



**NZL**  
**SAILING**  
**YOUTH HANDBOOK**

NZL 22  
5592

NZL  
2687  
JSM  
5885

NZL  
3023  
JSM  
5592

NZL  
3154  
JSM  
5818

# WHAT ARE THE YOUTH CLASSES



**29er**



**420**



**IQFOIL**



**ILCA 6**



**Nacra 15**



**Kitefoiling**

# YACHTING NEW ZEALAND YOUTH TEAM

The youth programme is tailored to ensure the continued development of New Zealand youth sailors by providing access to high quality knowledge and development support through the Aon clinic programme, class coaches and the Yachting New Zealand staff.

Each class has a lead coach who is supported by a team of Olympic campaigners and domestic coaches to deliver high quality tailored support to each class. Yachting New Zealand provides class coaches for the youth clinics, the youth worlds team, and a coach for the class worlds.



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# AIMS OF THE YACHTING NEW ZEALAND YOUTH PROGRAMME



- New Zealand sailors performing on the world stage and winning medals
- Develop sailor-led capabilities
- Encourage sailors' pathway into Olympic squads and campaigns

# KEY FOUNDATIONS OF THE PROGRAMME



## **Strong Domestic Squads**

- This means supporting and developing our key youth fleets to attract more sailors
- Pushing each other to raise the level of the entire group
- Inclusive and a focus on knowledge sharing
- Retention of IP from year to year

## **Action Learning Process**

- Plan-Train-Execute-Debrief
- Foundation of the NZL Sailing High Performance programme
- Critical for sailors to manage their own learning outside of clinics and accelerate their development

## **World Class Coaching**

- We have world leading coaches regularly coaching at clinics
- We often have Olympians, world champions, medalists and expert professional sailors join the programme

## **The Kiwi Way**

- A proud history of success on the world stage
- Our unique sporting culture
- we are methodical but keep it simple, we stay humble, work hard and enjoy ourselves
- We put the time in on the water
- Embrace the pressure and the opportunity to perform

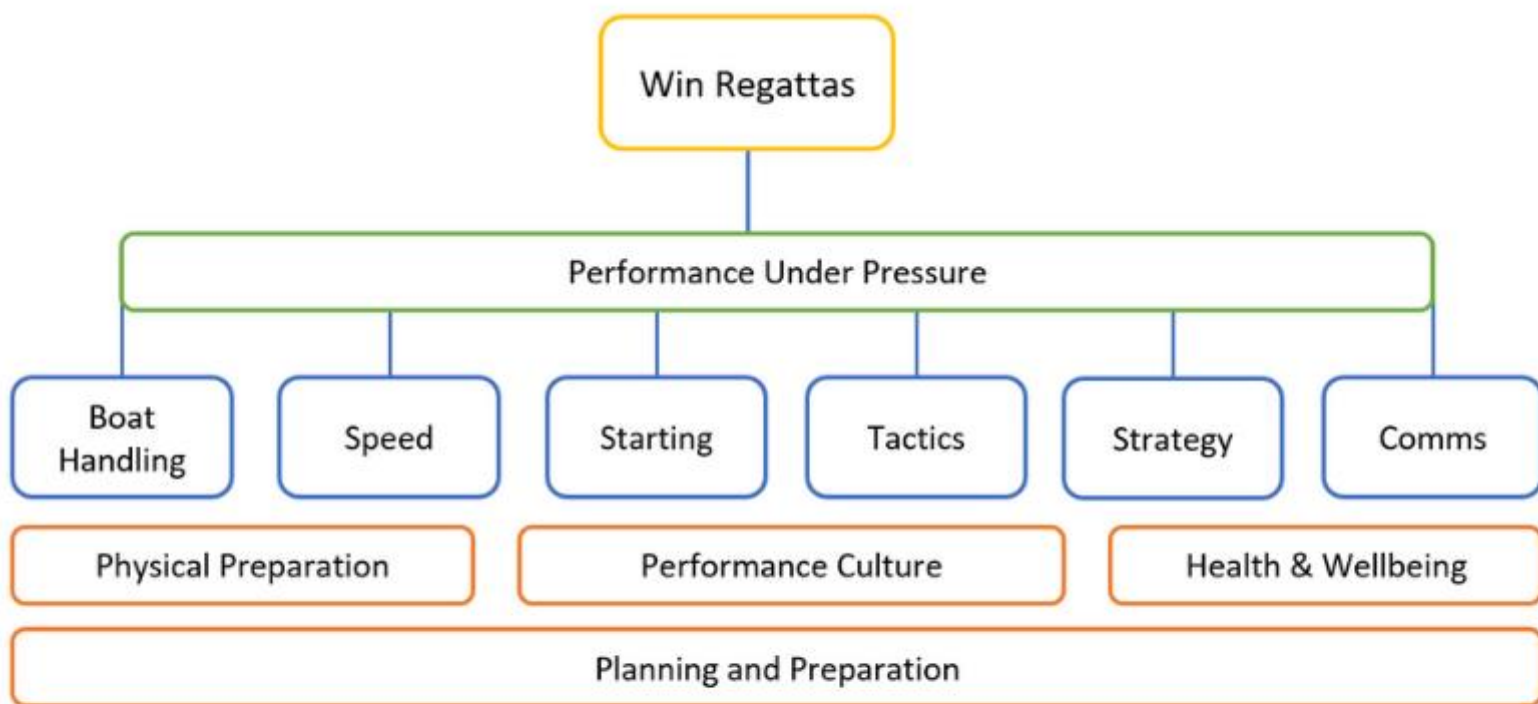
## **People Come First**

# HOW WE OPERATE & EXPECTATIONS



- Training regularly outside of the programme in your youth class
  - This is a minimum of four sessions per week
- Equipment is well prepared and ready for each clinic
- Sharing knowledge. Full group participation
- Commitment to attend all clinics
- Prompt communication with YNZ and coaches
- We don't make excuses, but see an opportunity to learn
- We're on time
- Rules situations are treated as if you were racing
- We turn up physically prepared with the right nutrition
- Train hard - like we race
- Respect our teammates, squad and coaches

# THE CAMPAIGN BLUEPRINT



The Campaign Blueprint aims to clearly show all the different skills a sailor needs to develop to succeed in sailing.

This blueprint provides the foundation for the curriculum of the programme. Throughout the season each area of the blueprint will be covered either at clinics or through online education sessions.

One of major strengths of the blueprint is its simplicity, although there is a significant amount of detail that goes behind each of the topics.

# WORLD CHAMPIONSHIPS

## WHAT'S THE DIFFERENCE BETWEEN THEM?



There are two key world championships for youth sailors in every year and every youth class.

- **World Sailing's Youth World Championships**
- **International Class World (or youth world) Championships**

Both events are equally important to the success of the programme and the development of young sailors. They are both very different events in their nature but are both extremely competitive for different reasons.

Over the next couple of pages, we will give an overview of each event.



# WORLD SAILING'S YOUTH SAILING WORLD CHAMPIONSHIPS

## WHAT IS IT?



This event is run by World Sailing as a mirror of the Olympics. It's open to sailors who are under 19 on December 31 in the year of the event and Yachting New Zealand are invited by World Sailing to select and send a team each year to represent New Zealand, known as the NZL Sailing Foundation Youth Team.

This event is contested by sailors from more than 60 nations each year, with only one boat for each country for each of the nine youth classes (listed at the front). It is an amazing experience that all the sailors who earn a place in the team talk about throughout their lives.

### When did we first go and why?

New Zealand has competed at the Youth Sailing World Championships since 1972, bringing home **57 medals**.

The fact that so many young sailors who learn to compete successfully in the youth classes go on to have successful careers at the highest level in a broad range of sailing disciplines, as well as in non-sailing related occupations, is why we put a lot of emphasis on young sailors gaining experience at these events.

Check out all the medallists on page 14. You may have met, seen or know some of them.

# INTERNATIONAL CLASS WORLD OR YOUTH WORLD CHAMPIONSHIPS



Success at these events is valued as highly as the Youth Sailing World Championships. Like the youth worlds, the experience gained from attending these events plays a big part in supporting a sailor's development.

## How do these work?

Each international class has an annual class world championship

Depending on the class, these will be only open for under 19 year olds or open to all but with a youth title prize awarded.

These regattas have much larger fleets (100+ in some classes) with multiple teams from each country able to compete. The size of the overall fleet and number of teams allowed from each country is managed by international class associations.

Some international class associations class make their championship open to any teams that wish to go but some international class associations limit the number of teams/ individuals allowed to attend from each nation, such as the ILCA 6.

# THE NEW ZEALAND YOUTH CHAMPIONSHIPS



The NZ Youth Champs (youth trials) is run each year as a selection event for the New Zealand Youth Sailing Team that competes at the World Sailing Youth Worlds. Depending on the date of the youth worlds the regatta is held in the early part of the year for a July Youth Worlds or later in September/October for a December event.

The goal of the regatta is to emulate the feel of a youth worlds. Two of the key differences from a normal domestic event is that before the regatta starts competitors all go through a full measurement process and there is very limited on water coaching allowed.

# OVERVIEW OF NZL SAILING YOUTH PROGRAMME



The Yachting New Zealand youth programme runs throughout New Zealand and is made possible by the generous support from Aon.

The programme is structured to support young sailors and they learn the skills they need to progress through club, national and international competition and become successful sailor capable of winning on any stage.

There are different types of clinics to support sailors at different levels as they learn to be successful. On the next two pages there are descriptions of each of them.

NZLSAILING  
FOUNDATION  
YOUTH TEAM

AON  
SQUADS

AON  
NATIONAL

AON  
GIRLS

AON  
REGIONAL

AON  
NEW TO  
CLASS



## **AON** New to Youth Class Clinic

Designed for sailors who have moved into a youth class within the previous six months and are not already attending Aon National Youth Clinics.

You can register your interest on [the YNZ Website](#).

To check when the next scheduled clinic is, [refer to the youth programme Teamup calendar](#).

### **These clinics aim to:**

- Explain how the boat works
- Teach how to set up your boat for a variety of conditions
- Teach fundamental techniques that will help you progress your own training
- Provide an opportunity to be assessed for eligibility to attend the Aon National Youth Clinics

## **AON** Regional Youth Clinic

These are tailored to support clubs, coaches and sailors as they build their skills locally and, where possible, with more than one class at each clinic.

### **The requirements needed for a club to apply are:**

- Sailors are training with the future aim of attending Aon National Youth Clinics, class

nationals and NZ Youth Champs.

- The regular club coach is available to attend every clinic
- The club can provide a rib and cover the cost of fuel for coaches
- Provide a billet for the Yachting New Zealand coach

## **AON** Girl's Clinics

These weekends provide an opportunity for female sailors in the programme to connect and upskill.

The clinics also aim to give sailors a chance to meet some of our most experienced and successful female Olympic sailors and learn about what it took for them to be successful on the world stage.

For more information on these clinics, get in touch with YNZ Women's Sailing Manager Jenny Armstrong

# OVERVIEW OF NZL SAILING YOUTH PROGRAMME



## AON National Youth Clinics

Focused on supporting the best young New Zealand sailors as they strive for success at national and international events.

**The training enables sailors from different clubs and regions an opportunity to:**

- Share information on set-up/technique
- Access knowledge and advice from coaches and support staff
- Build relationships (sailors, parents, and coaches) and plans before competing at international events
- Test their skills against their peers The yearly fee for the programme is \$650 for sailors based in the Auckland region and \$400 for sailors currently living outside the Auckland region.

## AON Performance Squads

These clinics are an addition to the programme for sailors who will attend their upcoming class world championships.

They will be focused on elements of the blueprint which are most important to the teams at the time.

## Youth Team

Once selected following the New Zealand Youth Championships the selected sailors will work with their class lead coach and the YNZ Youth Manager to finalise a build up plan leading into the Youth Worlds.

This will involve additional coaching sessions that are allocated to each class. A wider training squad will be invited to these sessions.



## High Performance Sport New Zealand

High Performance Sport New Zealand provide invaluable for the youth programme.

advice on becoming physically gold standard in their class.

Through their support, sailors are able to learn from experts on psychology, nutrition, fueling, cardio periodisation as well as getting

Alongside this there is also support given to sailors on how to manage being an athlete and still have good life balance.



The structure of a clinic is normally as follows:

- Two weeks prior - sailors confirm attendance through the RSVP function of the Team App
- During the week leading into the clinic the prebrief is shared with any prior work to be completed
- 9am coaches onsite at the yacht club venue
- 10am first briefing for the day. Often guest speakers will be presenting to the group. Sailors are to be rigged but not changed into their sailing gear.
- Following the briefing, sailors get changed and launch.
- Sailors return to shore at different times depending on the focus. However it's important that sailors bring food and water to be prepared for a longer session.
- Following the sailing session classes will individually debrief.
- There may be a group discussion to finish the days.
- The clinic finishes at approximately 4.30pm each day.
- After the clinic, coaches will share notes and video with the sailors they coached.

# HOW DO YOU SIGN UP?



Different clinics have different eligibility requirements and details on these can be found on the [Yachting New Zealand Website](#) or by talking to the YNZ youth staff.

## Do I need to be assessed?

Only for the Aon National Youth Clinics and beyond. For these clinics, sailors must apply for the programme and have attended a recognised eligibility event where their skills can be assessed by a Yachting New Zealand coach.

## What do I need to have?

- The ability to be focused and self-sufficient on and off the water
- An on-water level of skill that will not tie a coach safety to a safety role in conditions up to 25 knots
- A commitment to openly sharing knowledge and technique with other New Zealand coaches and sailors, for a purpose of raising the level of competition within the whole New Zealand fleet
- Be training consistently – four days per week
- Aiming to compete at class nationals and the New Zealand Youth Championships.

## Possible eligibility events include:

- [Aon New to Youth Clinics](#)
- [Aon Regional Youth Clinics](#)
- The New Zealand Youth Championships
- Oceanbridge NZL Sailing Regatta
- New Zealand class nationals
- Murrays Bay Sailing Club Winter Champs
- Sir Peter Blake Regatta

For more information please contact:

**[sam@yachtingnz.org.nz](mailto:sam@yachtingnz.org.nz)**





The youth programme is part of the YNZ high performance programme. The support structure is illustrated on the following page. The high performance programme is focused on winning medals and sustainable success for kiwi sailors. Information regarding the programme can be found on the [YNZ website](#).

Any sailors that are soon to be finishing youth classes are encouraged to get in touch with Geoff Woolley to discuss options.

# NEW ZEALAND YOUTH WORLDS MEDALLISTS SINCE 1977



## GOLD

1978 **C. Dickson/ D Mackay**  
 1979 **C. Dickson/ H. Willcox**  
 1980 **C. Dickson/ S. Reeves**  
 1981 **R. Coutts**  
 1983 **J. Irvine**  
 1989 **S. Bannatyne**  
 1990 **D. Barker**  
 1994 **D. Slater**  
 1994 **S. Hesson**  
 1996 **S. Small**  
 1997 **S. Macky**  
 1998 **M. Davies/ K. Burrows**  
 2002 **T. Ashley**  
 2009 **S. Meech**  
 2010 **T. Saunders**  
 2013 **I. McHardie/ M Wilkinson**  
 2018 **J. Armit**  
 2018 **S.Menzies/B.McGlashan**

## SILVER

1974 **C. Gilbert**  
 1979 **R. Coutts**  
 1991 **D. Barker**  
 1992 **A. Estcourt/ M. Stechman**  
 1992 **D. Slater**  
 1993 **M. Henshaw**  
 1996 **J. Knight**  
 1999 **S. Winther**  
 2000 **A. Murdoch**  
 2001 **K. O'Brien**  
 2001 **C. Kitchen/ M. Overington**  
 2001 **G. Woolley/ M. Overington**  
 2004 **J. Aleh**  
 2007 **P. Snow-Hansen/ B.Tuke**  
 2007 **J. Junior**  
 2010 **A. Maloney/ S. Bullock**  
 2015 **G. Gautrey**  
 2015 **N. Egnot Johnson/ J Keon**  
 2018 **V. Ten Have**  
 2018 **S. Lardies/ S. Mckenzie**

## BRONZE

1975 **M. Jones**  
 1975 **D. Barnes**  
 1978 **P. Kempkers**  
 1987 **N. Burfoot**  
 1990 **A. McIntosh**  
 1993 **S. Cooke/ E. Smyth**  
 1994 **S. Wood/ J. Cheyn**  
 1995 **J-P. Tobin**  
 1999 **A. Murdoch**  
 2002 **R. O'Brien/ K. Riechelmann**  
 2008 **S. Meech**  
 2008 **C. Humme-Merry**  
 2013 **M. Sommerville/ J.Simpson**  
 2014 **M. Sommerville/ I McHardie**  
 2015 **K.Stewart/ G. Stewart**  
 2015 **T. Lindsay/ W. Mckenzie**  
 2016 **K. Stewart/ G. Stewart**  
 2018 **G. Stewart/ T. Fyfe**  
 2022. **G.Lee-Rush/ S.Menzies**



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World Sailing

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