

15 March 2018

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Dear Victorian Sailing Members,

Re: Victorian Sailing Team (VST)

Further to our letter dated the 14th of February, I am pleased to announce the structure, [calendar](#) and costings of the Victorian program for the 2018/19 season.

Coaching:

Australian Sailing has secured the services of Matt Jerwood as the interim Head of State Coaching. Matt has been working as the assistant State Coach for the Western Australian Institute of Sport (WAIS) with responsibilities for the 49ers, 470s, 420s and 29ers. Matt was twice a 420 national champion and has coached multiple WA and National campaigning athletes over recent years. Matt has also been sailing in the World Match Racing series where he helmed Redline Racing to a second place finish. This year Matt has been involved with the Superfoilers and recently won the Viper 640 World Championships.

Program Structure:

The new Victorian program will address development and performance outcomes for our youth and intermediate sailors; and further support the ongoing growth and capabilities of our Club and Class Association sailing programs across the state.

The VST coaching program will be split into two components; 1). VST Performance Coaching Program and 2). Non VST Development Coaching Program.

The focus of the VST program for 2018/19 is on athletes in the following youth classes (Laser 4.7, Laser Radial, 29er and 420) and their ongoing development.

Coaching for the junior classes (Optimist, Minnow, Open Bic and International Cadet) will be delivered by their respective Class Associations with support of the Head of State Coaching and Australian Sailing.

Sailors in the junior classes will be eligible for [VST selection](#) as per the criteria published within the VST selection document. Those junior sailors who meet the criteria will (at no extra cost) be supplied with a VST uniform, be given access to the myAISbasecamp portal and be invited to attend Friday evening guest speaker events.

VST Performance Coaching Program

This program has a performance focus that will result in a State Sailing Pathway Program that has better vertical integration linking the Victorian Institute of Sport (VIS) and the AS performance programs.

This will include:

- Full weekend class specific clinics (11 per year – Saturday/Sunday) at an identified Pathway Club/s (clubs that currently have a number of sailors sailing in the respective class as identified by their class association). Each weekend class specific clinic will include 4 on water sessions.
- 37 Mid-Week after school training sessions at an identified Pathway Club
Wednesdays: 420 & 29er Class Specific
Thursdays: Laser 4.7 and Laser Radial Class Specific
Fridays: Mixed Training
- Coach support at NSW Youth Championships, Class Nationals and Australian Youth Championships (total of 16 days)
- One Friday night per month with a guest speaker.
- VST uniform
- myAISbasecamp online portal access
- General VST support by Head of State Coaching at Springsail, Sail Sandy, Sail Country, Go for Gold, Sail Melbourne, George Mac, State Championships
- \$2,400 cost per person Inc GST (can be paid in quarterly instalments)

Non VST Development Coaching Program

This program has a focus on participation and class development. The Non VST Development Coaching Program will operate one day per month (Sunday AM/PM sessions) aligned with the VST class specific clinics as per the attached [calendar](#).

Sitting underneath the VST the goals of this program are:

- To develop the skills of sailors new to the approved pathway classes and allow them the opportunity to engage with VST athletes.
- To develop the skills of club and class association coaches through a mentoring process with the Head of State Coaching.

This will include:

- 11 Class Specific one day Development Clinics with the VST (2 on water sessions per clinic)
- Training with Head of State Coaching
- Daily Briefing and de-briefing at local supported regatta's
- \$440 per person (can be paid in quarterly instalments)

Sailors wishing to participate in the Non VST program will be required to apply to Australian Sailing (Lesley.fasala@sailing.org.au) and need to be of a competent racing level to ensure they derive benefit from the coaching. An informal assessment will be conducted with the Head of State Coaching at the agreed class specific coaching day to confirm competency levels.

2018/19 season intake:

With the delays in the transition to this new program structure, the successful VST applicants have not yet been finalised. Due to the current 2017-18 program finishing on the 28th of February, we have made the following amendments to the program to cover the short term transition period.

- Initial VST participants to be finalised with a letter of offer by Friday the 16th of March
- Initial coaching sessions as per the outline above and the attached [calendar](#) will commence on Wednesday the 21st of March for those participants offered a place in the VST.
- Final VST participants will receive letters of offer by Friday the 30th of March
- All VST letters of offer will include a two week grace period to allow families to accept or decline the offer.

Thank you for your patience at this time and I encourage you to email your expressions of interest in either the VST Performance Coaching Program or Non VST Development Coaching Program to Lesley Fasala.

Yours sincerely,

A handwritten signature in black ink, appearing to read "Gavin Wall".

Gavin Wall

Australian Sailing Regional Manager – Victoria