



Background

The SA Sailing Team (SAST) is the underpinning program to the State Sailing Performance Program (SSPP - SASI) and is managed & funded by Australian Sailing (AS). Both programs operate under the **SA Sailing Team banner**.

Objectives

The objectives of the SAST are to:

- Develop the skills of talented youth sailors to help them succeed at interstate level competition.
- Achieve selection into the Australian Youth Sailing Team to represent Australia at the World Sailing Youth Championships.
- Provide access to the High Performance Pathway structure. Set examples and inspire junior & youth sailors.

The SAST provides squad based coaching support for identified athletes selected from designated junior and youth classes. Athletes are educated about the SSPP to enable a smooth transition into that program should a sailor qualify for this support in future years.

Eligibility

Applicants need to be intending to compete in one of the following classes next season:

Optimist, Laser 4.7, Laser Radial, 420

Structure

Coaching will be conducted by State Performance Coach Alex Zimmermann and other State assistant coaches to ensure high quality coaching for athletes in the program, so as to develop the skills required to perform at national level and be in consideration for an SSPP / SASI Scholarship in the future.

Under this program, the minimum contact coaching days, including regatta support are listed below:

Optimists	20 days (regatta support not included)
All Other Classes	40 days in total (includes 20 days regatta support)

Subject to State Grant approvals, some Psychology, Nutritional, Physiotherapeutic, Strength & Conditioning educational workshops may be provided at the discretion of the State coach.

The program will go into recess following the Australian Youth Championships in Jan 2019 until the next edition commences in Apr/May 2019.

Accommodation and supervision outside of the actual training and racing sessions is not provided at camps or regattas.

Youth sailors that have qualified for South Australian Sports Institute (SASI) scholarships and are intending to sail in any of the above classes will automatically be included in the SAST program and will train with the SAST squad, in addition to the SASI training program.

Selection Process

Selection to the 2018-19 SAST is via an online application and an on water "Evaluation Day" day where coaches will evaluate the sailors. The following table summarises the process:

Action	Date
Applications for SAST open CLICK HERE to apply	Fri, 06th April
Application process closes for:	
Optimists, Laser 4.7s & Radials, 420s	Thu 03rd May
Evaluation process:	
Optimists at SA State Championships at ASC	Sat/Sun 14/15 Apr
420s at Tessa Parkinson's Clinic (Rigged ready to go by 10am)	Sat/Sun 28/29 Apr
Laser 4.7s & Radials at ASC (Rigged ready to go by 10am)	Sat 05 May
SAST invitations distributed	Wed, 09th May
Induction Evening	
Compulsory for all classes at Adelaide Sailing Club (sailors to be accompanied by a parent)	Thu, 10th May 7:00pm

All applicants in double-handed classes need to provide details of their proposed crew. Current members of the SAST squad are still required to lodge an application

for the next season, however those existing squad members in the 420s that are remaining in the same class with the same pairing are not required to attend the **Evaluation Days at Tessa Parkinson's Clinic**.

Applicants will be advised ASAP as to whether they have been successful in gaining an invitation to the SAST. All squad members, along with at least 1 parent will then be required to attend a compulsory Induction session. The dates and venues of on water sessions will be determined by the respective coaches based on the make up of the squad and other commitments.

The AS National Performance Program is the responsible authority for making all decisions and determinations regarding the application of these selection criteria and for all other matters relating to this document.

Advertising a class for selection does not guarantee that a squad will be selected in that class. AS reserve the right not to select a squad. This decision will be made by management, upon advice from program coaches, and is not an opportunity for appeal. Sailors from Non-World Sailing Youth Pathway Classes are encouraged to apply, however they will be expected to commit to sailing a World Sailing Youth Pathway Class for the duration of the 2018-19 season.

Athletes must sign the SAST Athlete Agreement (incl. Parent Agreement & Code of Conduct) before commencing in the program.

Coach supported regattas - 420 Class

NSW Youth Championships	October 2018
Tri Series Leg 2	November TBC
Sail Melbourne	December 2018
National Class Championships	December 2018 - January 2019
Australian Youth Championships	January 2019

Coach supported regattas – Laser 4.7 & Radial Class

Tri Series Leg 1	October 2018 TBC
Tri Series Leg 2	November 2018 TBC
Sail Melbourne	December 2018
National Class Championships	December 2018 - January 2019
Australian Youth Championships	January 2019

In order to provide coaching at the above recommended and coach supported regattas, there needs to be a minimum attendance of 60%. **The compulsory regattas will be National Class Championships & Australian Youth Championships.**

If the quota of 420 sailors attending NSW Youth Championships is not met, other catch up sessions will be scheduled.

Payment

The fees for this program will be as follows:

Optimist	\$900	per person
All Other Classes	\$1500	per person

Full payment is required by 31 May 2018 unless otherwise agreed by AS.

AS provides the remaining funding for this coaching/ development program. Athlete related expenses for training and regatta attendance are the athlete's sole responsibility.

Contact Tony Outteridge, AS Performance Pathway Coordinator
tony.outteridge@sailing.org.au

Alex Zimmermann, South Australian State Performance Coach & AS
Pathway Officer alex.zimmermann@sailing.org.au