



MHYC

MIDDLE HARBOUR YACHT CLUB

MHYC Youth Match Racing Program



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Program Overview

MHYC Youth Development and Match Racing Programs have been developed to promote youth sailors' keelboat skills and provide pathways into yachting programs for youth sailors aged 13-25 in Club, National and International regattas.

The club's commitment to providing youth sail training will see youth sailors from 13 years old introduced to keelboat sailing and honing of skills for those who have done it before. The programs will make use of the club's newly purchased Melges 20s, with the ability to use asymmetric spinnakers.

MHYC has two Youth training squads, those being the Youth Development Squad (YDS) and the Youth Match Racing Squad (YMR).

MHYC Youth Match Racing Squad

The Youth Match Racing Squad (YMR) program is a selective group open MHYC Youth Members between the ages of 16-25 who have demonstrated existing Match Racing and exceptional fleet racing skills in either dinghy classes or keelboats. The program will introduce youth sailors to the dynamics of match racing and offer regular competition to enhance their skills.

Program Objectives

The program continues the foundations from the YDS and focuses on developing match racing skills.

Participants will focus on the following:

- Understanding and developing advanced keelboat boat handling and sail trim skills including the dynamics of asymmetrical spinnakers.
- Develop a deeper understanding of the Racing Rules of Sailing.
- Implement match racing tactics.
- Match racing regatta experience and represent MHYC on the state and national levels.

Program Eligibility

Participants must be between 16-25 years old and must have existing sailing and racing experience in keelboats to apply and have demonstrated sound dinghy and/or keelboat results at club, state and national levels.

Sailors must be financial members of the Middle Harbour Yacht Club, to be eligible to participate in the Youth Development programs.

All applications will be assessed on merit for the available positions.

Program Cost

Program cost (incl. GST): \$1400

Fees include the use of the MHYC Melges 20s, sail training, regatta coaching and Youth Development uniform.

Program Schedule

Date	Program
Sunday, 18 August 2024	12:30pm - 5pm On Water Training #1
Sunday, 25 August 2024	12:30pm - 5pm On Water Training #2
NSW Youth Match Racing Championships: CYCA (Sydney)	31 st August – 1 st September
Sunday, 8 th September 2024	12:30pm - 5pm On Water Training #3
Sunday, 15 th September 2024	12:30pm - 5pm On Water Training #4
Sunday, 22 nd September 2024	12:30pm - 5pm On Water Training #5
Sunday, 29th September 2024	12:30pm - 5pm On Water Training #6
Sunday, 6 th October 2024	12:30pm - 5pm On Water Training #7
Sunday, 13 th October 2024	12:30pm - 5pm On Water Training #8
Sunday, 20 th October 2024	12:30pm - 5pm On Water Training #9
Sunday, 27 th October 2024	12:30pm - 5pm On Water Training #10
John Messenger Women's Match Racing Regatta: CYCA (Sydney)	28 th – 29 th September
HARKEN International Youth Match Racing Championship: RPAYC (Pittwater)	20 th – 24 th Nov 2024
Helly Hansen International Youth Match Racing Championship: CYCA (Sydney)	25 th – 29 th Nov 2024
Hardy Cup Sydney International: RSYS (Sydney)	2 nd – 6 th Feb 2025
Australian Youth Match Racing Championship	TBA
Australian Women's Match Racing Championship	TBA

Expressions of Interest (EOI)

Expressions of interest (EOI) for squads will be submitted no later than 5pm Friday 9th August 2024, via the MHYC Youth Development webpage:

The EOI's will be reviewed by the MHYC Youth Development Program co-ordinators and coaching staff, and successful applicants will be notified shortly after the closing period listed above.

Please submit your application [here](#).

Program Co-ordinators

Felix Prince

Youth Sailing Manager

discoversailing@mhyc.com.au

Zac Brayden

Dock Master

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Conditions of Participation

1. Youth Development Program participants shall behave in the manner expected of them as members of the Middle Harbour Yacht Club and shall adhere to the dress requirements of the Middle Harbour Yacht Club.
2. All participants shall attend all sessions set out in the program unless approved by the Head Coach or Youth Sailing Manager.
3. Neither the training yachts nor RIBS shall go on the water without authorised approval by the Youth Sailing Manager or Head Coach. Only the Youth Sailing Manager may authorise use of the boats outside the designated training scheduled.
4. Participants shall maintain their yacht to the highest standard. This includes cleaning the yacht prior and after usage and reporting any/all damage by submitting the Melges Damage Report Form to the Youth Sailing Manager.
5. Youth Development Program participants shall be issued a training uniform included as part of the program fees. The training uniform shall be worn at every training session. Participants selected for representative events shall wear the supplied training uniform along with provided uniform items.
6. All participants shall agree to abide by the *Athlete Code of Conduct Policy*.
7. Middle Harbour Yacht Club reserves the right to suspend or terminate the participation of any participants for breach of the conditions listed in the *Athlete Code of Conduct Policy*.

MHYC Athlete Code of Conduct

Middle Harbour Yacht Club aims to create an environment that fosters healthy on-water competition and responsible onshore behaviour. Participants are expected to behave in a respectful, responsible, co-operative, and congenial manner, with dedication to the MHYC Youth Performance Program.

1. All medical information should be noted down on the *Confirmation of Enrolment Form*. Participants displaying signs of intoxication or effects of drugs will be asked to leave the program.
2. All participants will be respectful of everyone in the program. Swearing or speaking disrespectfully to/of participants or coaches and/or bully or harass other participants will not be tolerated.
3. At all times participants will act in a proper sportsperson like manner.

4. Participants will be responsible for and respect MHYC boats and equipment according to club policy.
5. At all times participants will follow the directions and safety guidelines set out to me by MHYC staff, coaches and volunteers. I understand that I will be required to wear my PFD when on or near the water.
6. Participant agrees to sign off for the day with the coach before leaving at the conclusion of each day's activities.
7. Participant agrees that the Youth Sailing Manager's decision is final and that no lobbying will be entered into.
8. Participant acknowledges that the Middle Harbour Yacht Club reserves the right, in its absolute discretion, to suspend or terminate the participation of any members in the Youth Development Program for any breach of this Code of Conduct.