

yachtingnz.org.nz



How YNZ trains our performance athletes  
*2014 ISAF Development Symposium*

*The YNZ High Performance Programme is focussed  
on winning medals at the Olympics in Rio 2016 and  
Tokyo 2020*

As a minimum sailors have to be physically and mentally fit, be good decision makers; to understand, choose and maintain their equipment; to sail fast and handle their boats well, understand the relevant sport rules, manage their lives and get themselves and their equipment to competitions around the globe.

## RESEARCH SHOWS:

- In order to medal at an Olympic Games you need to be in the top 3 in your class in the World, a year out from the Olympic games.
- It typically takes two Olympic campaigns to medal (up to eight years). This is consistent across other sports.

*The current Yachting New Zealand High Performance Athlete Development Model is aligned with research on athlete performance and progression within Olympic yachting.*

## CLEAR AND ROBUST PLANNING

- Sets clear goals for athletes
- Sets clear direction for Yachting New Zealand
- Guides funding priorities
- Focusses everyone on the goal
- Sets clear expectations for all involved
- Is Objective

### YNZ High Performance Pathway Support Structure 2014

	Qualifying Criteria		HPSNZ Support	
NZL Sailing Team	Olympic Squad (Level 1)	Tracking to win a medal at the upcoming Olympics. Consistent podium finishes at World Championships. Capable of winning a medal at the upcoming Olympics. Top 10 at Olympic Class World Championships.	Coach support and campaign funding as per agreement with Olympic Director	Carding depending on requirements
	Olympic Development Squad (Level 2)	Capable of performing with distinction at the upcoming Olympics Top 20% at Olympic Class World Championships	Part time coach support and campaign funding as per agreement with Olympic Director	
Talent Development Programme	Fast Track Squad (Level 3)	Top 30% at Olympic Class World Championships or ISAF Youth Worlds Medal And... Capable of making level 1 or 2 within the next 2 years as per result tracking at international events U23 years of age Panel decision based on Athlete Matrix*	Programme guidance and monitoring by Talent Development Manager Support to attend key nominated international events Coaching & campaign support at key int. Events Domestic training with Domestic Dev. Squad or Olympic squad where possible	Specific one off support on a case by case basis as arranged by TDM
	Domestic Development Squad (Level 4)	Currently in an Olympic Class World Championship campaign aiming to compete at class Worlds in the next two years.	Domestic coach led programme dependent on sailors training as a squad. Aimed at preparing the base skills for athletes to make the step to quality international competition.	
Youth Programme	Youth Team	As per youth selection document	3 camps post youth selection. Allocation of private coaching. International lead up events for those with international results indicating tracking towards a medal at ISAF Youth Worlds.	As arranged by Talent Development Manager either on team or personal basis
	Youth Programme	Attendance	3 training camps pre Xmas 3 training camps post Youth Selection Trials. Coach support to identified youth class World Championships	
	Junior Sailing	None	Development Camps Regional Support to clubs around club programmes Sailing specific information support	

#### Other HPSNZ Support Available

##### PEGs; (Performance Enhancement Grants)

A graduated financial contribution towards training and living costs based on performance at previous years Olympic Class World Championships.  
[www.hpsnz.org.nz](http://www.hpsnz.org.nz)

##### Prime Minister Scholarship;

University Scholarships for Olympic Campaigning athletes to help with personal/career development outside the sport.  
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#### Drug Free Sport NZ

For all information relating to banned substances, testing protocols and procedures go to;

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All campaigns will be assessed on an individual basis. While this tiered structure aligns with the Olympic Programme Athlete Development Pathway and will guide decision making Yachting New Zealand reserves the right to make inclusion and exclusion decisions outside these guidelines. When considering campaigns a range of additional factors may also be taken into account, including but not limited to; past international sailing performance (including fleet size and quality and), consistency, contribution to squad, communication with key stake holders and support team, suitability to class, coach ability, work ethic and financial contribution.

## WHAT WE EXPECT OF OUR SAILORS

*We expect a high level of individual commitment from the sailors in both time and resources.*

- 180-200 days per year on the water (this includes training and competing)
- Training in the gym at least 4 times per week
- Sailors are expected to be continuously improving and must re-qualify for a level on a yearly basis
- A thorough and regular de-brief process

## WHAT WE EXPECT OF OUR SAILORS

*We expect a high level of individual commitment from the sailors in both time and resources.*

- They need to own their own boats for training and competition which means they will need two (one in NZ and one overseas to race in as it can take 6 – 8 weeks to ship around the world).
- Funding; YNZ does not fully fund any campaign so there are always costs to be made up.
- We expect the sailors to plan and organise their own logistics with us and we will help them learn the process including how to load and unload a container, how to load and tow a trailer, how and where to book accommodation, how to shop and cook etc., all whilst living on the other side of the world.



## ATHLETE PLANNING

- Athletes undertake rigorous planning driven by gap analysis and periodical debriefing
- Athletes work closely with Yachting New Zealand, their coaches and support services they have access to from High Performance Sport New Zealand based on their place on the support pathway to develop personalised plan, which includes life management
- Planning is structured towards performing at pinnacle events, of which the Olympic Games is the main goal
- There is a clear season plan for each season

2014

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
Jan	AUS 9er Championships Melbourne				Sat	Sun	Mon	Tue	Wed	Thu	Fri	49er/49erFX Nationals Auckland		Mon	Tue	Wed	Thu	Fri	49er/49erFX North American Champs			Tue	Wed	Thu	NZ 29er Nationals Auckland		Tue	Wed	Thu	Fri	Jan				
															NZ Laser Nationals - Nelson		Mon																		
Feb		Sun	Mon	Tue	Wed	NZ Finn Nationals Maraetai				Mon	Tue	Wed	Thu	Fri		National Sailing Day	Mon	Tue	Wed	Thu	NZ 470 Nationals Kerikeri				Mon	Tue	Wed	Thu	Fri					Feb	
															Sail Auckland																				
Mar	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Princess Sofia Palma		Mar				
Apr	Princess Sofia - Palma 29th March - 5th April				Laser Europa Cup La Havre, France				Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Semaine Olympique Francaise - Hyeres 19th - 26th April				Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Apr					
May	Thu	Fri	Sat	Sun	Mon	Tue	Fraglia Vela Riva - Lake Garda 7- 11th May			Mon	Tue	Wed	Hutchwilco Boat Show ASB Showgrounds, Akid			Mon	Delta Lloyd 20th - 24th May			Sun	Mon	Tue	Wed	Thu	Fri	Sat	May								
															Finn European Championship - La Rochelle, France																				
Jun	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Sail For Gold - Weymouth 9th - 13th June			Sat	Sun	Mon	Tue	Wed	Thu	Fri	Kieler Woche Sat 21st - Sun 29th June				Mon												
															Laser European Championships - Croatia																				
Jul	RS:X European Championships Alacati, Turkey				Sun	Mon	Tue	Wed	Thu	Fri	ISAF Youth Worlds - Tavira, Portugal				Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Jul	
															49er/49erFX Europeans - Helsinki																				
															470 Open Europeans - Athens																				
Aug	Fri	Sat	Olympic Games Test Event - Guanabara Bay				Sun	Mon	Tue	Wed	Thu	Fri	Youth Olympic Games - Nanjing, China 16th - 28th August				Fri	Sat	Sun	Aug															
															IFDS Combined World Champs - Canada				Mon	Tue	Wed	Thu													
Sept	Mon	Tue	Wed	Thu	Fri	Sat	Sun	2014 ISAF Sailing World Championships - Santander (ESP)										Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Sept								
Oct	Semaine Olympique Française La Rochelle, France				Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Oct				
Nov	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Nov				
Dec	Sail Melbourne								Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Laser Europa Cup Hvar, Croatia		Dec					

## Key

ISAF World Cup Events
EUROSAF Champions Sailing League Events
World / European Championships
Youth Events
Other Events

## Notes

Nacra Europeans TBC

## HOW WE SUPPORT OUR SAILORS

- Coaching, training, competition and support services are allocated based on an athlete's level on the YNZ High Performance Pathway Support Structure.
  - Coaching in training and competition (domestic and international)
  - YNZ has specialised coaches
  - Effective use of sports science
  - Planning support
- A tiered approach is necessary for effective use of limited funding and encouraging development.
- A critical element in a sailor's success is the positive relationship they develop with their coach.

### YNZ High Performance Pathway Support Structure 2014

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	<b>Olympic Development Squad (Level 2)</b>	Capable of performing with distinction at the upcoming Olympics Top 20% at Olympic Class World Championships	Part time coach support and campaign funding as per agreement with Olympic Director
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	<b>Domestic Development Squad (Level 4)</b>	Currently in an Olympic Class World Championship campaign aiming to compete at class Worlds in the next two years.	Domestic coach led programme dependent on sailors training as a squad. Aimed at preparing the base skills for athletes to make the step to quality international competition.
<b>Youth Programme</b>	<b>Youth Team</b>	As per youth selection document	3 camps post youth selection. Allocation of private coaching. International lead up events for those with international results indicating tracking towards a medal at ISAF Youth Worlds.
	<b>Youth Programme</b>	Attendance	3 training camps pre Xmas 3 training camps post Youth Selection Trials. Coach support to identified youth class World Championships
	<b>Junior Sailing</b>	None	Development Camps Regional Support to clubs around club programmes Sailing specific information support

#### Other HPSNZ Support Available

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## WHERE THE MONEY COMES FROM

- The majority of funding for the YNZ High Performance Programme comes from Central Government, administered by High Performance Sport New Zealand. Funding is limited and Yachting New Zealand needs to ensure funds are spent as effectively as possible. The support structure is key.
- Central Government funding is dependant on Yachting New Zealand's athletes medalling at the Olympic Games. No medals, no money.

## WHERE THE MONEY COMES FROM

- Additional non-monetary support is provided by HPSNZ in the form of support services (Coach Development, Strength and Conditioning, etc.)
- The balance of support for the YNZ programme comes from sponsorship and commercial partners.
- Athletes obtain additional funding to support their individual campaigns through personal sponsors, performance based grants through HPSNZ, Prime Ministers scholarships and some have started crowd funding initiatives

## DEVELOPING YOUTH

- The YNZ High Performance Pathway Support Structure recognises developing young sailors.
- Pinnacle events for youth sailors are the ISAF Youth World Championships and class Youth Worlds.
- Regional Development Camps are run by YNZ across New Zealand. Allows for Talent Identification.
- Youth Camps and run by YNZ for high performing youth sailors at a central base.
- Sailors are selected for the 'Youth Worlds' based on a clear selection policy
- Many of these sailors will train with Olympic Campaigners

## THE STATS

- • 3 of the 5 New Zealand Medallist from the 2008 and 2012 Olympic Games won an ISAF Youth Worlds Medal.
- • 44% of all New Zealand ISAF Youth Medallists became Olympians.
- • 41% of the 2012 Olympic Medallists in sailing (from all countries) also won an ISAF Youth Worlds Medal.



# ALIGNED PARALYMPIC PATHWAY

## Paralympic Pathway Support Structure 2013

		Qualifying Criteria	YNZ Programme Support	HPSNZ Services	
NZL Sailing Team	Paralympic Squad	Capable of winning a medal at the upcoming Paralympics. Top 20% at Paralympic Class World Championships.	Campaign plan to be developed with HPD and presented with PNZ to HPSNZ for funding support.	Carding in agreement with PNZ and HPSNZ	<p><u>Other HPSNZ/PNZ Support Available</u></p> <p><u>PEGs; (Performance Enhancement Grants)</u></p> <p>A graduated financial contribution towards training and living costs based on performance at previous years pinnacle event. <a href="http://www.paralympics.org.nz">www.paralympics.org.nz</a></p> <p><u>Prime Minister Scholarship:</u></p> <p>University Scholarships for Olympic Campaigning athletes to help with personal/career development outside the sport. <a href="http://www.hpsnz.org.nz">www.hpsnz.org.nz</a></p>
Paralympic Classes	Domestic Development Squad	Currently sailing a Paralympic class and intending to compete at a recognised international event or IFDS World Championship in this Paralympic cycle. Training on the water regularly plus fitness programme.	Regional camps aimed at preparing the base skills for athletes to make the step to quality international competition.	T.B.C	
Development Classes	Club and Sailability Programme	Participation and racing in non-Paralympic classes.	Domestic training and development camps. Regional support to clubs around club programmes. Sailing specific information		<p><u>Drug Free Sport NZ</u></p> <p>For all information relating to banned substances, testing protocols and procedures go to;</p> <p><a href="http://www.drugfreesport.org.nz">www.drugfreesport.org.nz</a></p>

This multi-tier structure will guide decision making, however Yachting New Zealand acknowledges there will be exceptions in terms of age, consistency and ability and these will be assessed on an individual basis



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