

## **2009 Performance & Excellence Report [December]** ***Moving into the Squad Training Period***

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

This report includes the statistical data from the 2009 2010 squad selections and events and concludes with a progress summary of the Coach Cymru program, a progress update against areas of concern and the new development opportunities identified within the 2009 – 2013 High Performance Plan.

---

### **Summary**

Entering 2009 Welsh Sailing was posed a number of challenges following on from the ongoing success at junior level. The challenges or questions at the time were:

- Confirmation of the impending recession and the impacts on parents
- Submission of a new 4 year plan taking Welsh Sailing from 2009 – 2013
- Equivalent changes taking place across RYA racing with key selection and management procedures taking place.

Our priorities steered by the Performance Coach Group were:

#### **Squad**

- Maintain the Junior success at GBR level
- Improve the Youth Squad conversion rate for Wales
- Seed 2 new classes within Wales for future squads

#### **Events** (Coach Cymru Secured Funding)

- Enhance the vibrant feel and quality of regatta fleets
- Reverse the decline of domestic event attendances

#### **Clubs** (Coach Cymru Secured Funding working with Club Development Funding)

- Implement systemic change at a few clubs in quality of coaching
- Identify the target VCC clubs for the 4 year period

### **Interventions**

As well as looking to improve the coaching and support across all 9 Squads in Wales the key changes have included:

Squad – Initiate Laser 4.7 National Squad as stepping stone for Radial sailors  
Squad – Pilot Transitional Class Training for squad sailors moving from junior to a youth class  
Squad - Pilot Windsurf & Junior Double Hander training in North & South Wales

Event – Rebrand and market Welsh Sailing (WYA) through the public portals of our events  
Event – Appoint Coaches to regatta fleets to develop training and racing emphasis

Club – Recruit and deploy Volvo Champion Club Coaches in specific clubs  
Club – Bridge the gap with specific OnBoard Race Training linked to squad activities

### **Highlights**

- 2 UK Youth National Champions
- 31 GBR Squad sailors (19 in 2008)
- Increase of event attendance of 53% across the 3 National Events on 2008
- Embryonic Windsurf and Feva groups sailing in the regions
- VCC Coaching in Clubs highly successful in improving club retention and quality
- Onboard Race Training ethos leading the UK OnBoard retention rate and case example in Cardiff

Further detail of class trends in Wales have been included within the full 2009 P&E report available on the website.

## Looking towards 2010 & 2011

Longer term challenges across the 4 years are documented within the 2009 – 2013 Wales High Performance Plan and include the questions on; raising the number of quality club environments; girls in sailing; sustaining the level of GBR representation we have; increasing new class activity; and retaining all those who leave squads within the sport. These within a context of static government funding and mindful of probable changing political emphasis and funding following on from the 2012 Olympics.

It is with pleasure I am able to comment that these challenges are within our own management control and I am confident that we will be steered by the experienced group of people involved from W.Y.A committee, performance coach group and with sound advice and support from the RYA we will meet every one of these challenges

I am therefore able to highlight the immediate opportunities which will underpin both the sport as well as strengthening the performance squads in Wales which lay before us all.

### 1. London 2012 Olympics

Never before has an opportunity to enthuse new sailors and families to try our sport. With initiatives such as OnBoard there to help; - it will be the quality and welcome in clubs to the sport which will make the real difference to retaining these new participants. What may take place for our sport after 2012 is questionable; a good games will help us all, whilst the probability of government cuts must be duly considered.

### 2. Governing Body Support

Never has there been the level of support available for clubs. The rewards for clubs who take the initiative and look for the opportunities are significant. The risks of apathy and inactivity are equally so.

### 3. Volvo Champion Club & Local Authority Partnerships with Sailing Clubs

May hold potential opportunities to provide equipment and funding potential for clubs to grow into busy OnBoard and also VCC coaching environments. Whilst not every club is suited partnerships with local authorities and the WYA for clubs who so desire are already being developed.

To capitalise on the opportunities currently at hand it will be the sum effect of everyone "on watch" during this period of time that will ensure our sport and our clubs are better places and more secure for those that follow.

## Young Sailor of the year

After perhaps one of the strongest years at junior level we saw Mathew Whitfield and Toby Morsley achieved 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 4<sup>th</sup> place and 1<sup>st</sup> 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 1<sup>st</sup> Youth Girl again at the Laser qualifier, and again ahead of the then GBR Squad. For performance and determination we nominate Hannah Tilley.

May I wish everyone a fabulous 2010, both on and off the water, sailing, and growing our sport.

Iwan Basten [December 2009]

## Related Documents on request

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

The full 2009 Performance & Excellence report is available at  
[http://www.welshsailing.org/committees/Pages/WYA\\_AGM.aspx](http://www.welshsailing.org/committees/Pages/WYA_AGM.aspx)

**Performance & Excellence Report  
Great Britain Squad and Team success 2009**

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

<b>Class</b>	<b>Name</b>	<b>Level</b>
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 – (December 2009)**

<b>Class</b>	<b>Name</b>	<b>Squad</b>
Laser Standard	Stevie Beckett	GBR National
Laser Radial	Anna Piggott	GBR National
Laser Radial	Hannah Tilley	GBR National
Laser Radial	Bleddyn Mon	GBR National
29er	Henry Collinson	GBR National
Laser Radial	Tom Piggott	GBR Transitional
Laser Radial	Ross Moreton	GBR Transitional
420	Toby Morsley	GBR Transitional
420	Harry Yeoward	GBR Transitional
420	Tom Pain	GBR Transitional

**Welsh Sailors in RYA GBR National Junior Squads (December 2009)**

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

**2009 Podium or Merritt Results from Welsh sailors:**

**Olympic:**

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

### Youth Classes (U19):

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

### Junior Classes (U16)

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

### Notable Success

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

**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	Joshua Burgess*	Optimist GBR National Squad 2009 / 2010 Season
Optimist	Will Creaven*	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
Optimist (1 year)	Sara Doust	Optimist GBR National Squad 2009 / 2010 Season
Topper	Ellie Meophan*	Topper GBR National Squad 2009 / 2010 Season
Topper	Thomas Williams	Topper GBR National Squad 2009 / 2010 Season
Topper	Danielle Rowe	Topper GBR National Squad 2009 / 2010 Season
Topper	Rachel Tilley	Topper National Squad 2009 / 2010 Season
Topper (1 Year)	Alex Jardine	Topper National Squad 2009 / 2010 Season
Laser Standard	Stevie Beckett	Laser National Squad 2009 / 2010 Season
Laser Radial	Hannah Tilley	Laser Radial National Squad 2009 / 2010 Season
Laser Radial	Anna Piggott	Laser Radial National Squad 2009 / 2010
Laser Radial	Bleddyn Mon	Laser Radial National Squad 2009 / 2010
Laser 4.7	David Pain*	Laser 4.7 National Junior Squad
420	Nia Jones	Working towards GBR 420 Squad selection following

\*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 Nationwide X2 (expenses only)		
Topper Inlands	Topper Nationals		Topper Inlands	Topper Nationals (part)	
Laser Nationals	<b>72 Days of event support provision</b>				
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 - 2010

The following graphical information provides an update of the evolution of the squad and derived club program. A more detailed analysis is available year by year.

### Welsh National & Regional Squads 2009 – 2010

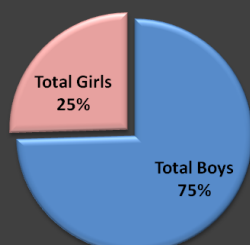
*Including GBR*

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	2
420		4	0	3
29er		0	1	0
<b>91 Sailors in W.Y.A Squads</b>		<b>37 Sailors</b>	<b>54 Sailors</b>	<b>31 Sailors</b>

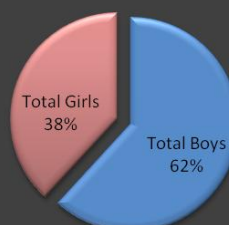
### For Comparison the 2008 – 2009

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

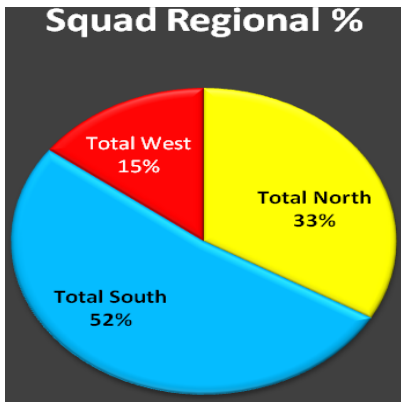
### Male vs. Female National



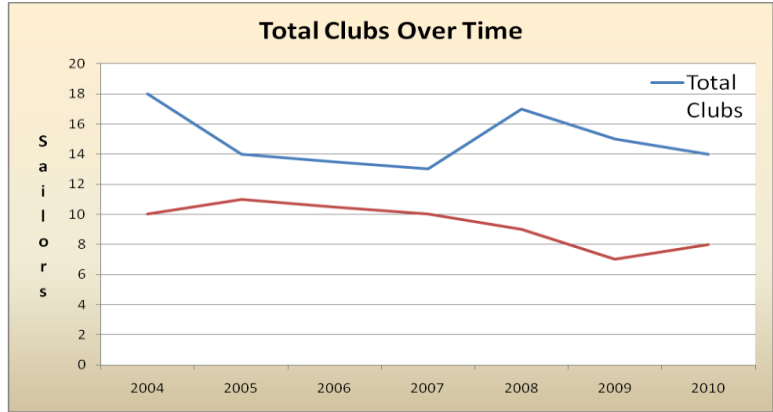
### Male vs. Female Regional



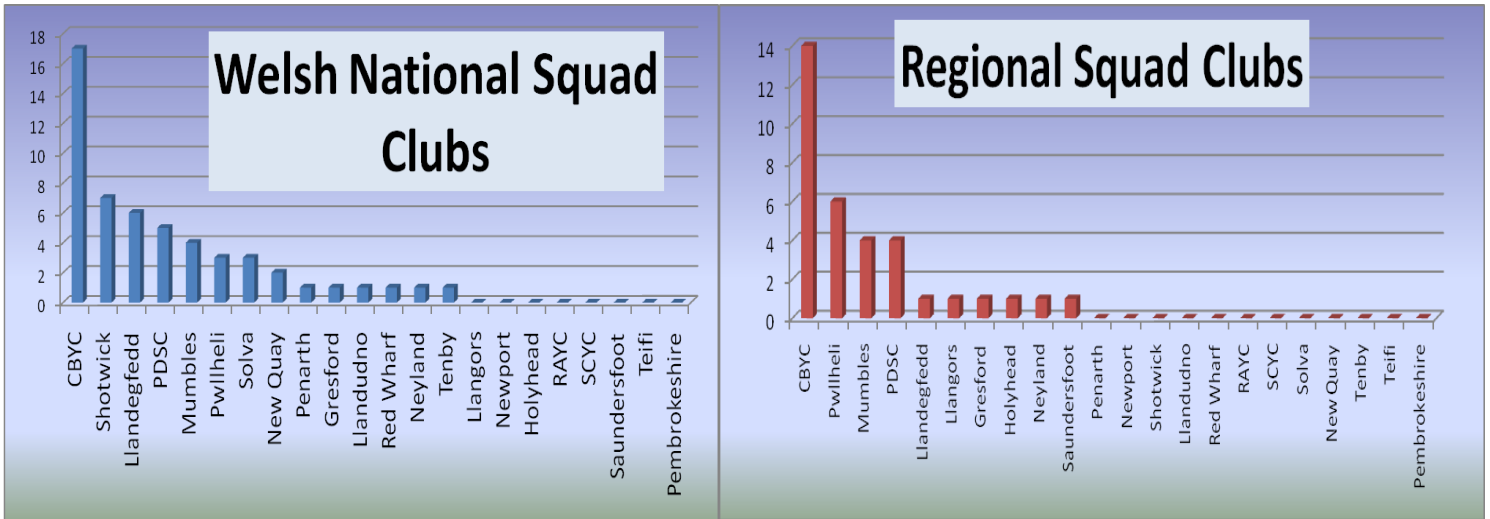
**Total Squad % by Region**



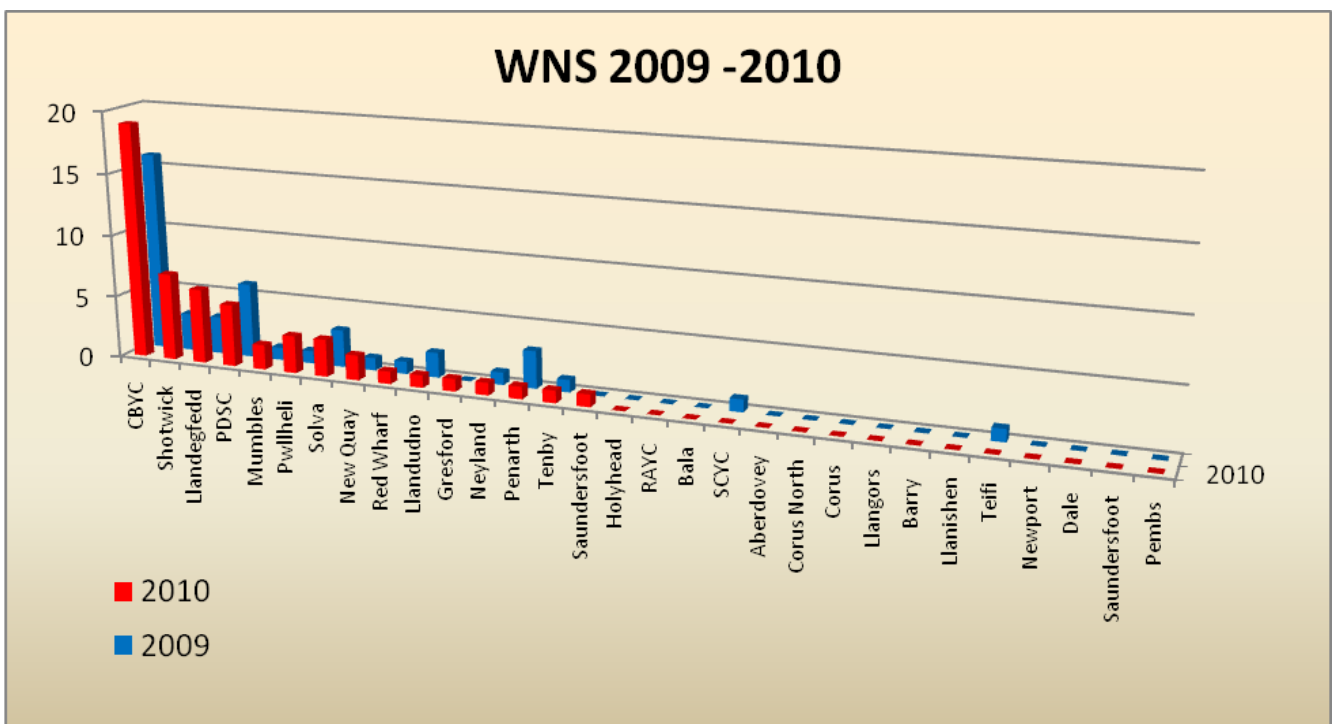
**WNS Clubs Over Time**



**2009 – 2010 Welsh National & Regional Contributing Clubs**



**Welsh National Squad Change 2009 – 2010**



## 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 1<sup>st</sup> event experience, through coach support and training delivered at the regatta fleet entry point of events.

Associated to this the Association is recording

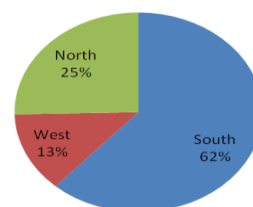
- Club Participation and volunteer CPD attached to the program
- Detailed participant and club break down at events
- Qualitative feedback after events through online questionnaires.

### Event Summary 2009

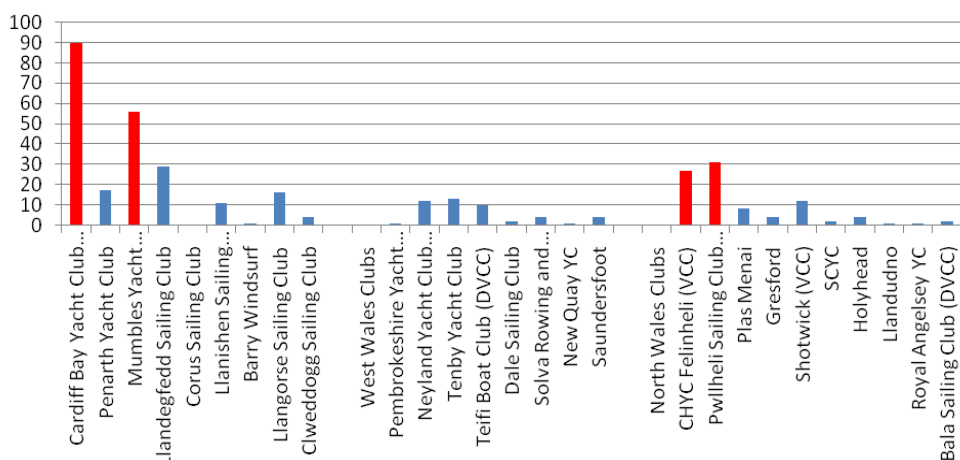
[Context RYA junior events have decreased in attendance in 2009]

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%)

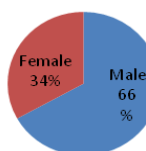
### Overall Attendance by region



### 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 the 4 clubs receiving VCC support.
- Resultantly 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 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 fees 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 advice 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 8 selected for GBR National and 3 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 very good older youth Topper sailors and new sailors at a young 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 with 4 in GBR National Youth Squad and 2 into the RYA Transitional Squad.
- ISAF selection by Hannah Tilley for Great Britain a noteworthy success and good PR for Wales and Sailing.

420

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

29er

- Little or no active 29er domestic sailing activity in clubs
- 1 Welsh Sailor absent from the squad program since Toppers in 2006 has been selected for 29er Youth Squad. A credit to his hard work, personal sailing time and class based training in England.

### 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.

WYA Interventions during 2009; -

- Promotion of RS Feva Class at events and utilising Feva branding
- Provision of Team Race Coach for Welsh Sailors to train using RS Fevas 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 depending 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 RDOs 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.

WYA Interventions during 2009: -

- Promotion of Windsurf Racing at WYA 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.
- Purchase of 3 Bic-techno boards and rigs by South Wales Regional Committee

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.

End.

### **Related Documents on request**

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