



YOUTH SAILING HANDBOOK

2026

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THE YOUTH CLASSES



IQFOIL



420



ILCA 6



29ER

THE YOUTH PROGRAMME AIMS



-  **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

WORLD CLASS COACHING

- World-leading coaches passionate about development sailors leading clinics
- Olympians, world champions, medalists, and expert sailors regularly coaching the programme

BUILDING STRONG SQUADS

- Developing youth fleets
- Raising the level of the entire group
- Knowledge sharing and pushing each other
- Retaining class knowledge year to year

ACTION LEARNING PROCESS

- Plan → Train → Execute → Debrief
- Foundation of the NZL Sailing High Performance Programme
- Enables sailors to manage their own learning outside clinics and accelerate development

THE KIWI WAY

- A proud history of success on the world stage
- Unique sporting culture
- Methodical yet simple: stay humble, work hard, enjoy ourselves
- Putting in the time on the water
- Embracing pressure and the opportunity to perform
- People come first

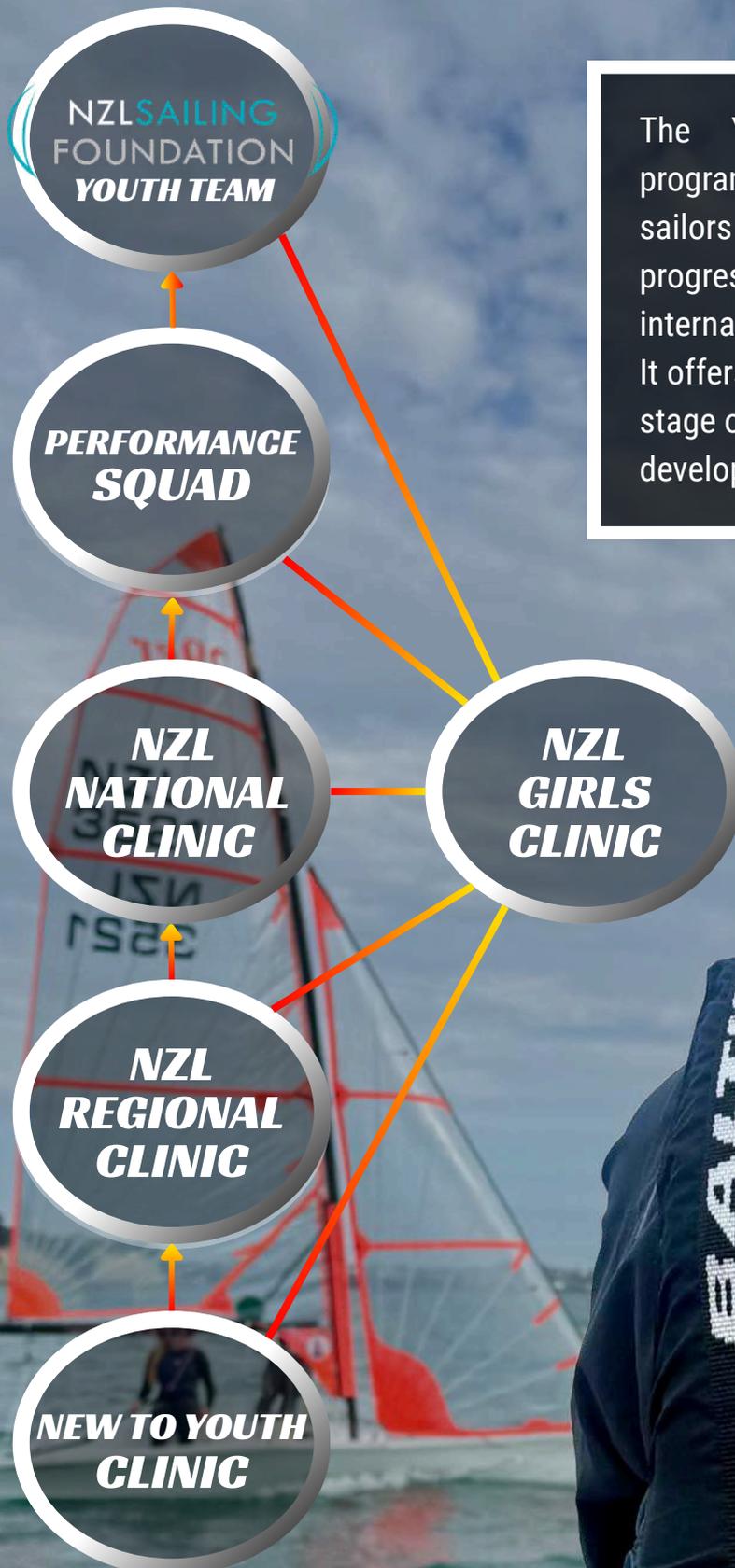


OPERATIONS & EXPECTATIONS

EXCELLENCE IS BUILT DAILY THROUGH DISCIPLINE HUMILITY AND PURPOSE

-  Training regularly – min 4 sessions/week
-  Arriving with well-prepared equipment
-  Sharing knowledge & participating fully
-  Commitment to all clinics
-  Prompt communication with YNZ & coaches
-  Following World Sailing rules
-  No excuses – learning mindset
-  Being on time
-  Treating rules as real racing
-  Physically prepared, good nutrition
-  Training hard – like we race
-  Showing respect for teammates & coaches

THE STRUCTURE



The Yachting New Zealand youth programme runs nationwide to help young sailors build the skills they need to progress from club racing to national and international competition. It offers a range of clinics tailored to each stage of a sailor's development.



THE PINNACLE NZ REGATTAS

THE NZ YOUTH CHAMPIONSHIPS

The NZ Youth Champs select the New Zealand Youth Sailing Team for the World Sailing Youth Worlds.

The event date varies depending on the Youth Worlds schedule.

The regatta aims to replicate a Youth Worlds, with full pre-event measurement and very limited on-water coaching.



OCEANBRIDGE SAIL AUCKLAND

Oceanbridge Sail Auckland is one of New Zealand's premier Olympic-class and youth-pathway regattas, bringing together top national and international sailors and offering an important development step for young athletes aiming for elite racing.

CLASS NATIONALS

The class nationals in New Zealand are the peak annual championships for each class. They play an important role in developing athletes towards top domestic and international competition.



THE YOUTH SUPPORT TEAM



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The Youth Programme supports the **development of New Zealand sailors** by providing access to **high-quality coaching and expertise** from our staff and coaches.

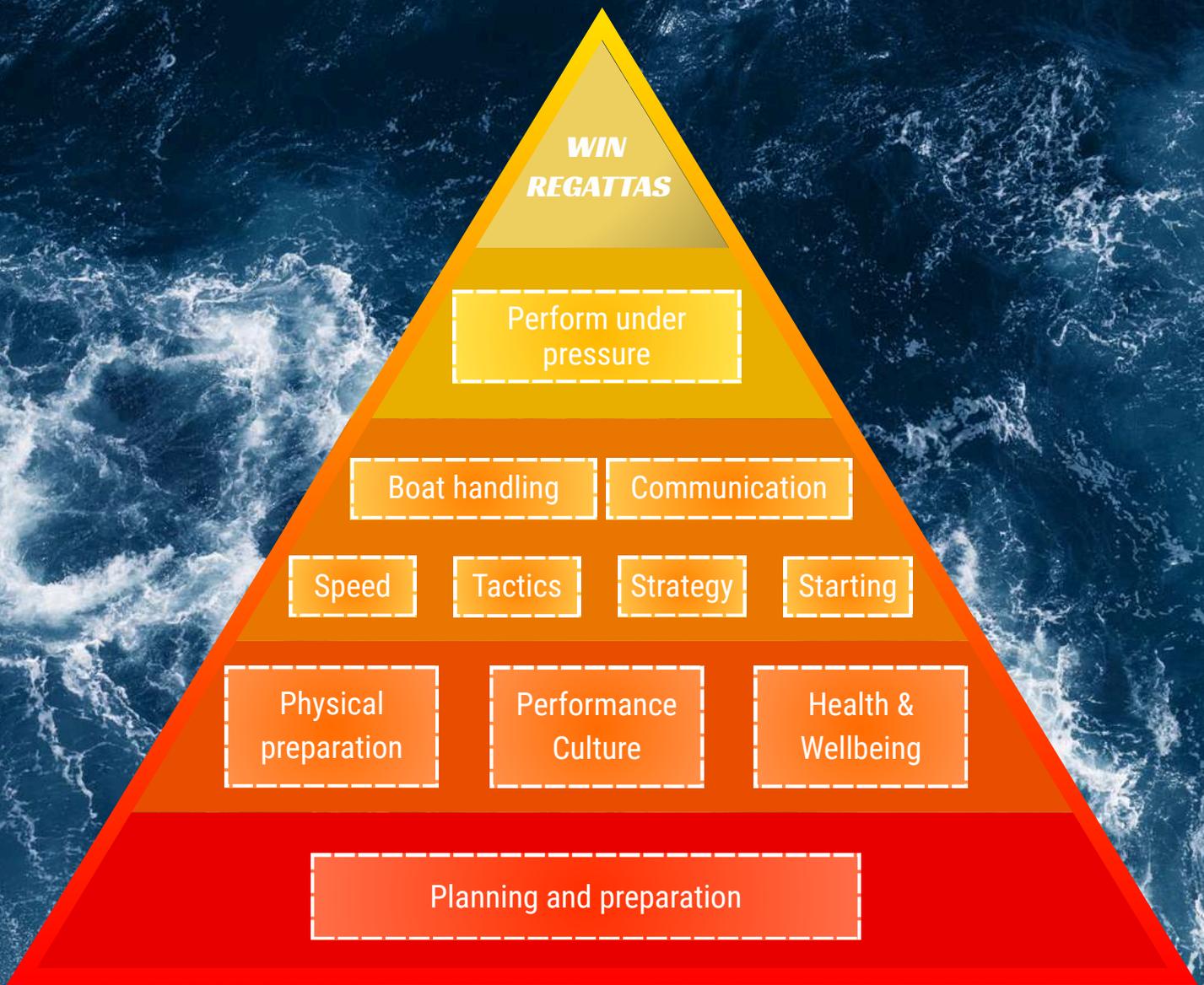
Each class has:

- ★ a lead coach
- ★ supported by Olympic campaigners
- ★ and domestic coaches,
- ★ to deliver tailored training.

YNZ provides coaching for:

- ★ youth clinics
- ★ the Youth Worlds
- ★ and class world championships.

THE CAMPAIGN BLUEPRINT



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

THE DIFFERENT TYPES OF CLINICS

NZL SAILING FOUNDATION YOUTH TEAM

After the NZ Youth Championships, selected sailors work with their class lead coach and the YNZ Youth Manager to plan their **build-up for the Youth Worlds**.

Additional class coaching sessions are included, with the wider training squad invited to join.

NZL PERFORMANCE SQUAD

These clinics support sailors preparing for their class worlds. Selection requires a commitment to the international circuit or a top-three ranking at Oceanbridge Sail Auckland.

NZL NATIONAL CLINIC

It supports NZ's top youth sailors as they prepare for national and international events. It brings them together to share set-up and techniques, access coaching expertise, build relationships, and test themselves. The yearly fee is \$650 for Auckland sailors and \$400 for those outside.

NZL REGIONAL SQUAD

They help clubs, coaches, and sailors build their skills locally, often with multiple classes training together. To apply, clubs must have sailors aiming for youth events, ensure their coach attends, provide a rib and fuel, and offer a billet for the YNZ coach.

NEW TO YOUTH CLINICS

These clinics are for sailors new to a youth class and not yet attending Aon National Youth Clinics. Register on the YNZ website and check dates on the Youth Programme Teamup calendar. The clinics cover: How the boat works, boat setup for different conditions, fundamental techniques and assessment for NZL National Youth Clinics eligibility

NZL GIRLS CLINICS

These weekends give female sailors in the programme a chance to connect, upskill, and meet experienced female Olympic sailors to learn what it takes to succeed on the world stage.

OPERATIONS & APPLICATION



OPERATIONS

Clinic structure is usually:

- **Two weeks prior:** sailors confirm attendance via Team App RSVP.
- **Week before:** prebrief and any preparatory work shared.
- **Clinic day:**
 - **9am:** coaches arrive at the club
 - **10am:** first briefing, often with guest speakers; sailors rigged but not in sailing gear
 - **Sailing session follows**, with return times varying; sailors should bring food and water
 - **Individual class debriefs** and possible group discussion
 - Day ends around **4:30pm**
- **After the clinic:** coaches share notes and videos with their sailors



APPLICATION

Assessment:

is required only for National Youth Clinics and above, via a recognised eligibility event approved by a YNZ coach.

Requirements:

Focused and self-sufficient on and off the water
 Ability to control their boat in 25 knots
 Willingness to share knowledge with sailors and coaches
 Consistent training (4 days per week)
 Aim to compete at class nationals and NZ Youth Championships

Possible eligibility events:

New to Youth and Regional Clinics
 NZ Youth Championships
 Oceanbridge Sail Auckland
 NZ Class Nationals
 Murrays Bay Winter Champs
 Sir Peter Blake Regatta

For more information, contact: sam@yachtingnz.org.nz and clara@yachtingnz.org.nz

HIGH PERFORMANCE SUPPORT LEVELS

NZL SAILING TEAM

NZL POTENTIAL LEVEL

FAST TRACK LEVEL

DEVELOPMENT / SCHOLARSHIP LEVEL

YOUTH PROGRAMME

The youth programme is part of the YNZ high performance programme. The high performance programme is focused on **winning medals and sustainable success** for kiwi sailors.

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

All details > YNZ website > Information for sailors > **HP Support structure**

YOUTH AND CLASS WORLDS

Each year, every youth class competes at two key events:
the Youth Worlds and the Class Worlds.

They are both equally valued for **sailor development** and **programme success**.



THE YOUTH WORLDS

Run by World Sailing, the Youth Worlds **mirrors the Olympics** and is open to sailors **under 19 selected by their country**.

Over 60 nations compete, with **one boat per country per class**.

New Zealand has competed since 1971, winning **57 medals**.

The event is a **key pathway**, with many successful youth sailors progressing to top-level sailing and beyond.

THE CLASS WORLDS

Class Worlds are as important as the Youth Worlds and play a **major role in sailor development**.

Each class holds **annual World Championships**, either U19 only or open with a youth title.

Fleets are **large** (often 100+), with **multiple teams per country**.

Entry limits vary by class – some are open-entry, others (e.g., ILCA 6) restrict numbers per nation.





THE YOUTH WORLDS KIWI MEDALISTS

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. Gilberd
 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
 2002 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
 2025 - T. Wigglesworth

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. Riechelman
 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
 2025 - T. Clinton / A. Higson
 2025 - C. Brown / O. Stone

And if you have any question...

CONTACTS : sam@yachtingnz.org.nz & clara@yachtingnz.org.nz



OCEANBRIDGE
INTERNATIONAL LOGISTICS SPECIALISTS SINCE 1981

