

2009/10 RYA Volvo Transition Training Programme Guidelines

1. Introduction and background

This programme aims to:

1. Initially deliver a comprehensive foundation in the key skills and attributes required to make a successful transition into the RYA 'pathway' recognised youth classes.
2. Subsequently, support a small number of proven junior sailors and additionally those who have (initially) demonstrated the greatest progression and propensity to succeed in their chosen 'pathway' class in order to assist them to make a successful transition into the demanding RYA Volvo National Youth Squad programme.

The programme provides education, support, tailored coaching, physical training, competition guidance, and international event support to fast track the development of essential relevant attributes to make a successful transition. These include: communication, fitness, boat handling skills, boat speed and racing skills. Physiology and sports psychology modules will also be included, as well as seminars for parents/guardians of sailors in the programme.

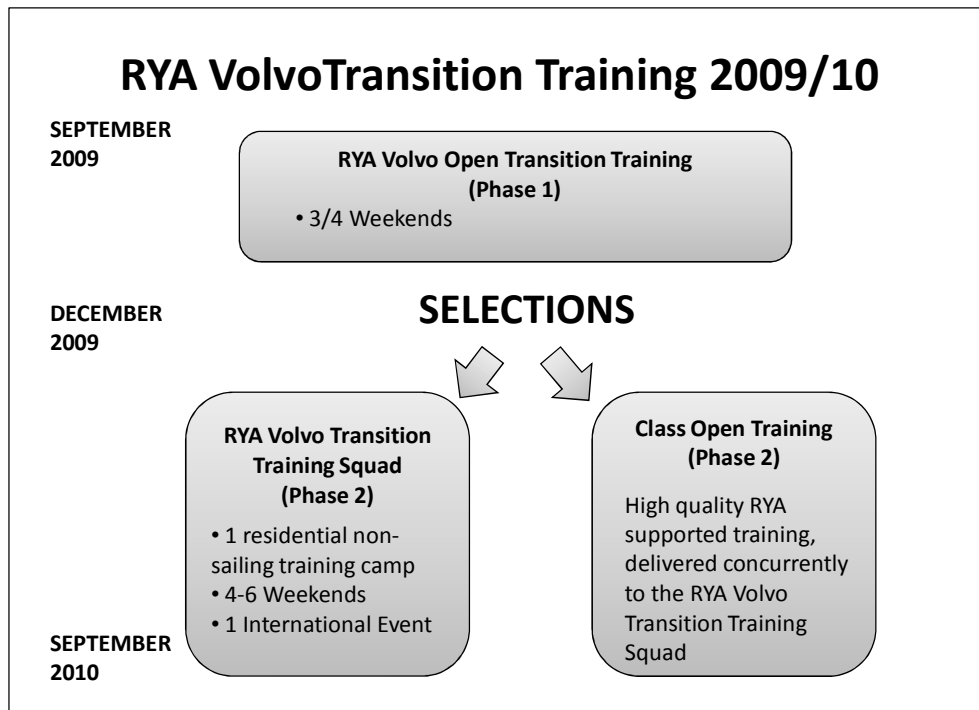
There will be Two Phases to the training:

Phase 1: RYA Volvo Open Transition Training – comprising three or four open (for eligible sailors) training weekends running from September to November 2009.

On completion, there will be a selection process in December to select the RYA Volvo Transition Squad.

Phase 2: RYA Volvo Transition Training Squad – comprising of a mandatory residential (non-sailing) training camp, and between four and six training camps, including a mandatory, appropriate International event to develop relevant skills. This phase will run from January 2010 to September 2010 (this coincides with the main RYA Volvo National Youth Squad entry point).

Sailors not selected for the RYA Volvo Transition Training Squad will be encouraged and eligible to enter into RYA supported Class Open training programme which is scheduled to run alongside the RYA Volvo Transition Training Squad, from January to September 2010.



The RYA will organise and deliver the high quality foundation training outlined above during Phase 1. The Class Associations will be empowered and given guidance and financial support to deliver an agreed Open Training Programme during Phase 2. The relevant associations have been contracted by the RYA to provide open training programmes to coach an agreed programme/syllabus for the (majority of) young sailors that have not been selected for the RYA Volvo Transition Training Squad, to build upon and complement their Phase 1 (RYA Volvo Open Transition Training) and aid their successful progression in their chosen youth class. It is intended that many of the contracted class association coaches involved should be where possible regular coaches within the RYA Volvo Youth programme.

2. Classes

The classes selected for 2009-10 RYA Volvo Transition Training are as follows:

- Single handed dinghy (Laser Radial) – boys
- Single handed dinghy (Laser Radial) - girls
- Windsurfer (Neil Pryde RS:X 8.5) – boys or girls
- Double handed conventional dinghy (420) – all boy or all girl crews (exceptionally mixed crews)
- Doubled handed asymmetric dinghy (29ers) - all boy, all girl crews or mixed crews (open)

At RYA Volvo Transition Training level mixed crews are eligible in the 29er class, but will only be invited in the 420 Class in exceptional circumstances.

Sailors should note that mixed crews are currently only eligible for selection to the RYA Volvo National Youth Squad in exceptional circumstances, in all classes but the 29er.

3. Eligibility

To be invited to attend the full RYA Volvo Transition Training programme (Phase 1 and 2) a sailor should normally be:

- Eligible to compete for Great Britain in the Olympic Games.
- Under 17 on the 31st December 2010.
- Not a member of a 2009/10 RYA Volvo National Youth, RYA National Junior Squad or RYA Zone Squad.
- Normally not already be a sailor in the RYA Volvo Transitional Training Squad.

In order to help sailing partnerships stay together, and allow sailors to progress at a rate consistent with the maturation of their academic peers sailors remain eligible for selection for the RYA Volvo Transition Training programme when a member of the team is U17 on the 1 September 2010, provided they were born between 1 September and 31 December inclusive. This is also applicable to singlehanded sailors. This falls in line with the RYA Volvo National Youth Squad policy.

Sailors who wish to be considered for a place in the RYA Volvo Transition Training Programme (phases 1 and 2) must be a member of the RYA and apply on-line at www.ryaracingevents.org.uk.

4. Selection and Selection Criteria

Phase 1 (RYA Volvo Open Transition Training): Aims to be inclusive, however due to practical limitations on resources in the event of high demand through the application process, priority, where necessary will usually be given to RYA National Junior Squad sailors.

There will be an application process for this programme to be accessed through the RYA racing events website at www.ryaracingevents.org.uk, applications will be open from 22nd July 2009.

Selections for Phase 2 (RYA Volvo Transition Training Squad) will be made in December 2009 and will be based on the following criteria:

- Eligibility criteria as per Phase 1
- Results from each class(es) Nominated Class Indicator Event.
- Result(s) from race series' to be held during the final weekend(s) of the relevant class Phase 1 training
- Recommendations from the respective RYA National Junior Squad Head Coaches, RYA Volvo National Youth Squad Coaches and the Open Training Coaches, and/or officers from the relevant Class Associations who maybe asked to input on one or all of the following areas:
 - Performance, attitude and behaviour at relevant Junior Championships and during previous training.
 - Class ranking lists.
 - Training history.
- Performance at major international regattas at Junior level
- Age and future potential.
- Height and weight.
- Personal goals and aspirations.
- Performance in youth classes – competition and training.
- Any other factors the selectors consider appropriate.

Nominated Class Indicator Events

Class	Event	Dates	Venue
Laser Radial	Inland Championships	7 th / 8 th November 2009	Rutland Sailing Club
Neil Pryde RS:X	Youth and Masters Championships	31 st October/ 1 st November 2009	Weymouth and Portland National Sailing Academy
29er	Inland Championships	7 th / 8 th November 2009	Grafham Water Sailing Club
420	End of Season Championships	28 th /29 th November 2009	Grafham Water Sailing Club

Invitations to RYA Volvo Transition Training are conditional upon full commitment to all training requirements and an ongoing, monitored personal competition and training programme. Sailors will be expected to undertake significant personal sailing and training as well as recommended class and RYA events, indicators and other open training.

Double handed boats are invited to be part of the RYA Volvo Transition Training Squad (phase 2) on the basis of the performance of the team, not the performance of each individual within the boat. In the event that your partnership breaks up neither the helm nor the crew are automatically entitled to retain their place in the RYA Volvo Transition Training Squad. Continued selection to the RYA Volvo Transition Training Squad will be at the discretion of the RYA Volvo Transition Training Squad selectors and the relevant RYA Pathway Manager.

It is anticipated that invitations to attend Phase 1: RYA Volvo Open Transition Training will be issued by mid August 2009. Invitations to Phase 2: RYA Volvo Transition Training Squad will be sent out in December 2009.

Sailors will not be eligible to participate in any of the RYA Volvo Transition Training (Phase 1 or 2) until a signed attendance confirmation form has been received by the RYA for all members of a boat's crew invited to attend.

The RYA will inform directly all sailors who are to be invited for RYA Volvo Transition Training (Phase 1 and 2). Invited sailors will also be published on the website.

Normally, the length of time a sailor can remain in the programme will be limited to 1 year.

6. RYA Volvo Transition Training Group Sizes

It is anticipated that the following numbers will be invited to attend RYA Volvo Transition Training:
Phase 1:

- Laser Radial Up to 40 sailors
- Neil Pryde RS:X Up to 16 sailors
- 420 TBC
- 29er TBC

Phase 2:

- Laser Radial Approx 10-12 boats
- Neil Pryde RS:X Approx 6-8 boards
- 420 Approx 6-8 boats
- 29er Approx 4-6 boats

Final numbers invited will depend upon the standard of sailors. Sailors may be invited to attend some or all of the RYA Volvo Transition Training. This will depend upon individual progress of the sailors invited, and to allow further sailors to be included in the training should they emerge later in the programme.

7. Fees and Payment

The cost for RYA Volvo Open Transition Training will be £40 per person per weekend. The programme is highly subsidised by the RYA who also finance the coaches, support staff, coach boats and administration.

8. RYA Volvo Transition Training Dates

The dates for this RYA Volvo Transition Training programme are available on the RYA website. TBC

9. Status

The Royal Yachting Association (RYA)'s policies and procedures, including these Conditions, for implementation of its Transitional Training Programme are subject to change from time to time, including variations required to comply with Sports Councils' directions on the investment of National Lottery funds.

The RYA reserves the right to amend, supplement and/or discontinue at its absolute discretion, for whatever reason, any or all of its policies and procedures.

10. Appeals



There will be no appeals against the published selection criteria or the actions of the selectors, provided they follow the selection criteria. By entering the selection process sailors agree to this condition. The grounds for appeal are limited to allegations of:

- I. Failure to follow due process
- II. Bias/undue influence
- III. Some other misconduct

The criteria for appeal may not include any alleged error of judgement of the selectors. Should an appeal still arise then it should be submitted to the Racing Manager within 5 days of the selection being announced. The full Appeals document is available on request from the RYA Racing Operations Manager.

10. Further Information

If you would like to discuss any aspect of these selection guidelines further, please try the following contacts:

1. RYA Pathway Manager (Single Handed) – Kirsty Bonar

Direct Lines: 07900 215851 Email Address: kirsty.bonar@rya.org.uk

2. RYA Pathway Manager (Double Handed) – Roy McCubbin

Direct Line: 07717495581 Email Address: roy.mccubbin@rya.org.uk

3. RYA Youth Programme Senior Administrator - Frances Wilson

Direct Line: 02380 604170 Email Address: frances.wilson@rya.org.uk