



Swiss Sailing League J/70 Youth Schooling Program 2023



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General Information



MOTIVATION

In general, we see a strong demand for youth sailing/racing opportunities within the Sailing League format. Youth in Switzerland is defined for the age group of 14-23 years old. We would like to help promote youth sailing by not only organizing respective Sailing League events, but also Clinics and Camps run by professional coaches.

OBJECTIVES

To introduce and promote youth sailors to keel boat and specifically Sailing League format racing. This includes all aspects from

- Rigging/de-rigging
- Safety
- Boat handling
- Racing strategy and tactics
- Team building aspects

REQUIREMENTS

Sailors must be of at least 14 years of age and under 23. Participants under 18 must include parental consent. There is a great emphasis to promote female participation (50% if possible) and the handling of entries will reflect this. Sailors must have:

- The ambition to gain experience in J/70 team sailing (if they don't have it already), or racing experience in J/70 and/or other boats on at least national level
- Have participated in a "Nothelferkurs"
- If possible, hold the "Segel-Ausweis"
- Be a member of a Swiss Yacht Club



Program and Courses



PROGRAM

Sailor roles and functions on the boat

Team communication

Launching manoeuvres, tactics and acceleration

Manoeuvres at the windward buoy - Tactics

Gennaker Sailing

Gate Manoeuvres - Tactics - Acceleration

Right of Way - Tactics - Effects

Umpired Fleet Racing - SSL - Rules

Boat Knowledge J/70

Race preparations

Depending on the level, these aspects will be deepened and professionalised.

SAFETY AND ORGANISATIONAL ITEMS

Our priority is safety for all participants. This will require extra personnel and resources, as we are dealing with youth (under 18 years) participants. During the camp, the crews will be formed to always include at least one adult (over 18 years old) and one holder of the Swiss sailing permit. We will coordinate with local rescue organizations where possible.

HEAD COACH

The head coach Chris Rast is holder of the Swiss Youth&Sport Trainer diploma and will be overseeing the camp also in regards to behavior and any potential misconduct such as bullying.

COURSES AND DATES 2023

The following camps are set and open for a registration.

J/70 Youth Camp 1 Tenero-Ascona	16.04.-20.04.2023
J/70 Promotion Estavayer-le-Lac	14.06.-16.06.2023
Sommersegelwoche TBSV, J/70	07.08.-11.08.2023
J/70 Youth Camp 2 Tenero-Ascona	20.10.-22.10.2023

Spontaneous: various short (2 days) Youth Trainings with Chris Rast before and/or after events - all over Switzerland.

Registration and Contacts



REGISTRATION

The courses and camps are described and open in Manage2sail to register your participation. There is a discount for team registrations; just ask SSLA.

COACHES

Chris Rast is open that coaches of clubs are participating at the camps.

PARTICIPATING AT OTHER REGATTA

SSLA is thrilled when Youth Teams with Chris Rast or other coaches participate in other regattas with the J/70 of SSLA! Of course, this only happens when the SSLA annual programme allows it.

CONTACT

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Whatsapp-Group:: SSLA Youth Club



Die Swiss Sailing League und die Trainer freuen sich schon jetzt auf eure Teilnahme und bedanken sich für Ihr Vertrauen.

La Swiss Sailing League et les entraîneurs se réjouissent déjà de votre participation et vous remercient de votre confiance.