

## **SAS High Performance Squad**

### Annual Selection Criteria

*Approved on 18 October 2011 by SAS Chairman, Mike Dixon, and SAS President, Rob M'Crystal*

The South African Sailing (SAS) High Performance Programme is aimed at athletes which SAS have identified as having the talent and physical and mental attributes to compete at the highest possible level.

Given the resources available, SAS will attempt to provide assistance to these athletes to develop their techniques, skills, physical and mental preparedness.

The following international competitions have been identified:

### **1. ISAF Youth World Championships**

This is an annual event where ISAF invites one entry per MNA (member national authority – in our case SAS) in each of the classes as chosen by ISAF.

- 2011 – Zadar, Croatia
- 2012 – Dublin Bay, Ireland
- 2013 – Limassol, Cyprus
- 2014 – Tavira, Portugal

*SAS selection classes: Laser Radial boys, Laser Radial girls, 420 boys, 420 girls, 29er mixed, Hobie 16spi mixed*

### **2. ISAF World Championship**

This event takes place every 4 years and ISAF invites one entry per MNA in each of the classes as chosen by ISAF, usually Olympic classes.

- 2011 – Perth, Australia
- 2014 – Santander, Spain

*SAS selection classes: Laser Std men, Laser Radial ladies, 470 men, 470 ladies, 49er mixed, Finn men, J22 ladies match-racing (2011), Multihull mixed (2014).*

### **3. Olympic Games**

Takes place every 4 years in a number of classes that changes each year. Selection is facilitated by SAS but remains the authority of SASCOC.

- 2012 – Weymouth, England
- 2016 – Rio, Brazil

*Selection classes: Laser Std men, Laser Radial ladies, 470 men, 470 ladies, 49er mixed, Finn men, J22 ladies match-racing (2012), Multihull mixed (2016).*

### **4. All Africa Games**

This event takes place every four years and the classes vary each time. Selection is facilitated by SAS but remains the authority of SASCOC.

- 2011 – Maputo, Mozambique

The next All African Games is scheduled to be held in Brazzaville Congo, where there is currently no infrastructure to accommodate sailing.

*Selection classes: Laser Std Men, Laser Radial Men, Laser Radial Ladies, 420 Mixed, Optimist Boys, Optimist girls.*

The **SAS High Performance Squad** is selected by the SAS Councillor responsible for High Performance and the SAS High Performance Manager in January each year, upon the recommendations and motivations of the Regional High Performance Coaches based on the following criteria and subject to resources available for that year:

- a. Only classes appropriate to the above international competitions are considered and where South Africa does not have the particular class/equipment, a suitable substitute class will be the official selection class for South Africa, or SAS may decide to select a team/sailor based on their track record and application where a class is not listed below but included in any of the above competitions. The selection classes for 2011, 2012, 2013 and 2014 are:
  - Laser standard rig (men)
  - Laser Radial (youth and ladies)
  - Finn (men)
  - 420 (youth)
  - 29er (youth)
  - Hobie 16 with spinnaker (youth)
  - J22 Ladies keelboat match-racing (ladies – 2011/2012 only)
- b. The selection criteria for the above international competitions will be stated clearly on a SAS notice, which will be sent out to all SAS members and posted on the SAS website no later than 3 months prior to the event. This does not affect the selection of sailors onto the High Performance Squad.
- c. The selection criteria for the *High Performance Squad* is based on the following:
  - Top 3 placed boys and top 2 placed girls at the SAS Youth National Championships held the month prior (December) in the selection classes as stated as "youth" in a. above.
  - Top 2 placed men and top 2 placed ladies at the SAS sanctioned Class National Championships during the two years prior to squad selection.
  - The appointed High Performance coach of any National Class Association, a SAS High Performance Coach or any person appointed by SAS to perform such role, may motivate and propose any sailor, even if that sailor is not currently participating in one of the 'selection' classes, who is identified with adequate talent and motivation. Such recommendation/nomination must be received by SAS High Performance Manager no later than 12 January each year. A recommendation/nomination does not guarantee a place on the squad.
  - Any sailors selected by SAS to participate in any of the above international competitions based on submission of applications, where such class does not have a class in South Africa or a SAS sanctioned national championship eg. 470s, 49ers, Elliot 6m, Olympic Multihull class, board sailing.
- d. The sailor, or authorised parent/guardian if the sailor is under the age of 18years, has to commit in writing to the *High Performance Programme* for a period of no less than one year and will be required to attend all regattas and training camps as specified by the SAS High Performance Manager and/or SAS appointed High Performance Coach during that period, unless for unforeseen or uncontrollable factors. If at any time during this commitment period the sailor fails to attend regattas or camps as requested, SAS retains the right to exclude the sailor from the squad and any future selection for an international event.
- e. Only those sailors aged 25 years and under are eligible to be selected for the High Performance Squad. Some exceptions to this rule may be made from time to time depending on the training requirements of the squad and the selected sailors for a particular international event.



- f. The High Performance Programme is supported by the Department of Sports and Recreation (SRSA) and SA Sports Council and Olympic Committee (SASCOC) and South African Sailing. All support given to the High Performance Squad is completely dependent on available funding, and as such is limited to the funds and support received annually. All squad members are to acknowledge and give credit to these bodies in any media interviews or correspondence associated with the High Performance Programme.
- g. All sailors on the squad are required to sign a Code of Conduct with SAS on acceptance of their placing in the *High Performance Programme*, thus agreeing to be good ambassadors for South Africa and their sport throughout the period of their involvement in the Programme.
- h. The final decision for selection onto the *High Performance Squad* remains with SAS in consultation with SRSA, SASCOC and the appointed SAS High performance Coach/es and shall not be subject to debate or discussion with any club, association or individual.
- i. All sailors selected for the *High Performance Programme* must be members in good standing of SAS, the national class association appropriate for selection and a SAS affiliated club.
- j. Inclusion in the SAS High Performance squad does not guarantee a place in any team.
- k. Whilst SAS will strive to assist in any way possible, it is not in a position to guarantee financial support to squad members to participate in any event.
- l. SAS reserves the right to make changes to the composition of the squad at any time by adding sailors considered to be worthy of inclusion and / or removing any member who, for whatever reason, (inter alia; weight, fitness, non-performance) is considered to not meet the requirements for continued inclusion in the squad.

### **SAS High Performance Programme**

SAS High Performance will tailor-make a programme for each individual squad member based on their needs, class and goals. Each year, the squad will be required to attend two or three training camps in Cape Town with the Sports Science Institute of South Africa (SSISA) and elected class-specific High performance coaches. The first camp will take place in February/March of each year where fitness assessments will be mandatory. Thereafter, a programme will be developed including nutrition recommendation, exercise/fitness programmes, possible interventions (Physiotherapy, Sports Psychology, etc), and regatta and training calendars including periodisation leading up to an international event.

The second training camp will take place sometime suitable for the majority of the squad members during the May to July period, and a final camp (if deemed necessary) will take place during the period August to October, depending on dates of international events.

It is our aim to have a minimum of 4 boats/teams in the squad by 2013 on:

- Laser full rig
- Laser Radial
- Finn
- 420
- 470
- Multihull (class to be decided depending on Rio 2016 class to be announced)
- 29er / 49er



## SAS High Performance Centre

SAS is in the process of developing a High Performance Centre in Simonstown, Cape Town, with a full time operator and part-time *class-specific* High Performance Coaches. This centre will be fully equipped with Lasers, 420s, 470s and coaching equipment. All other classes will be a bring-your-own-boat arrangement until 2016. This centre will operate five days a week, including week-ends, and all *High Performance Squad* sailors will be required to train at this centre as determined by their coach, based on their needs, class and goals.

It is our aim to link coaching, tertiary education (university, technical college and ABET) including possible bursaries/scholarships, work opportunities, international coaching clinics and European campaigns for our squad sailors with the High Performance Centre once it has been established. The success of this centre will largely depend on the support it gets from the High Performance Squad themselves and the entire SAS community.

The ten year goal for the SAS High Performance Centre is to develop an internationally recognised and renowned training centre for all forms of sailing at high performance level including keelboats for big international event and all Olympic classes.

For more information on SAS High Performance, contact Belinda Hayward, High Performance Manager, on [belinda.hayward@vodamail.co.za](mailto:belinda.hayward@vodamail.co.za) or 083 616-0480.



49er (ISAF Worlds & Olympics)



470 (ISAF Worlds & Olympics)



Ladies keelboat match-racing



SL16 (ISAF Youth Worlds)



420 (ISAF Youth Worlds)



Laser Radial (ISAF Youth Worlds)

