

ICOYC Youth Exchange - RSYS



Club Name and Details

Royal Sydney Yacht Squadron

Address

RSYS Sailing Office

33 Peel Street, Kirribilli, NSW, 2061 AUSTRALIA

Website

www.rsys.com.au/training-top/kids-learn-to-sail

www.rsys.com.au/youth/squads

www.rsys.com.au/training-top/squadron-development-program

Youth Sailing Team App

www.rsyyouthsailing.teamapp.com

Sailing Office Contacts

Sailing Administrator (Youth and Training)

- Andrew Phillips P: +61 2 9017 0153 E: andrew.phillips@rsys.com.au

Sailing Manager

- Chris Stone P: +61 2 9017 0150 E: chris@rsys.com.au

Boat types & Training Facilities Available

- 20 x Club owned Poly-Optimists
- 10 x Club owned Int. Lasers
- 4 x Club owned Elliott 7m Keelboats
- 6 x Club owned Safety/Coaching RIB's
- 2 x Launching pontoons
- 2 x Launching cranes for keelboats
- 1 x Air Conditioned Training Room

Instruction and Coaching Available

- Learning to Sail Instruction in dinghies and keelboats
- Elite Coaching in Dinghies and Keelboats for Regattas and Championships

Training and Racing Area

- On the various sections of Sydney Harbour (Port Jackson)

Age and Experience Range

- Children / Youth / Young Adults (8-25 years of age)
- Learning to Sail through to Elite Dinghy and Keelboat Race/Regatta Training and Coaching.

Experience Range	Poly-Optimist	Int. Optimist	Laser 4.7	Laser Radial	Elliott 7m Keelboat
Beginner	Yes	No	No	No	Yes
Intermediate	Yes	Yes	Yes	Yes	Yes
Advanced	No	Yes	Yes	Yes	Yes
Race/Regatta Training	No	Yes	Yes	Yes	Yes



Learning to Sail - Optimist

RSYS operates the Australian Sailing Tackers Program, aimed at introducing children aged between 8-12 years of age, to sailing in a fun, safe, accessible and affordable way. The program offers children the opportunity to start on a pathway to ongoing involvement in clubs, gradually progressing through over several seasons. The Tackers Program utilises a poly-plastic and simplified version of the International Optimist sailing dinghy.



Learning to Sail – Keelboat

RSYS learn to sail in keelboats for youth aged between 13-25 years of age, using the Australian Sailing 'Keelboat Program'. All training courses are conducted by accredited club instructors and are also open to both members and non-members.

Courses make use of the exciting fleet of Elliott 7m sport boats. Our boats allow you to learn to sail without the fear of capsizing, and usually with several other people onboard. Learning to sail in a self-righting keelboat provides a learning platform that is stable yet responsive.

Youth Training Squads - Dinghy

The RSYS Youth Training Squads Program provides training and racing sessions for sailors in Optimists (Green Fleet and Open) as well as in Lasers (4.7 and Radial) for youth aged between 12-25 years of age. The Optimist Green Fleet is suitable for sailors who have completed the Tackers 'Learn to Sail' Program, whereas the Open Optimist Squad is best suited to sailors who are confident on the water in the own boat.

The Laser Squad is for those sailors who have moved on from the Optimist and are looking for the next step along their sailing pathway.

Training sessions are generally conducted on Sunday's during the morning or afternoon, dependent on the time of year. Racing is also conducted once a month on Sunday's, either in the morning or afternoon, also dependent on the time of year.

The RSYS Youth Training Squads Program is open to participants with boats of the following invited Classes;

TYPE	CLASS	SQUAD	PROGRAM
Single Handed	International Laser	Radial	Squad Training and Racing
Single Handed	International Laser	4.7	Squad Training and Racing
Single Handed	International Optimist	Open Fleet	Squad Training and Racing
Single Handed	International Optimist	Green Fleet	Squad Training + Intro to Racing

Program Fees are inclusive of all Training Sessions. Where available, pre-regatta training camps for RSYS Supported events are also inclusive. Additional costs associated with boat storage, specialist coaching and away regatta entry fees may be incurred.



Eligibility Requirements

The RSYS Youth Training Squads Program is open to all that meet the specific participant and boat eligibility requirements. The Youth Sailing Committee may, at its discretion, vary these eligibility requirements if it deems that the entry of a participant or boat in the program has the potential to advance the quality of training within the program.

Participant Requirements

- a participant shall be a 'financial member' of the Royal Sydney Yacht Squadron,
- a participant shall be under the age of 25yrs.

Boat Requirements

- a boat shall comply with the current Class Rules of her Class Association,
- a boat shall comply with the current Special Regulations (Part 2) of Australian Sailing Ltd.,
- a boat shall be insured with valid third-party liability insurance, with a minimum cover of not less than AUD \$5,000,000 (recommended AUD \$10,000,000).

Squadron Development Program - Keelboats

The Squadron Development Program is an 11-month keelboat training program for Intermediate members and non-members aged between 16-25 years of age. The program is designed to expose its participants to the performance pathways of keelboat sailing at a national and international level.

We ask participants to set goals that may help them achieve success in one-design keelboat campaigns at a national and international level or even being part of an international team or program in big boat sailing.

Participants in the Squadron Development Program will focus on refining their skills in the following areas;

- Developing keelboat boat handling skills including the dynamics of both asymmetrical and symmetrical spinnakers
- Developing a deeper understanding and knowledge base of the Racing Rules of Sailing
- Establish crew work & direct communication skills
- Implementing changes from dinghy fleet racing tactics to keelboat racing
- Gain regatta experience in one-design events
- Extend and develop knowledge of rules and their impacts on racing
- Advanced tactical skills
- Regatta preparation and program training
- Monitoring and reading the weather
- Develop skills in identifying boat and sail maintenance
- Improving overall boat and regatta fitness



Further Information

Further information is available from the RSYS Sailing Office regarding the following;

- RSYS Youth and/or Family Membership
- RSYS Boat Racking and Storage

Further information is available from NSW State Class Associations;

- [NSW International Optimist Dinghy Association \(NSW IODA\)](#)
- [NSW/ACT District Laser Association \(NSW/ACT LA\)](#)

Further information is available from Australian Sailing Ltd. regarding the following;

- [Australian Sailing Special Regulations \(Part 2\)](#)
- [Australian Sailing Number](#)
- [Australian / New South Wales Youth Championships](#)
- [Australian Sailing and Understanding Insurance](#)

