provide a youth sailing scheme to its members that is specifically tailored towards groups of youngsters who sail on a weekly basis with easily achievable targets. The scheme includes support for those delivering the scheme with on and off the water activities which link into the educational development of the youngsters in the classroom.





Match Racing

The RYA National Match Racing Championships is a series of qualifying events, for all levels of sailors, culminating in the National Finals in October. The Winter Series is the first step on the ladder to joining the UK Match Racing circuit and offers on water coaching to help gain the essential skills for any sailor wishing to develop their tactics and rules knowledge as well as developing medal racing skills. With several international competitions for youth sailors the RYA is always looking to help build teams that wish to compete on the international stage.

Match racing is a key skill to develop when making the transition from dinghy to keelboat sailor. It will help hone your skills and can be an essential building block for development into a top-level international sailor.

www.ryamatchracing.co.uk or join the Facebook group

Team Racing

Team Racing is a major part of the university, national and international racing scene, making it a fun, demanding and popular route followed by many ex-squad sailors. In the UK it takes place at all levels, and the RYA delivers the RYA Eric Twiname Junior and Youth Team Racing Championships to foster the enthusiasm and enjoyment of the sport as well as the learning experience it offers. Beyond that, activity is mainly focussed on events for sailors over the age of 18 within a thriving open circuit.

Each year, top team racers compete in the UK Open Team Racing Championships at the Wilson Trophy; The RYA Team Racing Championships, hosted at various locations around the country; The RYA two boat Keelboat Team Racing Championships and the RYA Women's Team Racing Championships.

rya.org.uk/go/teamracing



Foiling

There are many different styles, formats and disciplines of racing on a Foil. Most racers begin their foiling journey on a Techno. Some then move into IQFOIL as a foiling windsurfer, others progressing into Kiting and KiteFoil racing and now there is the emerging area of Wing Foil. On top of this there are the more traditional areas of windsurfing, including the traditional Race board and the five disciplines; Slalom, Freestyle, Speed, Wave and Wind foiling. These all sit under the umbrella of the United Kingdom Windsurfing

Association (UKWA). Whilst Kites sit under the British Kite Sport Association (BKSA). Both run competitions and training events across the UK.

Skills learned at Junior and Youth levels transfer across all areas of this part of our sport. Foiling is a hobby for life, be it competitive or recreational. And if you are off to university then look up the relevant Student Association who will run a variety of different activities.

rya.org.uk/go/windsurfing



Coaching

With the knowledge and experience you'll have gained in the Programme, you'll be well equipped with the skills needed to become a coach.

Many RYA club and higher level coaches have raced at all stages of the pathway and find passing on their experience to other sailors fun and rewarding. Not only are you on the water but being able to coach alongside university or a full-time work is a fun and flexible opportunity.

rya.org.uk/go/coaching

Race Officials

The RYA continually looks to train volunteers through tailored RYA courses to become qualified Race Officials, Mark Layers, Judges and Umpires with the purpose to support the vast amount of racing events which take place across the UK at all different levels.

These courses will award volunteers knowledge and skills they can then practice at racing events to enable them to achieve the relevant experience needed for an RYA qualification.

Contributing to sailing through actively participating in these roles is highly valued by the RYA, the sport relies heavily on volunteers and we currently offer bursaries to those under 35 to assist with the cost of the courses.

rya.org.uk/go/raceofficials



Marine Industry

UK marine industry revenue totalled £3.2 billion in 2016-17 and currently employs over 33,000 people in c.5,000 businesses. The marine industry is an excellent environment to work in if you want to combine your knowledge and passion for the sport with your career. There are a variety of jobs that require a range of skills including managerial/administrative and practical.

If you want to pursue a career in this environment you can get information and advice from the British Marine Federation and other marine recruitment agencies.

britishmarine.co.uk

Sailing is the best sport on the planet and the marine industry provides a large range of exciting opportunities for a career. Aligning your career path with your biggest passion in life will always keep you moving in the right direction! I've loved every day of my journey following this advice!

Nick Houchin
Head of Marketing, Musto







BSc (Hons) Sport and Exercise Science (Performance Sailing)



The University of Chichester in association with the British Sailing Team and the Royal Yachting Association have established a joint undergraduate degree.



INTRODUCTION

This degree programme is an exciting development for sailors who are currently on the pathway programme, those who wish to continue performance sailing or those who seek a career in performance sailing.



AIMS AT THIS LEVEL

This new university undergraduate degree will support the British Sailing Team and RYA aims of developing and maintaining a highly skilled workforce.

SAILOR COMMITMENT

3 years full time - Semester time with some weekends/evenings off-site for modules with teaching delivered within the RYA British Sailing Team performance programme

OBJECTIVES

- Develop the next generation of British Sailing Team Support staff
- Support an environment that allows sailors to fulfill their ambitions in sailing combined with their academic aspirations
- Maintain recruitment to target on the strategically important undergraduate and postgraduate Programmes delivered by Sport and Exercise Sciences
- Maintain high levels of student satisfaction across all courses through the continued delivery of applied 'hands-on' laboratory based Programmes
- Develop new Programmes to enhance the national and international standing of the department as a leader in sport and exercise sciences applied provision



Gain an insight and understanding of the commitments involved in the British Sailing Team Programme



CRITERIA

Typical Offer (individual offers may vary):

A levels (or combination with AS / E.P. / BTEC): 112 to 128 UCAS Tariff Points to include a science (PE accepted) at grade C or better.

BTEC: DDM (Sports Science)

GCSEs: English Language, Mathematics and Science at grade 6 or better

International Baccalaureate: 28 points

Access to HE Diploma to Science: Pass with at least 12 credits worth of science units at Merit

Sailing level typical of BST P3 level sailor or higher



Other Forms of Funding



SportsAid is a charity helping young, unfunded athletes to overcome one of their greatest barriers to success - the financial challenge of trying to become Britain's next generation of Olympians and World Champions. The charity helps over 1,000 athletes across more than 60 sports each year, the majority aged 12 to 18, by providing them with an average award of £1,000.

SportsAid is also responsible for the Government backed Talented Athlete Scholarship Scheme (TASS), helping talented sports people balance academic life and performance sport (please see below for further information on TASS).

Number of British Youth Sailing Nominations and Eligibility

British Youth Sailing (BYS) focuses SportsAid awards towards those sailors who are either not eligible for TASS or were unable to be nominated for TASS, due to the number of places. Normally this is focused on Youth to Olympic Transition Squad sailors (known as Transition Squad) then to the Youth Performance Squad. If not enough places for all Youth Performance Squad sailors, then this will go by Youth Squad ranking at the time of nominations.

Most SportsAid recipients will only receive a grant for one year.

We receive a limited number of places, which changes annually.

Sailors are typically aged 18 and meet the following principles:

- Live and train in Great Britain, during the year of nomination sailors must not have represented any other nation at International events.
- Normally be a in a current Transition Project Group, Youth Performance Squad.
- Not be in receipt of a TASS (Talented Athlete Scholarship Scheme) award or Lottery funding (APAs).
- Cannot be enrolled onto the DiSE programme.
- Sailors must be committed to the RYA pathway programme.

Level of Support

Grant values are approximately £1000 each, but some may be slightly less or occasionally enhanced by local partnerships or additional SportsAid support. If a nominated sailor is not successful in receiving an award, this is no reflection on their performance.

Sailors and parents are also invited to workshops to develop professional skills needed to be successful in sport.

Length of Award

Annual (paid the following year of the nomination). Please note that by being nominated one year does not guarantee you will be nominated the following year.

Nomination Process

Nominations are made by BYS in November / December annually based on the principles of the current year. All nominated sailors will be contacted by BYS in advance. Nominated sailors will then need to complete an online profile using the SportsAid

Portal. SportsAid will use the information you provide on the online portal to approach partners who provide the funding for the sailors' award. SportsAid work with a variety of commercial organisations and charitable trusts across the UK who are interested in supporting young talented athletes and providing them with much-deserved recognition.

Successful sailors will be notified via email by SportsAid the following year of nomination if they are able to source an award. Awards are made at several points throughout the year; all those nominated do not necessarily receive the financial award on the same date. It is important to remember that not receiving a SportsAid award is not a reflection on your performance.

For further information on SportsAid, please visit their website: www.sportsaid.org.uk

SportsAid Performance Operations Officer:
Sarah Marjoram sarah.marjoram@rya.org.uk





LOTTERY FUNDED

TASS is an athlete support programme to help balance demands of their sport and education.

Backed by Sport England, the TASS partnerships brings together student athletes, sports, and education institutions to support our country's most exciting young talents who are not already supported via the Olympic pathway. It aims to identify and support potential Olympic medal winners of the future.



BYS moved to a sailing hub model that provides sailing specific sport science support out of the University of Southampton and University of Exeter. The hub model has allowed us to have more places across both sites and further align our support and opportunities to sailors in education.

Sailors will benefit from the following services:

- Lifestyle
- Physiotherapy
- Strength and conditioning
- Nutrition
- TASS Medical Scheme and Bupa Healthy Minds

Eligibility

To be eligible for the scheme, TASS apply the following criteria and sailors must be:

- a. Conducting a dual career in high level sport and education

and

- b. Be English and studying at an English Educational establishment (if born in a Home Country and studying in England, then the sailor does not meet the criteria. If the sailor was born in England, but studying in a Home Country, then the sailor is also not able to meet the criteria)

and

- c. Be aged 16 or above at the time of the nomination.

BYS will nominate based on the criteria set above by TASS, and criteria set by BYSS; priority places are given to sailors in the British Sailing Squad (non-UK Sport funded sailors 'BSS') and to Transition Squad sailors. Remaining places are allocated to Youth Performance Squad sailors living close to the hubs.

Nomination Process

Please note that sailors do not nominate themselves; BYSS consider the eligibility to assess who is suitable for TASS. This includes their proximity to their nearest Sailing Hub (University of Southampton / University of Exeter). Nominations are normally done during the summer as the programme starts at the new academic year. Being nominated one year does not automatically guarantee you will be nominated the following academic year.

For more information on TASS please visit the TASS website: www.tass.gov.uk

TASS Support Performance Operations

Officer: Sarah Marjoram
sarah.marjoram@rya.org.uk

Local Funding

Whilst other sources of funding are sporadic and often geographically diverse there are a couple of routes which you may wish to try sourcing funding locally.

Local education

Approach your local education authority or your local council Sport Development Department, they may have schemes or can informally help and support talented performers. Do not just ask for cash, often they can offer free bus passes, gym membership, etc. which can save on costs. They are also the most likely source of information and local contacts for marrying up athletes in their area and grant opportunities. We recommend you speak to your local Regional Performance Manager for more information.

Sailing Club

Consider an approach to your Sailing Club - many club committees and members like the opportunity to support the aspirations of young sailors and will support their endeavours. Write a letter to the club committee outlining your plans and ask what support if any can be offered, some offer honorary membership when sailors achieve a certain standard.

Schools

Approach your school; school governors or Parents Teacher Association (PTA). Some schools may be able to offer a 'gifted and talented' scholarship scheme to support your endeavours of their pupils.

“The many club committees and members like the opportunity to support the aspirations of young sailors and will support their endeavours.



DiSE

DiSE stands for the Diploma in Sporting Excellence. It is a government funded scheme designed to directly measure the sailors' ability to plan, apply and evaluate their development in the appropriate aspects of sailing.

The DiSE programme is run in partnership between BYS and a partner college. In addition to time spent on the water honing the technical and tactical elements of sailing, the DiSE programme will cover a range of modules, including theory and practical elements:

- Mental Skills
- Drugs in Sport & Nutrition
- Lifestyle
- Health & Safety
- Careers
- Finance
- Communication
- Injuries
- Culture, Value & Behaviours

Most of the portfolio work is completed during the camps. Upon completion, sailors will be awarded a Level 3 Diploma in Sporting Excellence, and 64 UCAS points (there is no financial award).

Eligibility

This is only available to sailors in England (home countries; Scotland and Wales at the discretion of Sport England) and sailors must be starting year 12 of the upcoming academic year (September); in Further Education or School. The sailor cannot be on an apprenticeship or be employed. The sailor can be in public / private education; however, we would require evidence if the sailor is in a scholarship or bursary as follows:

The student is in receipt of the schools means-bursary of at least 50% fee remission;

or

The student is in receipt of a talent / ability-based scholarship of at least 50%, but were this not to be the case, then they would have otherwise qualified for the schools means-tested bursary of at least 50% fee remission;

or

At least 50% of the student's fees are being paid by a third sector organisation but were this not to be the case then they would have otherwise qualified for the schools mean-tested bursary of at least 50% fee remission

Sailors will need to meet academic requirements to be considered, with 5 GCSEs of minimum grade 4, including Maths and English. Sailors should have ambition to be part of and progress within the BYS Pathway. Evidence of the circumstances surrounding any Maths and English resits would be required. Sailors are required to be a member of the RYA.

Duration of the Programme

The minimum duration of the programme is 18 months; this is a part time study programme that sits alongside the sailors chosen Further Education (school / college) subjects i.e. A Levels and BTECs. There is no requirement to travel to the partner college, Loughborough College.

Nomination Process

BYS must bid annually (early Spring) for the number of places from Sport England. Please note that sailors do not nominate themselves. BYS decide where the programme best fits within our Pathway once the number of places are provided by Sport England.

DiSE Performance Operations Officer:
Sarah Marjoram sarah.marjoram@rya.org.uk





Racing Syllabus

RYA Racing is delighted to offer a completely revised syllabus; Start Racing, Intermediate (Club Racing), Advanced (Regional Racing) and Championship Racing.

The focus of the revision is to provide a pathway, which supports the skill development of sailors, while providing clear guidance for clubs, training centres, coaches and instructors when teaching racing. If you would like to find out more then please contact the RYA Racing Department or see the RYA Website.

| | START RACING | INTERMEDIATE (CLUB RACING) |
|-------------------------------|--|--|
| | | BYS Recognised Club and Team15 |
| Aim | Basic skills to be able to enter a race and understand the simple techniques, sequences and rules | Improving the boat handling and speed and to be able to develop a strategic plan based on the conditions |
| Taught by | Race Coach Level 2 or Race Instructor | Race Coach Level 2 or Race Instructor with Chief Instructors permission at an RYA RTC |
| Pre-requisite level | Sailors need to be RYA Level 2/Stage 3 plus | RYA "Start Racing" or have entered some club races |
| Guidance Course length | 16 hours | 16 hours |
| Starts | Start sequence Boat handling to be on the line at the "Start" signal What to do if over the line | Line bias Fleet spread First beat considerations Understanding of transits Line sag/bulge |
| Boat Handling | Improved tacking Improved gybing Bearing away Leeward mark rounding Can land on a lee shore Capsize Recovery | Stopping/hovering Acceleration Roll tacking Roll gybing Spinnaker hoist/gybes/drops if appropriate Strong wind gybing |
| Speed | Using the 5 essentials to best effect | Adapting the rig to different conditions Using a simple tuning guide |
| Tactics | Wide in tight out where appropriate Rules <ul style="list-style-type: none"> • Has a basic Understanding of the Racing Rules of Sailing (Part 2, Section a) • Has an understanding of the basics of right of way rules: • Port/starboard, windward boat, clear ahead/clear astern, tacking | Importance of clean air Tactics within a handicap fleet Headers and lifts Rules <ul style="list-style-type: none"> • Has a good understanding of Part 2/Section A and the Definitions of the Racing Rules. • Basic understanding of Section C |
| Strategy | Finding and using an appropriate weather forecast. | Tidal and topographical considerations More detailed weather forecast |



| | ADVANCED (REGIONAL RACING) | CHAMPIONSHIP RACING |
|-------------------------------|---|---|
| | Regional Training Groups | U16 International Teams and National Training Camps. |
| Aim | Adapting to the changing conditions and different venues. Developing the skills to respond. Effective post-race analysis techniques. Starting to set goals to aid training. | Personalised training, less syllabus based as it will vary with the needs of the sailor. Quite likely the end result of a full training programme. |
| Taught by | Race Coach Level 2 or Race Instructor with Chief Instructors permission at an RYA RTC | Race coach level 3 |
| Pre-requisite level | RYA "Club Racing" or equivalent | |
| Guidance Course length | 16 hours | 50 hours |
| Starts | Creating and protecting a space to leeward Starting from different parts of the line Alternative starting flags and procedures Formulate and execute a pre-start plan | Can execute the planned start accounting for conditions, course layout and fleet position. |
| Boat Handling | Adapting the techniques to different types of boats and conditions | Can execute all boat handling manoeuvres under all prevailing conditions Can develop techniques and analyse their effectiveness |
| Speed | Changing the rig on the water to suit the conditions Recording and duplicating the rig settings | Creating analysis sheets etc Developing beyond the tuning guide Using a training partner Wave technique |
| Tactics | Can identify and utilise lay-lines to best effect Boat on boat tactics, boat of fleet tactics. Loose and tight covering Using a racing compass Rules <ul style="list-style-type: none"> • Understanding of Sections B/C/D • Understanding protest procedures | Understanding the relevant racing rules for a championship race. Adapting the tactics towards the final races. Broadening the spectrum of tactical technics available |
| Strategy | Adapting the strategy to suit the fleet | Under Pressure in a race you are able to take advantage of conditions on the race course. |



Club & Class Recognition

The RYA grants certain classes recognition based upon their ability to support the aim of British Youth Sailing. Recognition is a policy decision and determined by the RYA Youth Racing Committee, which in turn makes recommendations for recognition status to the RYA Racing Committee which make the final decision.

Classes that are important to the delivery of British Youth Sailing's aims and ambition are awarded the title of Recognised Class.

In addition to being a BYS Recognised Class, the RYA also determines the age category that it believes a class is most suited. As a result, classes are designated to the following categories.

British Youth Sailing Recognised Classes are as follows:

| | |
|------------|---|
| U15 | Optimist & RS Tera Sport |
| U16 | RS Feva XL, Topper & Cadet |
| U17 | BIC Techno 293 OD, ILCA 4 |
| U19 | 420, 29er, ILCA6 Male, Nacra 15, iQFOiL (Youth) |
| U21 | ILCA7 Male, ILCA6 Female, Kitefoil |



Recognised Classes



OPTIMIST

The Optimist's size and forgiving nature makes it great for introducing sailors at a very early age. Small, yet extremely technical, it engenders all the physical, technical and racing skills needed to succeed at Youth and Olympic level. The Class offers a comprehensive programme of open training and regional and Home Country events and a popular and appropriate programme of national competition. The Class also offers the most extensive programme of international competition.

WWW.OPTIMISTSAILING.ORG.UK

TYPE:
Single-
hander

**WEIGHT
RANGE (KG):**
38-54

**RECOMMENDED
MAX AGE:**
15



RS TERA SPORT

The RS Tera Sport is a relatively new Junior Class. The Tera Sport has a good variety of training and racing on offer within the UK as well as some international competition.

WWW.UKRSTERA.ORG

TYPE:
Single-
hander

**WEIGHT
RANGE (KG):**
30-45

**RECOMMENDED
MAX AGE:**
15



RS FEVA XL

The RS Feva XL is a double-handed asymmetric Junior Class which feeds many of the Youth Classes. The Class Association runs open training with a wide ability level, and the RYA runs UK U16 International Teams and Regional Training Groups.

WWW.RSFEVA.ORG.UK

TYPE:
Double-
hander

**WEIGHT
RANGE (KG):**
85-110
Combined

**RECOMMENDED
MAX AGE:**
15



TOPPER

The Topper is an excellent Junior Class that is sailed extensively throughout the UK. The Topper Class Association organises a thorough programme of open training as well as regional and national competitions. The Topper is also a prominent feeder into the Youth Classes and onto Olympic sailing.

WWW.ITCA-GBR.CO.UK

TYPE:
Single-
handler

WEIGHT
RANGE (KG):
40 - 60

RECOMMENDED
MAX AGE:
15



CADET

The Cadet is a double-handed symmetric Junior Class which feeds many of the Youth Classes. The Class Association runs open training with a wide ability level, and the RYA runs a BYS U16 International Team.

WWW.CADETCLASS.ORG.UK

TYPE:
Double-
handler

WEIGHT
RANGE (KG):
85-105
Combined

RECOMMENDED
MAX AGE:
15



ILCA 4

The Ilca 4 is the feeder Class to both the Ilca 6 and Ilca 7 rig with a smaller, yet still quite powerful sail, which easily allows sailors to transition. Very popular in Europe, a spell in the Ilca 4 helps Optimist and Topper sailors get used to the Ilca hull with a more forgiving sail. Often raced at European Laser regattas, sailors can get valuable experience of European venues and international competition easily and appropriately.

WWW.ILCA.UK

TYPE:
Single-
handler

WEIGHT
RANGE (KG):
55-70

RECOMMENDED
MAX AGE:
16



BIC TECHNO

The Bic Techno 2930D is the recognised equipment for Junior windsurfing. With strong domestic and international racing, it provides a great foundation for the windsurfing pathway. There is a good variety of training and competition provided through the UKWA.

WWW.TECHNO293.ORG.UK

TYPE:
Windsurfer

WEIGHT
RANGE (KG):
30-68

RECOMMENDED
MAX AGE:
16



29ER

The 29er is the pathway asymmetric class sailed by Youth sailors. Junior Classes often feed the Class, and after a number of years sailing the 29er, sailors can progress in to, among other Classes and disciplines, the 49erFX and 49er. The Class Association runs open training and the RYA runs Youth Squads.

WWW.29ER.ORG.UK

TYPE:
**Double-
hander**

WEIGHT
RANGE (KG):
110-130



420

The 420 is the double-handed symmetric class sailed by Youth sailors. Junior Classes often feed the Class and after a number of years sailing the 420 sailors can progress in to, among other disciplines, the 470 Class. The Class Association runs open training and the RYA runs Youth Squads.

WWW.420SAILING.ORG.UK

TYPE:
**Double-
hander**

WEIGHT
RANGE (KG):
110-130



ILCA 6 (Male & Female)

The Ilca 6 is the women's single-handed Olympic Class. It is also a pathway Class for both boys and girls with the BYS Youth Squad supporting training and competition throughout the year. The Class Association runs Open Training and the RYA runs Youth Squads. The Ilca 6 is currently the selected single-handed class for the World Sailing Youth Championships

WWW.ILCA.UK

TYPE:
**Single-
hander**

WEIGHT
RANGE (KG):
64-74



NACRA 15

The Nacra 15 is the catamaran, twin trapeze class sailed by Youth sailors. Junior Classes often feed the Class, and after a number of years sailing the Nacra 15 sailors can progress in to, among other classes and disciplines, the Nacra 17. UKCRA runs open training and the RYA runs Youth Squads.

WWW.NACRA15CLASS.COM

TYPE:
**Double-
hander**

WEIGHT
RANGE (KG):
120



IQFOIL (Youth)

The IQFoil is the Olympic Windsurfing Class. The Youth Male and Female classes use an 8m sail, with the Senior Men using a 9m sail. This is the natural progression from competing in either Techno or Slalom within the pathway. Those looking to get involved in IQFOIL training should have their RYA sustained flights certificate. The Class association then run Open training up to U21 and the RYA select and run a Summer International Team.

WWW.IQFOIL.CO.UK

TYPE:
**Single-
hander**

WEIGHT
RANGE (KG):
N/A



FORMULA KITE

Kite Foiling is a new single handed class that has been brought into the pathway after the decision to run kiting in the Paris 2024 Olympics. Kite foiling is typically a progression from riding with LEI kites and twin tip boards to riding directional boards foiling on a race course within a fleet. RYA selects Youth squads and summer teams.

WWW.BRITISHKITESPORTS.ORG

TYPE:
**Single-
hander**

WEIGHT
RANGE (KG):
N/A



ILCA 7 (Male)

The Ilca 7 is the natural progression for boy single-handers and is an Olympic Class. The Ilca 7 competition for boys goes to the highest level and is still the Class for top-level male sailors to aspire to on the single-handed pathway.

WWW.ILCA.UK

TYPE:
**Single-
hander**

WEIGHT
RANGE (KG):
75-84



Further Information

WEBSITES

RYA

RYA Main Site:

www.rya.org.uk

British Youth Sailing:

www.rya.org.uk/racing/british-youth-sailing

RYA Coaching:

www.rya.org.uk/training/teaching/race-coaching

RYA Race Officials:

www.rya.org.uk/racing/running-racing

British Keelboat Academy:

www.rya.org.uk/racing/keelboat-racer

British Sailing Team:

www.britishsailingteam.com

Class Associations:

UK Cadet Class Association:

www.cadetclass.org.uk

UKCRA Youth:

www.youthcat.org.uk

UK Techno 293 Support Group:

www.techno293.org.uk

UK ILCA Association:

<https://ilca.uk/>

International Optimist Association UK:

www.optimistsailing.org.uk

RS Feva XL Association:

www.rsfeva.org.uk

RS Tera Association:

www.rstera.org

International Topper Association GBR:

www.itca-gbr.co.uk

UK Windsurfing Association:

www.ukwindsurfing.com

GBR 29er Class Association:

www.29er.org.uk

GBR 420 Class Association:

www.420sailing.org.uk

UK Windfoiling Association:

www.facebook.com/groups/976627885733339/

Nacra 15 Class Association:

www.nacra15class.com

British Kite Sports

www.britishkitesports.org

Other

British Marine Federation:

www.britishmarine.co.uk

British Universities Sailing Association:

www.busa.co.uk

World Sailing:

www.sailing.org

Student Windsurfing Association:

www.studentwindsurfing.co.uk

EUROSAF:

www.eurosaf.org

National Schools Sailing Association:

www.nssa.org.uk

CLEAN SPORT

UKAD
Protecting Sport



The RYA works with World Sailing and UK Anti-Doping (UKAD) to promote clean sport and the Values of UKAD's 100% Me programme. Anti-doping education will be provided throughout an athlete's career at a level appropriate to age and performance level in accordance with the RYA's Sail Clean strategy.

Also see change in blue to website

Information on anti-doping, including prohibited substances and the use of medications and supplements is available on the RYA's anti-doping website and UKAD's website.

<https://www.rya.org.uk/racing/racing-rules/Pages/rya-anti-doping-information.aspx>

<https://ukad.org.uk/education/athletes/100percentme/>

Athletes under 18 will not be tested without parental approval, and testing will always be conducted with a chaperone present.

To report any concerns about doping in sailing, or for more information, please contact the RYA anti-doping officer
anna.warren@rya.org.uk



Safeguarding and Equality Referral Pathway

— SAFE & FUN —

Windsurfing and sailing should always be safe, fun and inclusive. Anyone involved in British Youth Sailing should feel comfortable to be themselves and all differences should be celebrated, creating a culture of openness and acceptance. If you are worried about the way another young person or adult is treating you or someone else, speak to your Club or Class Association Welfare Officer or the RYA Safeguarding and Equality Team

OTHER USEFUL CONTACTS ABLE TO HELP YOU:

RYA Safeguarding Team

Tel: 02380 604226

E-mail: safeguarding@rya.org.uk

RYA Equality Team

Tel: 02380 604249

E-mail: equality@rya.org.uk

Club Welfare Officer:

Contact details will be on your club noticeboard

Class Association Welfare Officer:

Contact details will be available on their website

Childline:

Tel: 0800 1111

www.childline.org.uk

NSPCC:

Tel: 0808 800 5000

www.nspcc.org.uk

Children 1st (Scotland)

Tel: 08000 28 22 33

www.children1st.org.uk

Kidscape (anti-bullying):

www.kidscape.org.uk

Staying safe online

www.thinkuknow.co.uk

Health and Mental Wellbeing:

www.youngminds.org.uk

www.healthtalk.org/young-peoples-experiences





Mental Health Care Pathway Referral Process

01



Raise your Concern

VIA SAILOR, PARENT, COACH, STAFF MEMBER

Should you have any concerns with a fellow sailor, coach or staff member in the RYA, do not hesitate to raise your concern with the support network around you. Mental well-being is important for all and the responsibility of everyone involved in the high performance system. Please visit the RYA website if you are worried www.rya.org.uk/about-us/policies/safeguarding/what-to-do-if-you-are-worried or complete this form to raise a concern <https://rya.vissro.com/rya/forms.nsf/concern>

02



Contact the RYA Safeguarding Team

VIA PHONE OF EMAIL

Should you have concerns, direct them confidentially to the RYA Safeguarding Team, safeguarding@rya.org.uk within work hours. Out of office hours please use the contact details below. For those in the British Sailing Team, please contact shareaconcern@britishsailingteam.com.

03



RYA Signpost Support

RYA SIGNPOST SUPPORT

Once concern has been raised, the RYA will support you in the next steps and the options moving forward. We will lead on the signposting appropriate support through the NHS or Private Health Care Services.



PERFORMANCE PATHWAY HANDBOOK

RYA Racing Department, RYA House,
Ensign Way, Hamble, Southampton, SO31 4YA

T: 023 8060 4100 F: 023 8060 4299
E: racing@rya.org.uk W: www.rya.org.uk

