



## **SPASC Junior Sailing Program for 2022/23 Sailing Season**

### **Commencing Saturday 22 October 2023**

#### **A) Green Fleet 1 Start Racing Program – Saturday Mornings**

Designed for students aged 8 to 17 years, involving a mixture of classroom learning, sailing exercises, adventure games, occasional racing and cruising to a destination. Participants under the age of 12 should have attended at least 2 Australian Sailing Tackers courses before enrolling.

**Timing** – 22 October 2022 to 18 March 2023

**Boat Types** – Optimists, O’pen Skiffs and Lasers.

**Outcomes** – Green Fleet 1 Start Racing Program (20 Sessions) outcomes are:

- Progression of learn to sail fundamental skills to independence including:
  - Rig and Launch your boat
  - Sail and Return, Tack & Gybe
  - Control speed, direction, steering, balance and stopping
  - Capsize and Recover
  - Sail a Triangular course, Sail a circle
  - Race Start Sequences
  - Right of Way, Perform a 360 penalty turn
- Fun and creative introduction to racing skills and novice races.
- Sailor confidence increased and passion/interest in sailing.
- Social connection through sport.
- Local environment and local connection.
- Flexible engaging sessions developed to the individual progression.

Students that achieve all of the above before March may progress to green fleet level 2 earlier at no additional cost.

#### **B) Green Fleet 2 Coaching Program – Saturday mornings**

Designed for students aged 8 to 17 years who have completed the Green Fleet 1 Program with an emphasis on fun and enjoyment. Syllabus includes classroom learning, cruising to a destination, sailing exercises, sailing adventure games and club racing.

**Timing** – 22 October 2022 to 18 March 2023

**Boat Types** – Optimists, O’pen Skiffs and Lasers.

**Outcomes** – Green Fleet 2 sailors will cement the foundation skills learned in Green Fleet 1 and are prepared for club racing in an environment where the focus is on fun and enjoyment. Expected outcomes after 20 sessions are:



- Further refine sailing skills, increasingly independent, including:
  - Race Start Strategies
  - Better Sailing - Upwind
  - Better Sailing - Broad Reach
  - Better Sailing – Running
  - Better Sailing – Rounding Marks
  - Roll Tacks and Gybes
  - Picking Wind Shifts
  - Confidence in sailing in Stronger Winds
- Fun transition into club racing and sailing practice for enjoyment and social.
- A focus club participation, sailing activity, rather than solely competitive results (goals built around achieving skills rather than results goals).
- Finding enjoyment in extensive free sail activities to self-challenge and extend all skills.
- Social connection through sport.
- Local environment and local connection.
- Flexible engaging sessions developed to the individual progression.
- Introducing intensity & accuracy in some sessions.

### C) Junior Friday Twilight Sailing – Friday Evenings

For competent junior sailors aged 9 to 17 that have completed the Green Fleet Program or can demonstrate competent race sailing in winds of 16 knots or more.

**Timing** – 20 January 2023 until 31 March 2023 (daylight saving hours)

**Boat Types** – Optimists, O’pen Skiffs and Lasers.

**Program** – One race of a triangle and windward return course, followed by Adventure Games according to the SPASC Friday Twilight Junior Race Fleet sailing instructions.

- Club racing with periodic visits from top sailors to provide coaching sessions.
- Buoys are set within view from the SPASC Clubhouse.
- Racing may be cancelled when wind exceeds 16 knots.

### D) Junior Saturday Racing – Saturday Afternoons

Designed for students aged 10 to 17 years who have completed the Green Fleet Program and can demonstrate the necessary sailing skills and competencies to compete within a standard racing course.

**Boat Types** – Open to Optimists, O’pen Skiffs and Lasers.

**Timing** – 10 September 2022 until 18 March 2023

**Program** – Triangle and windward return course, according to the SPASC Saturday sailing race program

- Club racing with periodic visits from top sailors to provide coaching sessions.
- Provision for buoys to be set within view from club house when winds exceed 15 knots.
- Races to be held until the wind reaches 20 knots.