



Successful Youth & Junior Racing Clubs

A look at how to run an effective and successful Youth and Junior Racing programme at your club.

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What are the Essential Elements That A Successful Junior & Youth Sailing Clubs Offer??





What are the Essential Elements That A Successful Junior & Youth Sailing Clubs have??

1. Planned activity
2. Set up meeting parents and prospective sailors
3. Structured Junior & Youth Race Training Program
4. Appropriate Race Program for the sailors
5. Social Program



What Needs To Be Covered In The Planning??





Planned activity

Key aspects??

- Enough Coaches / Instructors
- Program for training AND racing
- Groups set up by ability (same coach)
- Instructor/coach training / briefing
- Best instructors with newest!
 - Teach it right first time
- Have you got enough resources
 - Foul Weather/No Weather Alternatives
 - DVD/Video/Magnetic Boats/ Exercises



Parent and Sailor Brief

- Why is it important ??
- What should be covered??



Parent & Sailor Brief

Setting out your Offer!

- Clubs “pathway”
- How parents can get involved
- Expectations if people use club boats
- Overview of training program/Awards
- How to start racing!
- What’s next





Parent & Sailor Brief

Format for each session

- Briefing times
- Rigged and ready??
- Team work!

Key events for all

- Club Race week
- Novice series
- What is next step
- Social





Effective Club Training

What should effective training look like??





Effective Club Training

- The Training needs to be regular and continuous.
- Fun but Structured!
- Sessions need to be well prepared!
- Focused Bite Sized” Nuggets!
- Inspire sailors to race.



Structure The Session

- **The Brief**
- **Running the exercises**
- **The De-Brief**





The Key Elements Of Race Training Program

1. Boat handling
2. Starting
3. Physical fitness
4. Boat tuning
5. Racing rules
6. Tactics
7. Boat prep
8. Strategy & met



What Exercises ?

- Follow My Leader
- 5 Essentials Exercises
- Tacking / Gybing on the Whistle
- Gut Busters! (Tight Circles)
- Very Short Windward Leeward Courses
- Starting Exercises
- Pairs Racing

Junior Race Training Scheme

- Start Racing
- Intermediate
- Advanced





Start Racing

- **Aims: To introduce to novice sailors to racing at clubs.**
- **Awarded by: Club Racing Coach or Racing Instructor run in training centre or an RYA affiliated club.**
- **Duration: 2 days**
- **Certificate from the RYA**
- **Syllabus: G11**



Intermediate Racing

- **Aims: To develop/improve the racing technique and knowledge for racing at club level.**
- **Awarded by Club Racing Coach at an RYA affiliated Club or Training Centre.**
- **Duration: 5 Days or 3 weekends**
- **Certificate from the website or by e mail**
- **Syllabus: Coaching workbook and RYA website**



What Are The Key Elements of Racing

How Can We Make It More Appealing for Juniors??





Volvo RYA Champion Club Resources

- <http://www.rya.org.uk/programmes/volvoryachampionclubs/Pages/resourcesandinformation.aspx>
- <http://www.ryachampionclubtv.co.uk/>



Summary:

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