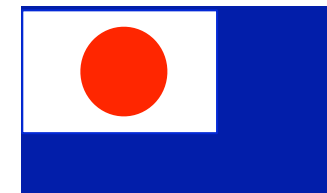


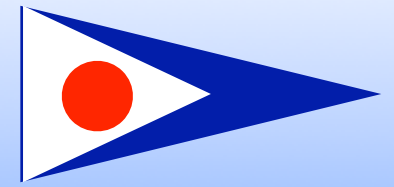


# **National Training Programme Development Plan**

**JAPAN SAILING FEDERATION**

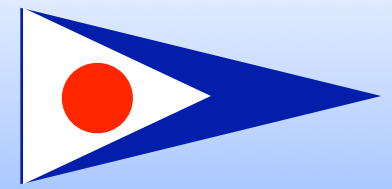
**Hiroshi Hosaka, Training Committee**





## **I. Profile of Japanese Sailing**

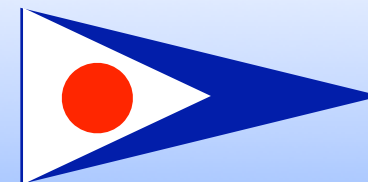
## **II. Development Strategic Plan**



# I. Profile of Japanese Sailing



# Overview



## JYA

**1832 Founded**

**1935 became NMA of IYRU**

**1936 Berlin Olympic Games**

**1946 Japan National Sports Meet**

**1952 Helsinki Olympic Games 27th**

**1964 Tokyo Olympic Games**

**1996 Atlanta Olympic 470 Women 2nd**

**JSAF (JYA + NORC)**

**1999 Japan Sailing Federation**

**2004 Athene Olympic 470 Mens 3rd**

**2020 Tokyo Olympic Games**

## NORC

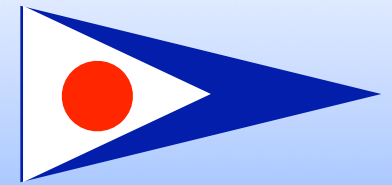
**1948 CCJ**

**1963 Transpac**

**82 years**



# Medals of Japan Sailing



**1992 Barcelona Olympic 470 Women 5<sup>th</sup>**

**1996 Atlanta Olympic 470 Women 2<sup>nd</sup>**

**2000 Sydney Olympic 470 Women 8<sup>th</sup>**

**2002 Asian Cup OP 1<sup>st</sup> / 420 Boys&Girls 2<sup>nd</sup>**

**2004 Athene Olympic 470 Men 3<sup>rd</sup>**

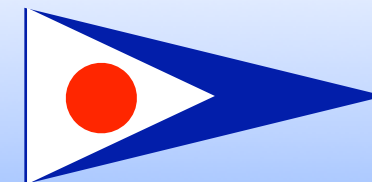
**2006 Asian Cup**

**470 Women 1<sup>st</sup> / 420 Boys&Girls 2<sup>nd</sup> / 470 Men 3<sup>rd</sup>**

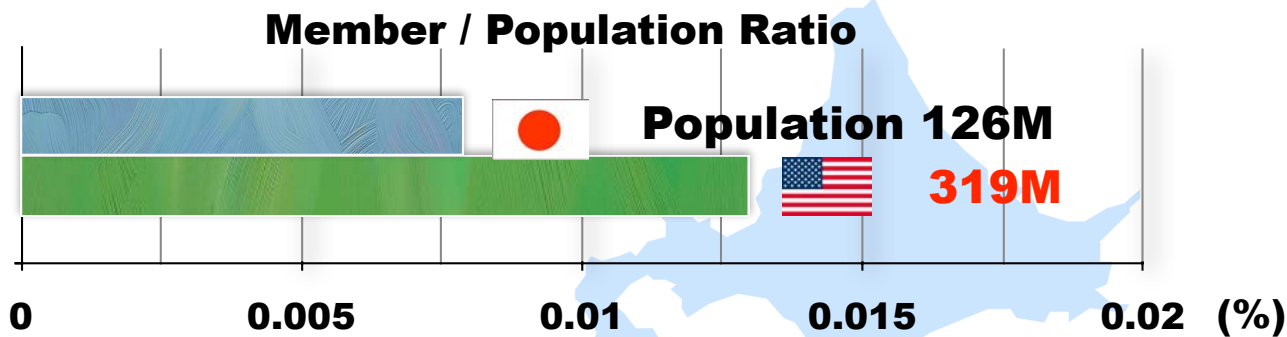
**2008 Beijing Olympic 470 Men 7<sup>th</sup>**

**2011 NYYC Invitation Cup 6<sup>th</sup>**

# Our Profile (2013)



**Members** 10,000   
 43,158 



**Net Assets**  
 £ 184,800   
 £ 3,033,849 

**Income**  
 £ 1,654,400  952,000  
 £ 5,585,744  2,190,823

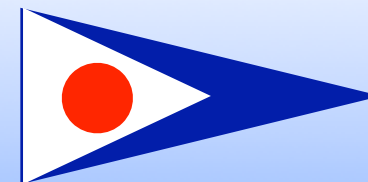
## Breakdown of Income Balance

| Subject                 | £                |
|-------------------------|------------------|
| Membership              | 400,000          |
| Sales                   | 184,800          |
| Subsidy                 | 72,800           |
| Sponsorship             | 44,800           |
| Japan Olympic Committee | 952,000          |
| <b>Total</b>            | <b>1,654,400</b> |

**Affiliated Organizations** 

|                      |            |
|----------------------|------------|
| Regional Association | 47         |
| Offshore Association | 16         |
| Class Association    | 41         |
| Other Federation     | 09         |
| Yacht Club           | 19         |
| <b>Total</b>         | <b>132</b> |

# Class Associations in Japan



## International Classes (35)



- \*\*\* Nationals
- \*\* Inter College Nationals
- \* Inter High School Nationals

### Olympic Class

**Laser \*\*\***  
**Laser Radial**  
\*\*\*/\*\*/\*  
**Finn**  
**470**  
\*\*\*/\*\*  
**49er 49erFX**  
\*\*\*  
**Nacra 17**  
**RS:X**  
\*\*\*

### Adult

**Moth \*\*\***  
**Europe**  
**Snipe \*\*\*/\*\***  
**RS 100/500**  
**505**  
**Mirror**  
**Fireball \*\*\***  
**International 14**  
**(Multihull)**  
**Hobie 14/16/Tiger**  
**Tornado**

### Youth

**Optimist \*\*\***  
**Topper \*\*\***  
**O'pen BIC \*\*\***  
**Laser4.7 \*\*\***  
**RS Tera**  
**RS Feva**  
**420 \*\*\*/\***  
**Flying Junior**  
\*\*\*/\*  
**29er**  
\*\*\*/\*

### Keelboat

**J/24 \*\*\***  
**Star**  
**Dragon**  
**Melges 24 \*\*\***  
**Hansa 2.3**  
**Soling**  
**Yngling**

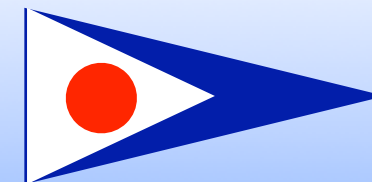
### Wind Surfing

**Mistral \*\*\***  
**Techno 293 \*\*\*/\*\***

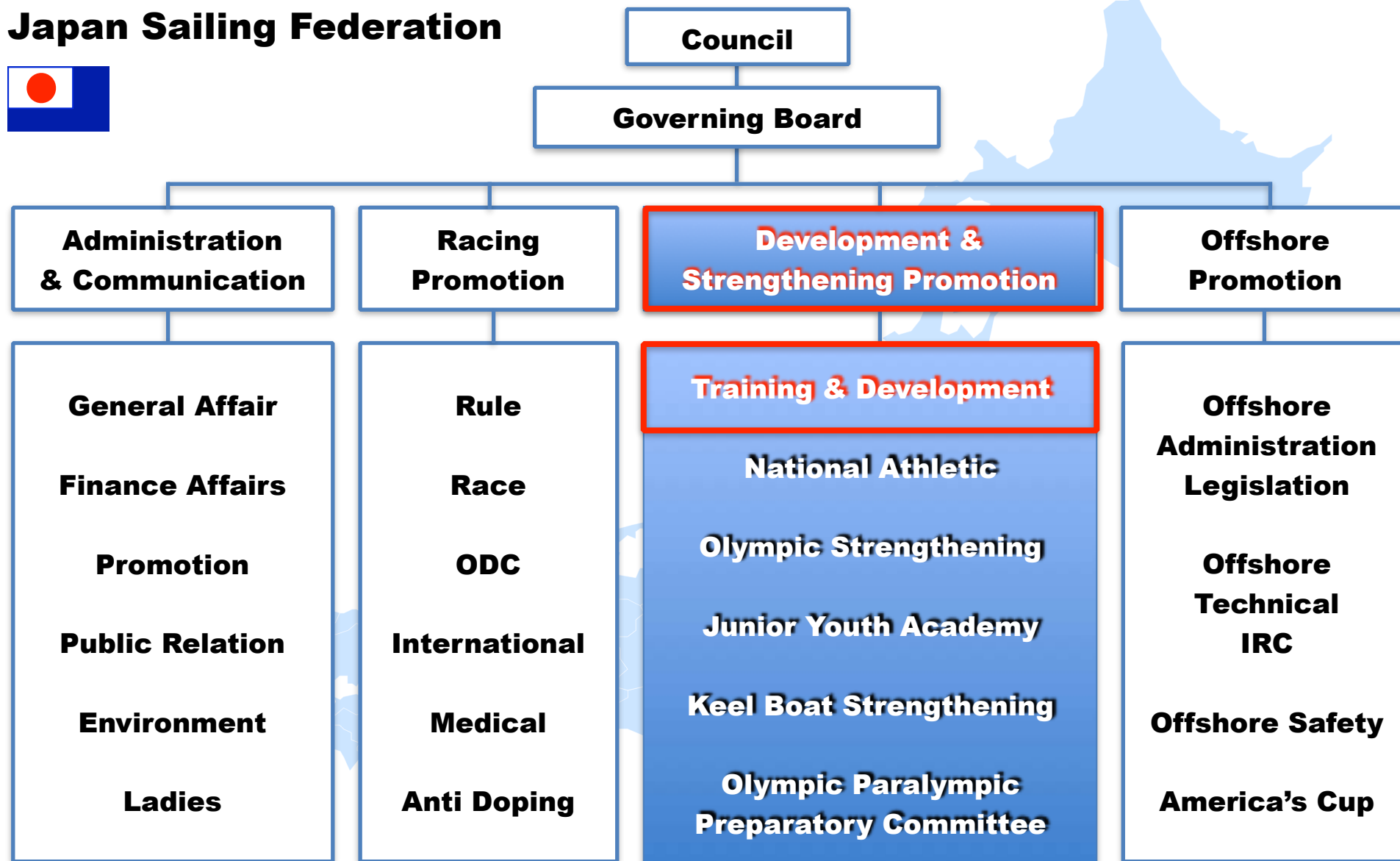
### Other Classes

**Taser \*\*\***  
**RS 100/200/500/800 \*\*\***

# Organization of JSAF

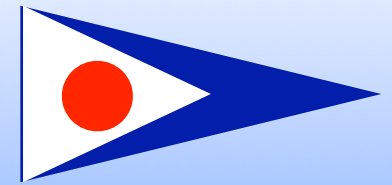


## Japan Sailing Federation





# Race Officials in Japan



## Race Officers: Total = 654

|                                   |            |
|-----------------------------------|------------|
| <b>International Race Officer</b> | <b>2</b>   |
| <b>National Race Officer</b>      | <b>120</b> |
| <b>Area Race Officer</b>          | <b>372</b> |
| <b>Club Race Officer</b>          | <b>160</b> |



## Judges: Total = 928

|                            |            |
|----------------------------|------------|
| <b>International Judge</b> | <b>8</b>   |
| <b>National Judge A</b>    | <b>220</b> |
| <b>National Judge B</b>    | <b>700</b> |



## Umpires: Total = 24

|                             |           |
|-----------------------------|-----------|
| <b>International Umpire</b> | <b>1</b>  |
| <b>National Umpire</b>      | <b>23</b> |

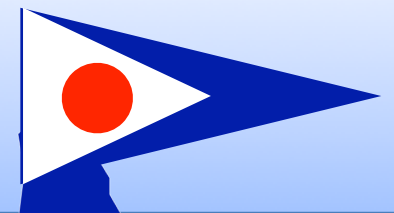


## Measurers: Total = 351

|                               |            |
|-------------------------------|------------|
| <b>International Measurer</b> | <b>1</b>   |
| <b>National Measurer</b>      | <b>350</b> |



# Training Locations



## 73 Sailing Locations

● **National Training Centres** 7

○ **Region Sailing Centres** 47

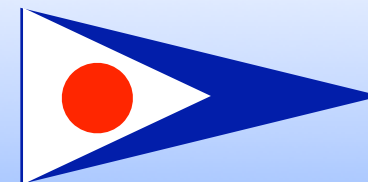
**Yacht Clubs** 19

**(Not including High school/College Clubs)**



**Tokyo Wakasu  
Olympic Marina**

# Coach Qualifications



## Participation Domain

Role (every 4 years)

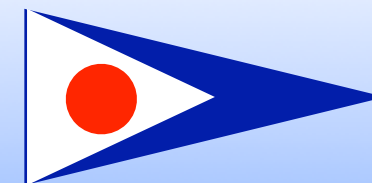
|                            |   |
|----------------------------|---|
| <b>Sports Basic Leader</b> | As leaders such as of sports groups and circles, etc., in the area, they undertake basic sports leadership and operation. |
|----------------------------|---|

## Performance Domain

Role (every 4 years)

|                  |  |
|------------------|--|
| <b>Coach I</b>   | In local sports clubs and sports classrooms, they undertake technical leadership per competition that conforms to such criteria as individual age and gender, etc.   |
| <b>Coach II</b>  | In local sports clubs and sports classrooms, they take on the central role of leader within clubs such as in the drafting of plans of operation, along with undertaking technical leadership per competition depending on age and skill level. |
| <b>Coach III</b> | In local sports clubs and sports classrooms, they take on the central role of leader within clubs such as in the drafting of plans of operation, along with undertaking technical leadership per competition depending on age and skill level. |
| <b>Coach IV</b>  | They train competitors selected from each age category at training bases at the national level.  |

# Position overall



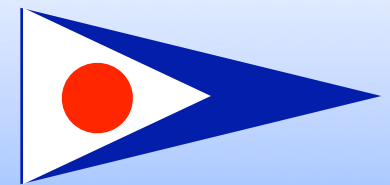
## Number of Coach

October 2013

|    |             | I      | II    | III   | IV    | T-I   | T-II | Total  |
|----|-------------|--------|-------|-------|-------|-------|------|--------|
| 1  | Football    | 26,983 | -     | 3,756 | 1,647 | -     | -    | 32,386 |
| 2  | Swimming    | 12,036 | 1,618 | 2,338 | 741   | 2,494 | 502  | 19,729 |
| 3  | Volleyball  | 12,711 | 1,020 | 537   | 398   | -     | -    | 14,666 |
| 4  | Softball    | 12,372 | 856   | 165   | 56    | -     | -    | 13,449 |
| 5  | Basketball  | 5,692  | 127   | 384   | 147   | -     | -    | 6,350  |
| 6  | Tennis      | 2,889  | 1,479 | 281   | 230   | 391   | 159  | 5,429  |
| 7  | Ski         | 587    | 3,333 | 97    | 17    | 409   | 407  | 4,850  |
| 8  | Kyudo       | 3,830  | 281   | 103   | -     | -     | -    | 4,214  |
| 9  | Karate      | 2,137  | 1,195 | 474   | 278   | -     | -    | 4,084  |
| 10 | Tabletennis | 1,873  | 1,056 | 443   | 94    | -     | -    | 3,466  |
|    |             |        |       |       |       |       |      |        |
| 24 | Sailing     | 420    | 194   | 108   | 70    | -     | -    | 792    |

Total 63 NFs

# Coach Qualification



**Role (every 4 years)**

## Fitness Regime

|                          |  |
|--------------------------|--|
| <b>Junior instructor</b> | At local sports clubs, etc., they teach bodybuilding and motion facilitation to infants and children through play. |
| <b>Sports programmer</b> | At local sports clubs, etc., they offer guidance and advice for the maintenance and improvement of fitness.        |
| <b>Fitness Trainer</b>   |  |

**Role (every 4 years)**

## Medical Conditioning

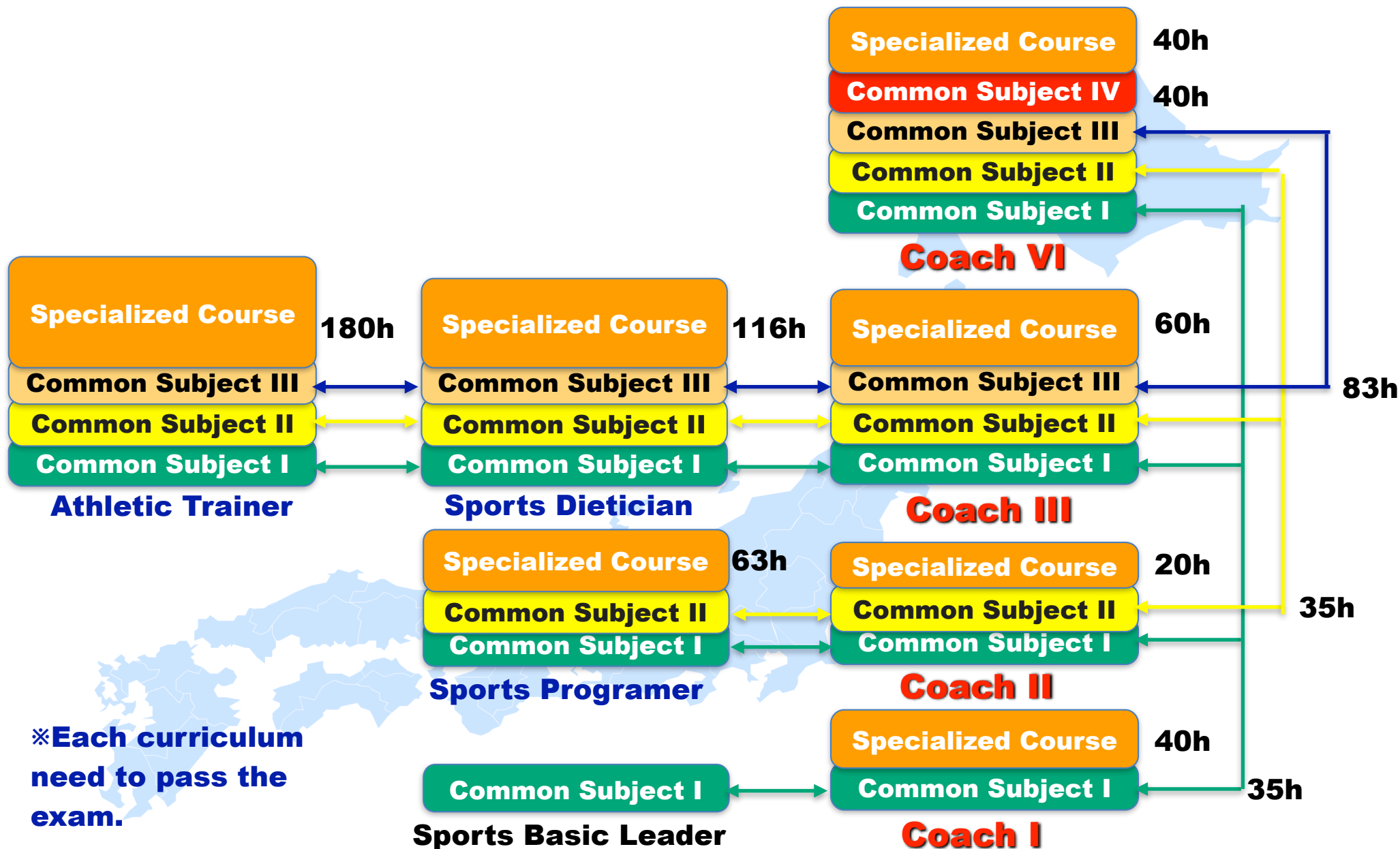
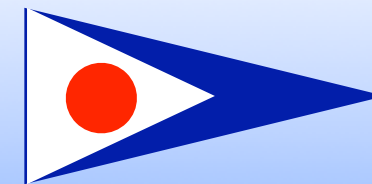
|                         |   |
|-------------------------|---|
| <b>Sports Doctor</b>    | They undertake health care for athletes, sports dyskinesia, diagnosis of athletic injuries, therapy, preventive research, etc.  |
| <b>Athletic Trainer</b> | In close cooperation with sports doctors and coaches, they undertake the health care of sports players, impairment prevention, emergency treatment of sports injuries and |
| <b>Sports Dietician</b> |   |

**Role (every 4 years)**

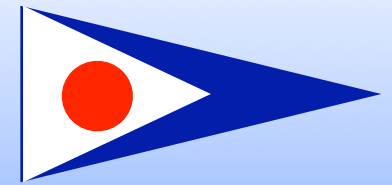
## Sports Management

|                               |  |
|-------------------------------|--|
| <b>Assistant Club Manager</b> | They not only support many activities for the club management but also assist a club manager to help the members spend a beneficial club life.         |
| <b>Club Manager</b>           | In a comprehensive sports clubs, They utilize financial resources effectively and perform good management so that the members can enjoy the club life. |

# Qualification Curriculum



# Training Syllabus



## Current National Training Programs

→ **No**

## National Syllabus for Youth and Adult

→ **No**

## Standardized Operation Procedures that all coaches

→ **National Coach Certification program (Level I to IV)**

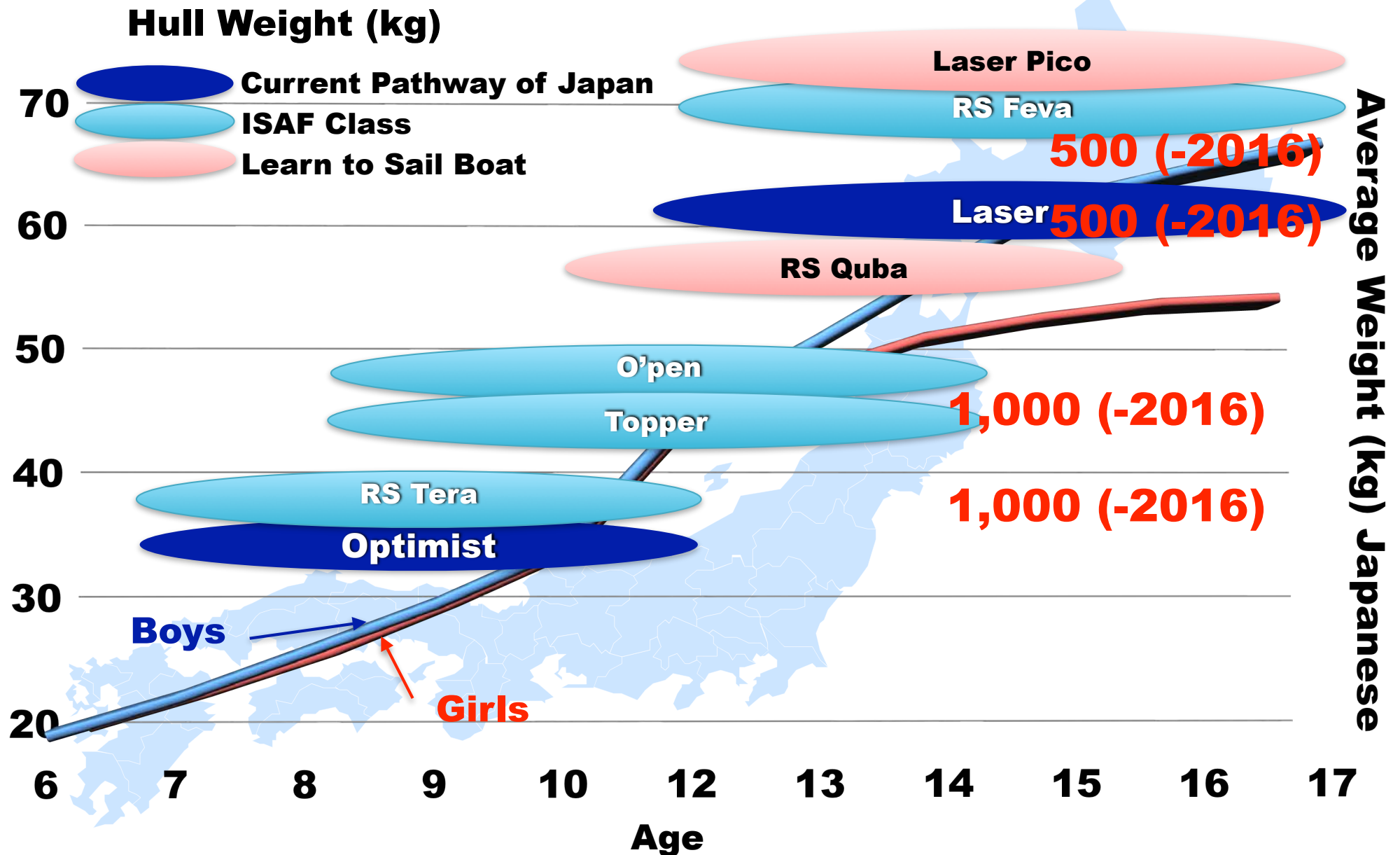
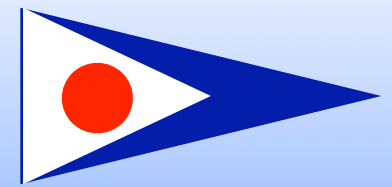
## Safeguarding Guidelines in place for teaching children

→ **No**

## Clearly Identified National Training Pathway

→ **Yes but we need to improve**

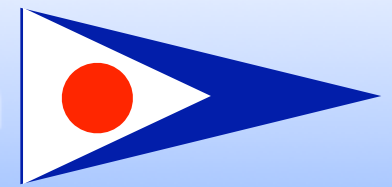
# Equipment Pathway of Japan





# ISAF Learn to Sail Boat Evaluation

Which class is Eligible for...



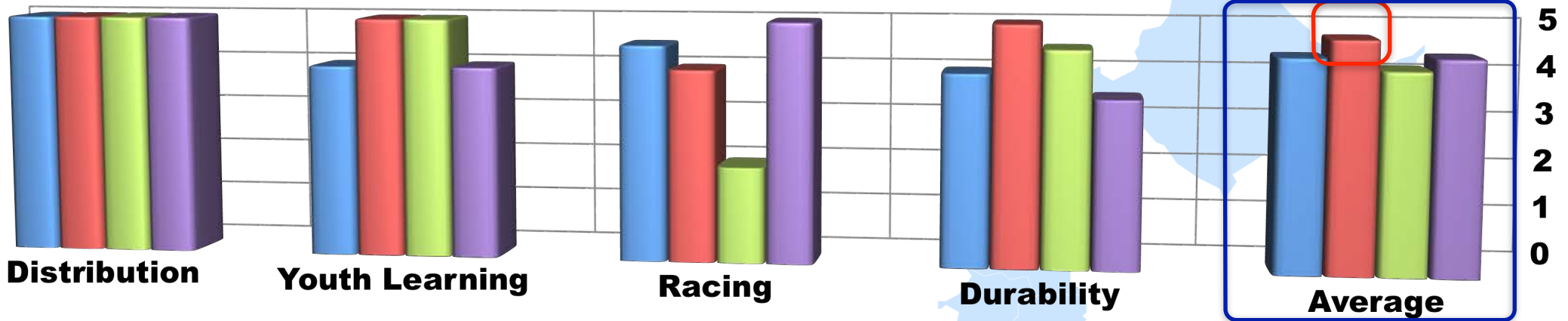
## Youth Learning

■ Optimist

■ **RS Tera**

■ Laser Pico

■ RS Feva



## Adult Learning

■ Laser Pico

■ Topaz Argo

1+

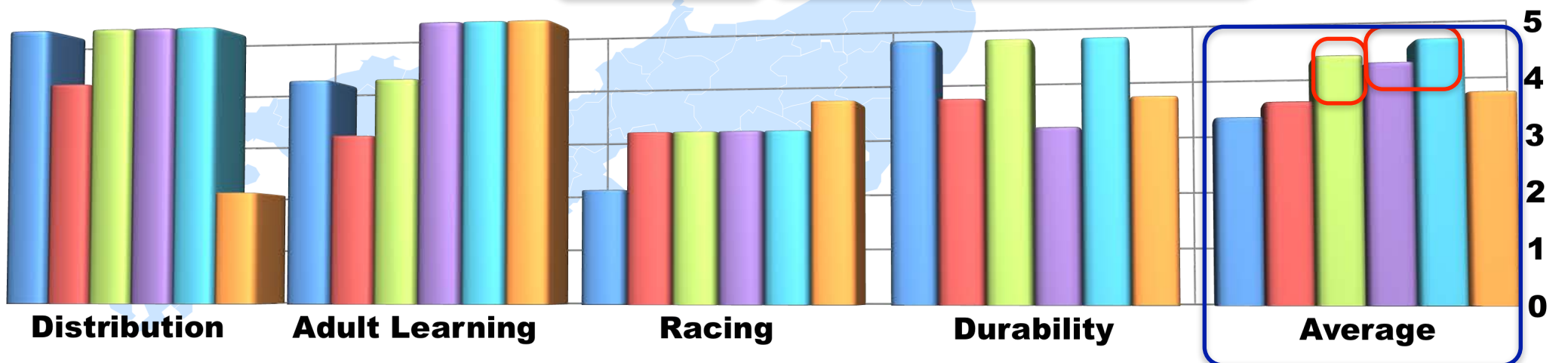
■ **RS Quba**

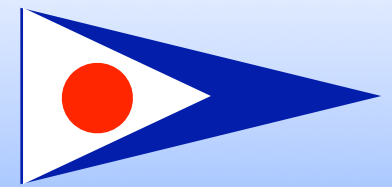
2+

■ **RS Venture**

■ RS Vision

■ Topaz Omega

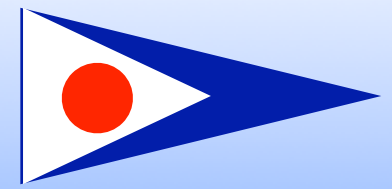




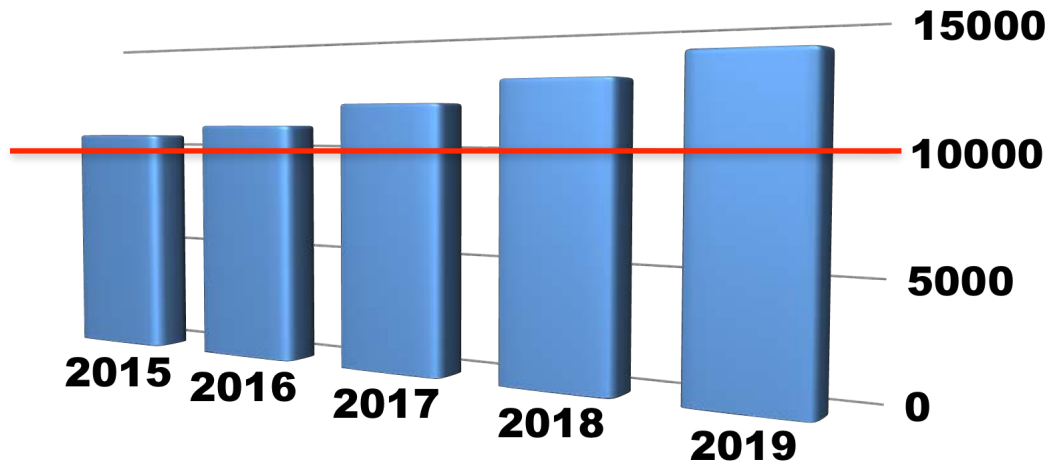
## **II. Development Strategic Plan**



# Strategic Plan (2015-2019)



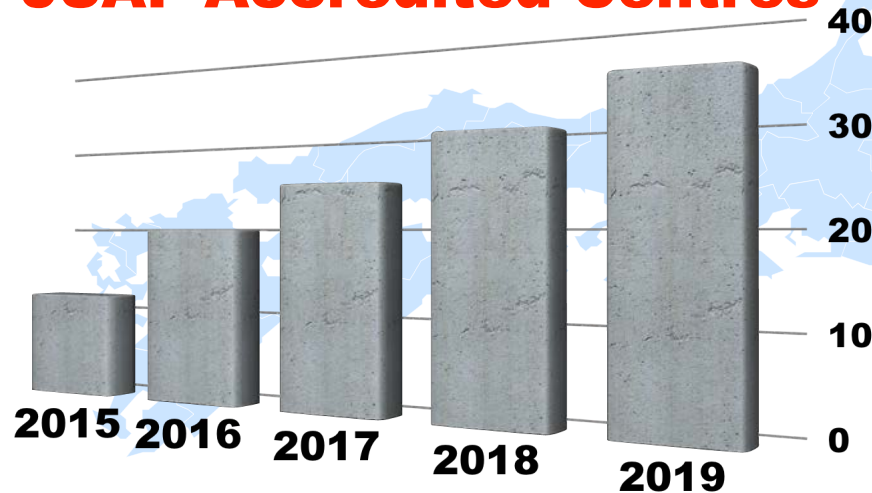
## Membership



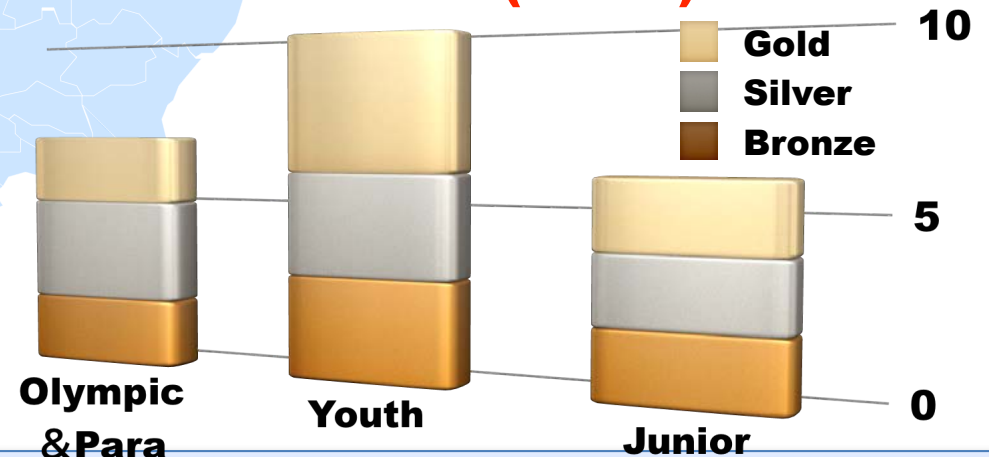
## National Training Program

| Operations |   |
|------------|---|
| 2015       | ISAF Accreditation  |
| 2016       | Safety Training Complete  |
| 2017       | Kiteboarding Scheme   |
| 2018       | Yachting Scheme<br>Coach Re-Training Complete<br>ISAF Approved Training Centre<br>America's Cup |
| 2019       | National Training Scheme  |

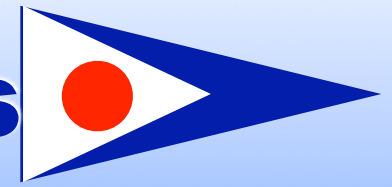
## JSAF Accredited Centres



## Performance (2020)

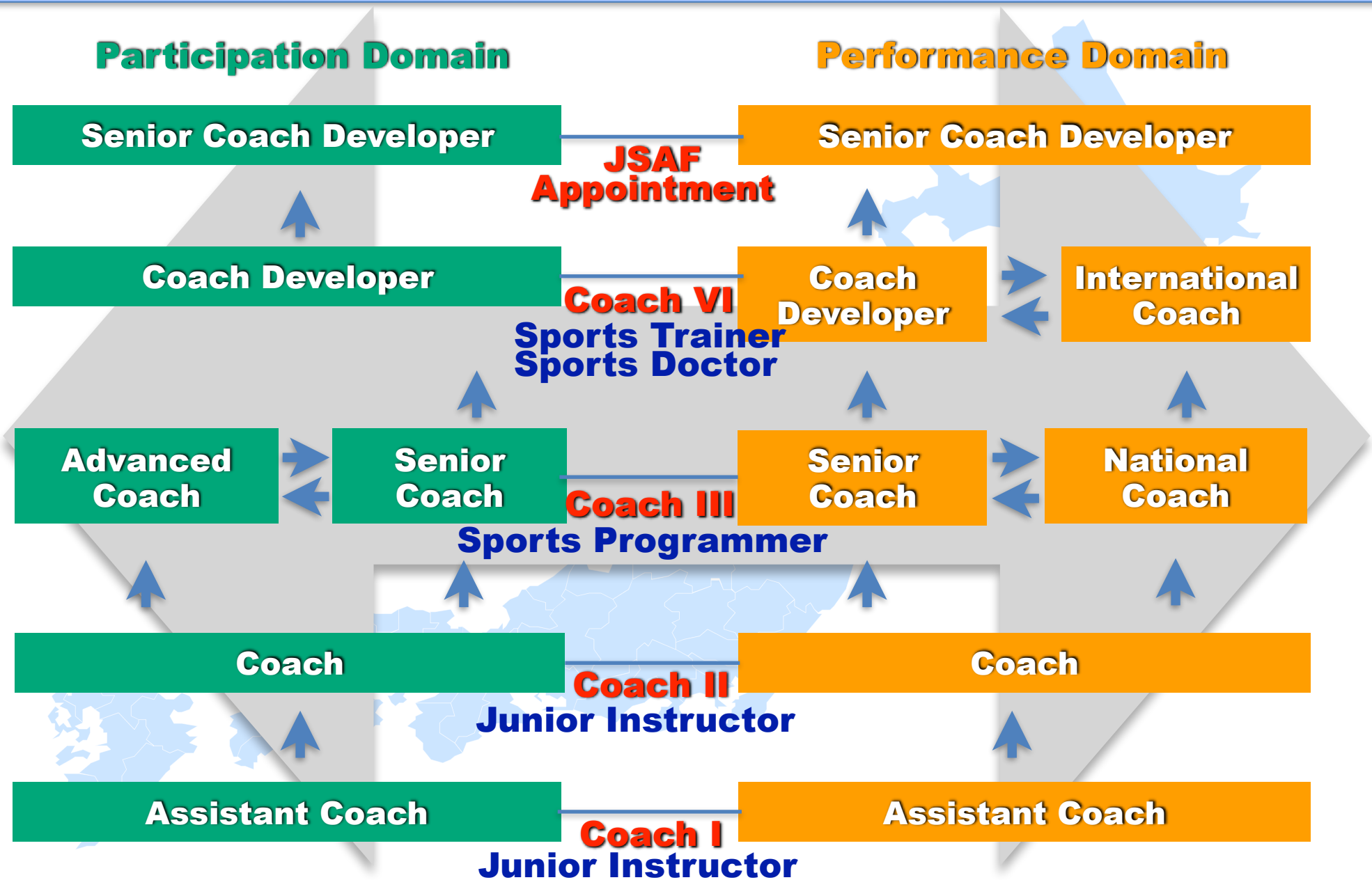
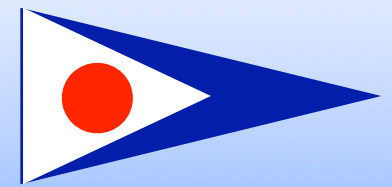


# ISAF Accredited Requirements

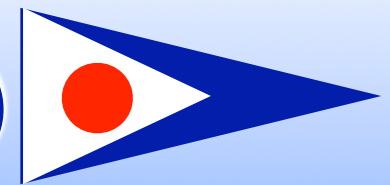


- 1. National programme Management Structure**
- 2. Accredited Training Centres**
- 3. Safety Guidelines and Procedures**
- 4. Coaches**
- 5. The Syllabus**
- 6. Participant standards achieved**
- 7. Communication**

# Coaching Framework



# National Training Scheme (1)



## National Scheme in Dinghy Sailing

**Syllabus (Adult)**

**Logbook**

**Syllabus (Youth)**

**Logbook**

## National Scheme in Keelboats

## National Scheme in Multihuls

## National Scheme in Windsurfing

**Syllabus (Adult)**

**Logbook**

**Syllabus (Youth)**

**Logbook**

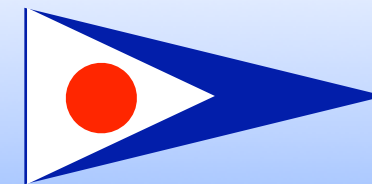
## National Scheme in Kiteboarding

## National Scheme in Yachting



**2019 +**

# National Training Scheme



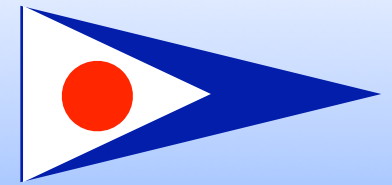
## Certificates of National / Youth Scheme

Current ✓ New ✓

|                 |                         | Novice |   | Intermediate |   | Advanced |   |
|-----------------|-------------------------|--------|---|--------------|---|----------|---|
| Level           |                         | 6      | 5 | 4            | 3 | 2        | 1 |
| Dinghies        |                         | ✓      | ✓ | ✓            | ✓ | ✓        | ✓ |
| Keelboats       |                         | ✓      | ✓ |              |   |          |   |
| Multihulls      |                         | ✓      | ✓ |              |   |          |   |
| Advanced Course | Seamanship Skills       |        |   | ✓            | ✓ |          |   |
|                 | Day Sailing             |        |   | ✓            | ✓ |          |   |
|                 | Sailing with Spinnakers |        |   | ✓            | ✓ |          |   |
|                 | Performance Sailing     |        |   |              |   | ✓        | ✓ |
|                 | Start Racing            | ✓      | ✓ |              |   |          |   |
|                 | Intermediate Racing     |        |   | ✓            | ✓ |          |   |
|                 | Advanced Racing         |        |   |              |   | ✓        | ✓ |
| Windsurfing     |                         | ✓      | ✓ | ✓            | ✓ | ✓        | ✓ |
| Kiteboarding    |                         | ✓      | ✓ | ✓            | ✓ | ✓        | ✓ |
| Yachting        |                         | ✓      | ✓ | ✓            | ✓ | ✓        | ✓ |

2019 +

# Schedule (2015 - 2019)



## ▼ Training and Development

|  | 2015                          | 2016              | 2017                              | 2018                   | 2019                              |
|--|-------------------------------|-------------------|-----------------------------------|------------------------|-----------------------------------|
| <b>Documentation (NTP/Safety)</b>        | ←                             |                   | ▼                                 |                        |                                   |
| <b>Documentation (National Syllabus)</b> | ← <b>Dinghy / Multihull</b> ▼ |                   | <b>/ Keelboat / Windsurfing</b> ▼ | <b>Kiteboarding</b> ▼  | <b>Yachting</b> ▼                 |
| <b>Training Centre Assessment</b>        | ←                             |                   | ←                                 | ←                      | ←                                 |
| <b>ISAF Audit &amp; Accreditation</b>    | ▼ <b>Pre Audit</b>            | ▼ <b>Audit</b>    |                                   | ← <b>Documentation</b> | ▼ <b>Approved Training Centre</b> |
| <b>Safety Training</b>                   |                               | ▼                 | <b>Complete</b> ▼                 | ▼                      | ▼                                 |
| <b>Coach Re-Training</b>                 |                               | ▼                 | ▼                                 | ▼                      | <b>Complete</b> ▼                 |
| <b>Kiteboarding &amp; Yachting</b>       | ← <b>Kiteboarding</b> ▼       |                   | ← <b>JSAF Membership</b>          |                        | ▼ <b>America's Cup</b>            |
| <b>Disable Sailing</b>                   |                               |                   | <b>Paralympic</b> ▼               | <b>ISAF Worlds</b> ▼   |                                   |
| <b>Communications</b>                    | ▼ <b>Coach FB</b>             | ▼ <b>Coach ML</b> | ▼ <b>Coach Web</b>                |                        |                                   |



**ARIGATO**

*Thank You*

**JAPAN SAILING FEDERATION**

