

2009 Performance & Excellence Report [October]

Moving into the Squad Training Period

October 2009

This report summarises the achievements of the Welsh National Squad Program up to and including late September and October squad selections. This report highlights key achievements, identifies our key performing athletes and shows the strength across the programme from Junior to Olympic level.

This report concludes with a progress summary of the Coach Cymru program and a progress update against areas of concern and the new development opportunities identified within the 2009 – 2013 High Performance Plan.

This report does not include the data analysis of the 2009 2010 Welsh National Squads which will be included in the final draft for the 2009 season.

Welsh Sailors who are members of Skandia Team GBR, RYA Performance and Development Squads (September 2009)

Class	Name	Level
Sonar (Paralympic)	Stephen Thomas	B
Finn	Ed Wright	B
470 [Crew]	Chris Grube	D
49er [Helm]	Dave Evans	D
470 [Helm]	Hannah Mills	D
Laser	Eifion Mon	DT

Welsh Sailors in RYA GBR National Youth Squads – (October 2009)

Class	Name	Squad
Laser Radial	Stevie Beckett	GBR Standard
Laser Radial	Anna Piggott	GBR Radial
Laser Radial	Hannah Tilley	GBR Radial
Laser Radial	Bleddyn Mon	GBR Radial

Welsh Sailors in RYA GBR National Junior Squads (October 2009)

Class	Name	Squad
Optimist	Mathew Whitfield	GBR National
Optimist	Joshua Burgess	GBR National
Optimist	Will Creaven	GBR National
Optimist	Gareth Viney	GBR National
Optimist	Myles Jackson	GBR National
Optimist	Rowan Edwards	GBR National
Optimist	Sara Doust	GBR National
Optimist	Daniel Whitely	GBR Int.
Optimist	Tom Joesbury	GBR Int.
Optimist	Alex Cole	GBR Int.
Optimist	Huw Edwards	GBR Int.
Topper	Ellie Meophan	GBR National
Topper	Thomas Williams	GBR National
Topper	Alex Jardine	GBR National
Topper	Danielle Rowe	GBR National
Topper	Rachel Tilley	GBR National
Topper	Connor Noyes	GBR Int.
Topper	David Clarke	GBR Int.
Laser 4.7	David Pain	GBR National
Laser 4.7	Dyfan Williams	GBR National

2009 Great Britain Team Selected Sailors.

[These do not include sailors at International Events by their own means]

Sailor	Event	Venue	Entries	Result	
Hannah Tilley	Laser 4.7 Worlds Qualifier Series	Various	60	4 th (1 st Girl) Selected for GBR Laser 4.7 World Championships Team	4.7 Worlds 38 th (39)
Hannah Tilley	RYA UK Youth Nationals	Largs	97	22 nd 1 st Girl Selected for GBR ISAF World Championships Team	ISAF Worlds 21 st (47)
Anna Piggott	RYA UKLA Laser Radial Qualifiers	Stokes Bay, Highcliffe, Lowestoft,	167	38 th (8 th Girl) Selected UKLA European Youth Championships	Youth Europeans 37 th (75)
Stephen Beckett	RYA UKLA Laser Radial Qualifiers	Stokes Bay, Highcliffe, Lowestoft,	167	29 th Selected UKLA European Youth Championships	Youth Europeans 101 st (200)
Toby Morsley	Optimist Selections	Pwllheli / Weymouth	87 (Restricted)	9 th Selected to GBR Optimist Europeans Team	European Championships 113 (147)
Mathew Whitfield	RYA Optimist Selections	Pwllheli / Weymouth	87 (Restricted)	15 th Selected for RYA French Nationals Team RYA Shanghai / Tokyo Regatta	French Nationals 22 nd (176) Unknown
David Pain	RYA Optimist Selections	Pwllheli / Weymouth	87 (Restricted)	18 th Selected for: RYA French Nationals Team	French Nationals 46 th (176)
Will Creaven	RYA Optimist Selections	Pwllheli / Weymouth	87 (Restricted)	20 th Selected for: RYA French Nationals Team	French Nationals 73 rd (176)
Josh Burgess	RYA Optimist Selections	Pwllheli / Weymouth	87 (Restricted)	25 th Selected for: RYA French Nationals Team	French Nationals 52 nd (176)

2009 Podium or Merritt Results from Welsh sailors:

Olympic:

Sailor	Event	Venue	Entries	Result
Ed Wright (Finn)	Olympic Classes World Cup, Grade 1 Regatta	Miami	30	Gold (1 st Brit)
	Olympic Classes World Cup, Grade 1 Regatta	Princess Sofia Regatta, Palma, Majorca	47	Silver (2 nd Brit)
	Olympic Classes World Cup, Grade 1 Regatta	Hyeres, France	46	Silver (1 st Brit)
	Olympic Classes World Cup, Grade 1 Regatta	Delta Lloyd, Medemblik	37	Bronze (1 st Brit)
	Sail 4 Gold, Olympic Regatta	Weymouth, UK	37	Silver (1 st Brit)
	Finn European Championships	Varna, Bulgaria	73	Bronze (1 st Brit)
David Evans (49er)	Olympic Classes World Cup, Grade 1 Regatta	Palma, Majorca	50	Bronze (2 nd Brit)
	UK National Championships	Hayling Island	25	1 st
Hannah Mills (470 women)	Olympic Classes World Cup, Grade 1 Regatta	Palma, Majorca	36	6 th (2 nd Brit)
Stephen Thomas (Sonar)	Sail 4 Gold, Olympic Regatta	Weymouth, UK	9	Silver (1 st Brit)

Youth Classes (U19):

Sailors	Event	Venue	Entries	Result
Bleddyn Mon 29er Class	UK Youth National Championships	Largs	27	Gold UK Youth National Champions
Hannah Tilley (Laser 4.7 / radial	RYA UK Youth Nationals	Largs	97	1 st Girl (22 nd overall)
	Laser Qualifier, May	Lowestoft	68	1 st Youth Girl (22 nd Overall)
	Laser 4.7 Europeans	Helsinki, Finland	82	29 th & 8 th youth girl 1 st Brit
Stevie Beckett (Laser R & F)	UK Youth National Championships	Largs	97	9 th
	Laser National Championships	Paignton	40	2 nd Youth (9 th Overall)
Anna Piggott Laser Radial	Laser Radial National Championships	Paignton	96	3 rd Youth Girl 30 th Overall

Junior Classes (U16)

Sailor	Event	Venue	Entries	Result
Micky Beckett	Topper World Championships	Ebensee, Austria	94	4 th (3 rd Junior)
	Topper Inland Championships	Grafham	261	4 th (3 rd Junior)
	Nationwide Series Overall	5 events	240	1 st Overall (1 st Junior)
Ellie Meophan	Topper Irish Nationals	Blessington, Ireland	90	6 th (1 st Girl)
Danielle Rowe	Topper Irish Nationals	Blessington, Ireland	90	10 th (2 nd Girl)
Toby Morsley	Lake Garda Easter Regatta	Lake Garda, Italy	650	20 th (1 st Brit)
Mathew Whitfield	Braassemermeer	Belgium	220	31 st (2 nd Brit)
	Optimist Inland Championships	Grafham	224	9 th (1 st Junior)
	Optimist Junior National Championships	Largs,	146	5 th (2 nd Brit)
	Optimist End of Season Championships	Rutland	228	6 th 2 nd Junior
Daniel Whitely	Optimist End of Season Championships	Rutland	228	10 th (4 rd Junior 1 st <12)
David Pain	Laser 4.7 National Indicator	Poole & Draycote	36	2 nd

Notable Success

Sailor	Event	Venue	Entries	Result
Bleddyn Mon	Splash World Championships	Pwllheli	112	Bronze 1 st Brit
Emma Clarke (ex WNS)	RS200	Looe	129	1 st
	RS400	Mounts Bay	67	1 st
	UK Endeavour Trophy	Royal Corinthian	Closed	1 st
Ben Pym (ex WNS)	Rolex Fastnet	Offshore	Selected RYA team	11 th

Boat Provision allocations:

The following table shows sailors supported with boats and equipment through the provision scheme as proposed end of October. Boats are allocated for a 1 year period to cover preparation during training sessions before the season starts and until the end of the competition season.

Class	Name	Criteria for support
Optimist	Mathew Whitfield*	Optimist GBR National Squad 2009 / 2010 Season
Optimist	Will Creaven*	Optimist GBR National Squad 2009 / 2010 Season
Optimist	Josh Burgess*	Optimist GBR National Squad 2009 / 2010 Season
Optimist	Gareth Viney	Optimist GBR National Squad 2009 / 2010 Season
Optimist	Myles Jackson	Optimist GBR National Squad 2009 / 2010 Season
Optimist	Rowan Edwards	Optimist GBR National Squad 2009 / 2010 Season
Topper	Ellie Meophan*	Topper GBR National Squad 2009 / 2010 Season
Topper	Danielle Rowe	Topper GBR National Squad 2009 / 2010 Season
Topper	Rachel Tilley	Topper GBR National Squad 2009 / 2010 Season
Topper	Thomas Williams	Topper GBR National Squad 2009 / 2010 Season
Laser	Hannah Tilley	Laser Radial National Squad 2009 / 2010 Season
Laser	Anna Piggott	Laser Radial National Squad 2009 / 2010 Season
Laser	Bleddyn Mon	Laser Radial National Squad 2009 / 2010 Season
Laser	Stevie Beckett	Laser Standard National Squad 2009 / 2010 Season
Laser	David Pain	Laser 4.7 National Squad 2009 / 2010
420	Nia Jones Eleni Morus	Working towards GBR 420 Squad selection following
Optimist Optimist Laser 4.7	Daniel Whitely (GBR Nat) Sara Doust (GBR Nat) Dyfan Williams (GBR Nat)	Offer of 1 year old boats currently on loan within the scheme

*Denotes that these sailors received Sports Aid Wales (SAW) Grant Aid during 2009

Talent Cymru* (Previously Talent Support)

Sailors listed below have been receiving talent support as GBR Youth Squad members for the period April 2009 – April 2010

April 2009 – September 2009

Sailor	Class	Level
Bleddyn Mon	29er	GBR National Squad
Stevie Beckett	Laser Radial	GBR National Squad
Anna Piggott	Laser Radial	GBR National Squad
Hannah Tilley	Laser Radial	GBR National Squad

September 2009 – April 2010

Sailor	Class	Level
Bleddyn Mon	29er	GBR National Squad
Stevie Beckett	Laser Radial	GBR National Squad
Anna Piggott	Laser Radial	GBR National Squad
Hannah Tilley	Laser Radial	GBR National Squad

(all successfully maintained GBR Squad places)

Event support 2009

During the 2009 season have made no significant changes to the event support program as set out below.

W.Y.A Event Support 2009					
National Squad			Regional Squad		
Optimist Selections X 2	Optimist Inlands	Optimist Nationals	Optimist Inlands	Optimist Nationals	Optimist End of Seasons
Optimist EOS					
Topper Nationwide X 2	Topper Inlands Topper Nationals		Topper Nationwide X2 (expenses only) Topper Inlands Topper Nationals (part)		
Laser Nationals	72 Days of event support provision				
Eric Twiname					
UK Youth Nationals					
420 Pre National Training					

*Total spend and breakdown is available in the accounts

The event support program continues to be an invaluable part of the squad program benefitting both sailors and also the coaches themselves at event.

Welsh National and Regional Squads 2009

This October draft for the season does not include the data analysis from our squad program or contain the boat provision plan for 2009 2010. This is due to the squads only being selected this week and many sailors have yet to confirm GBR and or Welsh National Squad places.

A full analysis will be completed in due course. In summary the following have been selected for 2009 2010

Welsh National & Regional Squads 2009 – 2010

Including GBR

Class	Regional	National	GBR Nat	GBR Int.
Optimist	25	16	8	4
Topper	12 (South only)	15	5	2
Laser 4.7	NA	8	2	NA
Laser		11	4	Christmas Selection
420		4	0	
29er		0	0	
91 Sailors in W.Y.A Squads	37 Sailors	54 Sailors	25 Sailors	

For Comparison the 2008 – 2009

Class	Regional	National	GBR Nat	GBR Int.
<i>Optimist</i>	<i>27</i>	<i>16</i>	<i>5</i>	<i>5</i>
<i>Topper</i>	<i>18</i>	<i>16</i>	<i>5</i>	<i>1</i>
<i>Laser 4.7</i>	NA	<i>0</i>	<i>1</i>	NA
<i>Laser</i>		<i>8</i>	<i>2</i>	Christmas Selection
<i>420</i>		<i>3</i>	<i>0</i>	
<i>29er</i>		<i>1</i>	<i>0</i>	
91 Sailors in W.Y.A Squads	45 Sailors	44 Sailors	19 Sailors	

Coach Cymru Report - Volvo Champion Clubs

April 2009 saw the implementation of the new Coach Cymru Club Coaching funding aimed at increasing quality and number of Volvo Champion Clubs feeding the program; and in doing so increase the attendance at W.Y.A National and Regional Events.

The first 6 months activity has focused on; -

- Coach support prioritised to 4 VCC or development clubs to improve quality and retention of 2009 sailors.
- Re branding and publicising of W.Y.A events incorporating Onboard Regatta fleet drive to attract less experienced sailors to a friendly event experience.
- Delivery of a higher quality 1st event experience, through coach support and training delivered at the regatta fleet entry point of events.

Associated to this the Association is recording

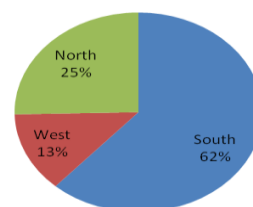
- Club Participation and volunteer CPD attached to the program
- Detailed participant and club break down at events
- Qualitative feedback after events through online questionnaires.

Event Summary 2009

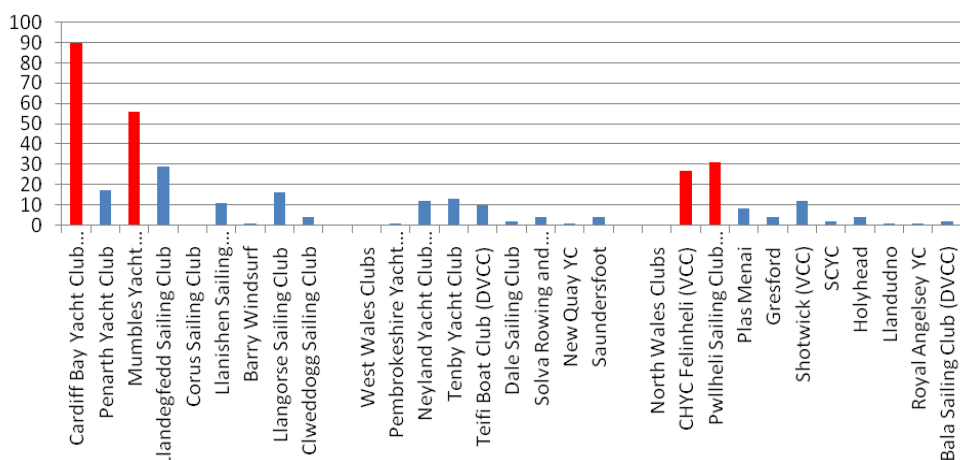
[Context RYA junior events have decreased in attendance in 2009]

Event	2008	Target 2009	Actual 2009
Schools (July)(U19)	98	100	121 (+23%)
Acorn (Sep) (U16)	82	100	142 (+73%)
VY&J (Sep) (U19)	60	90	104 (+73%)

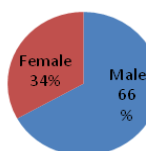
Overall Attendance by region



Total Club Sailor Attendance[s]



Male / Female Event Attendance 2009



Clubs supported by Coach Cymru Program

Observations

- Event increase has solely existed within regatta fleet numbers. Main fleet numbers have not increased as yet.
- The event increase this year derives mostly from only these 4 clubs.
- Resulting in 56% of attendance has come from only these 4 clubs.

Going Forwards [Challenges]

- Retaining the new Onboard Regatta fleet sailing this year into next year participants. Many of the new sailors are using club equipment, until this barrier into own boat participation is broken we have probably not achieved much.
- We've hit easy targets, engaging with the less developed clubs we will need to tie in more of the club development processes and is likely to take longer.
- Maintaining support and increasing the number of clubs must compromise the funding.
Less with more clubs or more with less clubs
- A drive expected in 2010 to increase fee's and income generation from events, and may not help.

2009 Squad Developments

This section refers to the risks and opportunities for Welsh Sailing highlighted within 2009 – 2013 Performance Plan

1. Reaction to Global Economic Climate

Pre season interventions have been to hold fee's for the season and to implement a more "softly softly" approach in steering families to appropriate events. i.e. The right events not all the events. Observations have been: -

- Minimal effect on the sport to date;
- Increase in numbers though W.Y.A programs at events and UK National events;
- Individual cases where job loss has impacted on a pathway sailor, there have been examples but seemingly few and far between.

Squad Policy will remain to:

- Make minimal squad fee increases for 2009 2010;
- Implement across the W.Y.A programs carefully publicised event fee increases for next season;
- Continuation of appropriate event advise by coaches and WHPM.

2. Class Trends 2009

Optimist Class

- Optimist Class in Wales continues as our strongest class with numbers just ahead of the Toppers at events.
- The class has perhaps polarised further around the VCC clubs, with little Optimist class activity in West Wales
- Record number of GBR National Squad sailors with 7 selected for GBR National and 4 in GBR Intermediate Squads. Again a credit to the coaching team.
- Wales had 4 sailors in top 12 in the UK at End of Seasons in October.

Topper Class

- Topper Class downturn has perhaps bottomed out with number of youth topper sailors very good and numbers at the entry point / open training seemingly growing in at least South and North Wales.
- The National Squad has remained strong and credit to the coaching team in moving a number of average ranked sailors into both GBR National and Intermediate Squads (5 GBR and 2 Intermediate).
- The downturn of recent seasons has left perhaps a gap in the cycle – where by the South Regional Squad are still recruiting more sailors at a relatively inexperienced level. Whilst in north Wales the absence of enough eligible sailors the squad program has been delayed until the new year with coach support going in at open training to help strengthen the club open training structure.
- The Topper Class is well spread across many clubs in comparison to the Optimist.

Laser 4.7 Class

- A National Squad of 8 sailors including 2 immediately selected to Great Britain Squad is a good asset to the squad program.

Laser Class

- Growth in the class specifically in South Wales as junior sailors from the past few years are moving on.
- National Squad has strengthened this season with 11 WNS sailors selected and 4 in GBR National Youth Squad.
- ISAF selection by Hannah Tilley for Great Britain and noteworthy success.

420

- 3 Welsh National Squad Boats are being supported towards GBR Transitional or Youth Squad selection.

29er

- There is no current 29er activity or support in place, and currently no sailors from Wales competing in the class.

3. Junior Double Handed and Windsurf Development

See the JDH and Windsurf Implementation Plan for details of targets and progress. In Summary:

Junior Double Handers

Occasional RS Feva attendance has taken place during the season at our events. South Wales has seen a steady increase in available boats at clubs or privately owned, which is not yet reflected elsewhere in Wales.

W.Y.A Interventions this summer; -

- Promotion of RS Feva Class at events and utilising Feva branding
- Provision of Team Race Coach for Welsh Sailors to train using RS Feva's at Penarth Yacht Club. This has resulted in 4 Welsh teams of 6 sailors attending the UK National event.
- Provision of RS Feva / JDH Race Training in Half Term in North and South Wales.

It is planned that the South Wales Region will have a critical mass of RS Feva to continue open training this winter. It is possible the north may depend on uptake of half term race training and interest in general.

In conjunction with the RS class Association South West England and South Wales will have some joint RS Feva events possibly incorporating the South CYRC series next year.

Windsurf Bic-Techno 293 Development

Windsurf Developments has focused on the work of the RDO's with the Team 15 or development clubs. Barriers to racing have been race knowledge and pathway equipment in clubs. Whilst pathway equipment is an obstacle for us, windsurf racing has taken place at both Acorn Regatta with 12 competitors from the South clubs and at the Welsh Youth & Junior Championships with 2 competitors from Plas Menai T15.

W.Y.A Interventions this summer: -

- Promotion of Windsurf Racing at W.Y.A events and ensuring a windsurf coach is at each event.
- 12 New Windsurf Instructors trained in South and West Wales.
- 1 Windsurf Coach sent to IWA junior world championships with the RYA.
- Provision of windsurf race training this half term in North and South Wales.

If there is enough interest it is planned to run further open race training during the winter.

Significant ongoing work at club level in increasing the capacity of clubs to deliver race training and to source equipment which leads onto the racing pathway. 2010 targets are set out within implementation plan.

Young Sailor of the year

After perhaps one of the strongest years at junior level we saw Mathew Whitfield and Toby Morsley achieve some excellent results in the Optimist class at Garda, Braassemermeer and at the UK Nationals. Whilst Bleddyn Mon has gone on to show his class by winning the UK Youth National Championships back in April, and has since tried his hand solo with a Bronze at the Splash Worlds (not the 29er worlds he may have hoped for) and some excellent results now in the Laser radial as he expands his experience and skill set for the future.

However, for 2009 the Wales Young Sailor of the Year and UK nomination is for Hannah Tilley who stepped into a Laser 4.7 class less than a year ago and made GBR Worlds Team in 4th place and 1st girl soon after. It was in April for Hannah at her first competitive event in the Laser radial – the UK Youth Championships where she claimed the British title and the ISAF youth worlds team place – a journey to Brazil for 3 weeks. A first for a single handed Welsh girl and all at the age of 15! Hannah went on and has faced some tough times this year, but the sweetest was probably answering her critics with 1st youth girl again at the Laser qualifier, and again ahead of the then GBR Squad. For performance and determination we nominate Hannah Tilley.

End.

Iwan Basten [October 2009]

Related Documents on request

1. Welsh Sailing High Performance Plan 2009 -2013
2. Coach Cymru Volvo Champion Club Program KPI
3. Squad & Event Support Budgets
4. Squad lists and selection policies
5. Junior Double Hander & Windsurfing Implementation Plan