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Sailing Performance Pathway and systems  
29<sup>th</sup> March 2012



# The Olympic Games •

## 10 Medals disciplines:

1. Windsurfing RS:X Men
2. Windsurfing RS:X Women

3. Laser Men  
Laser Radial Women  
Finn Heavyweight Men

49er Skiff

- Elliot 6m Women's Match Racing  
470 men  
470 women

10. Star Men's Keelboat

- 5.
- 6.
- 7.

4.

Key classes

A diagram where several sailing classes are listed on the left. Three of these classes are circled in red: 'Laser Men', '49er Skiff', and 'Star Men's Keelboat'. Red lines connect each of these three circles to a single point on the right labeled 'Key classes'.

8.

9.

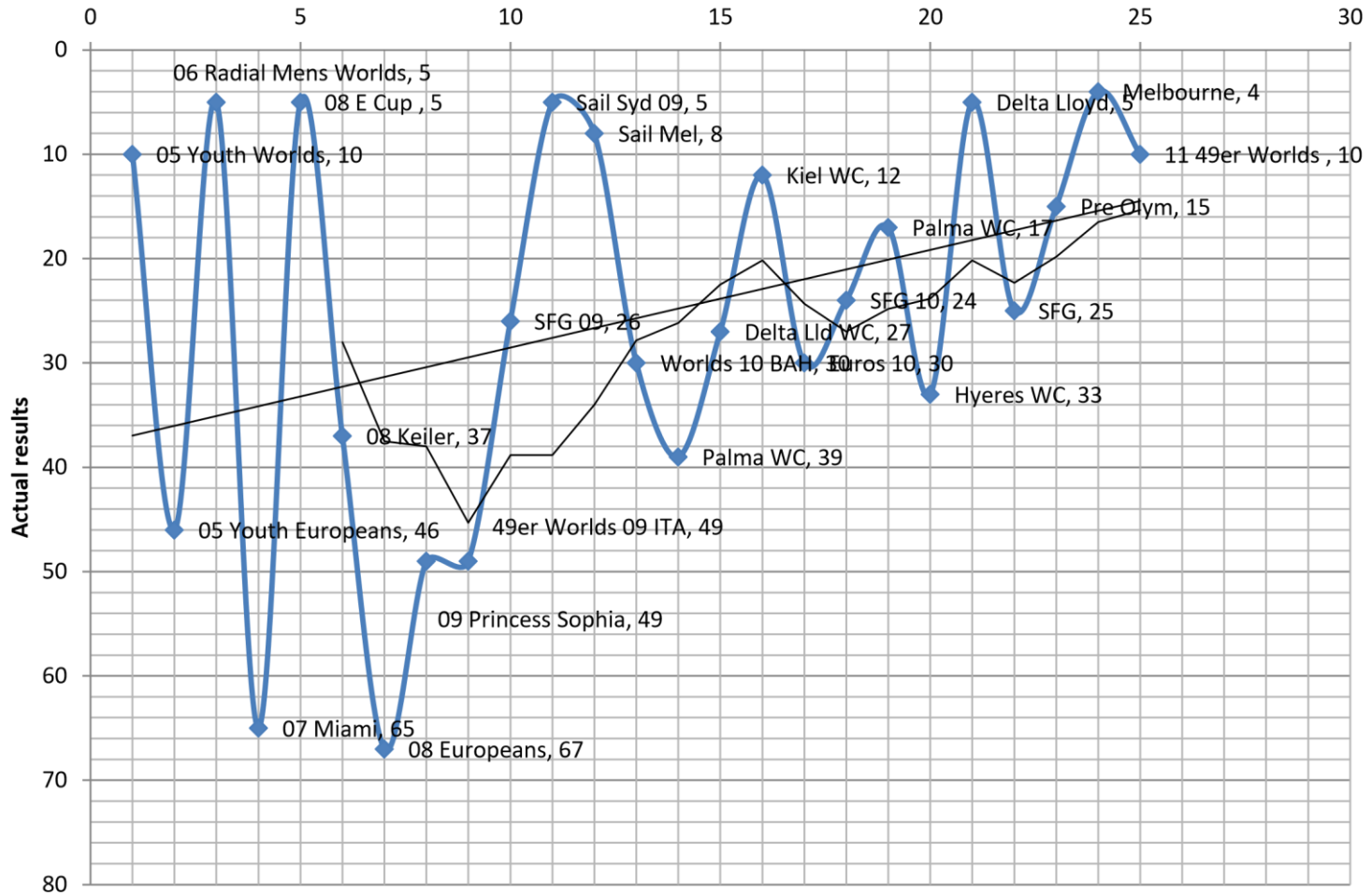
# NI Sailor Pathway





The journey is never straightforward!

### Major event progression







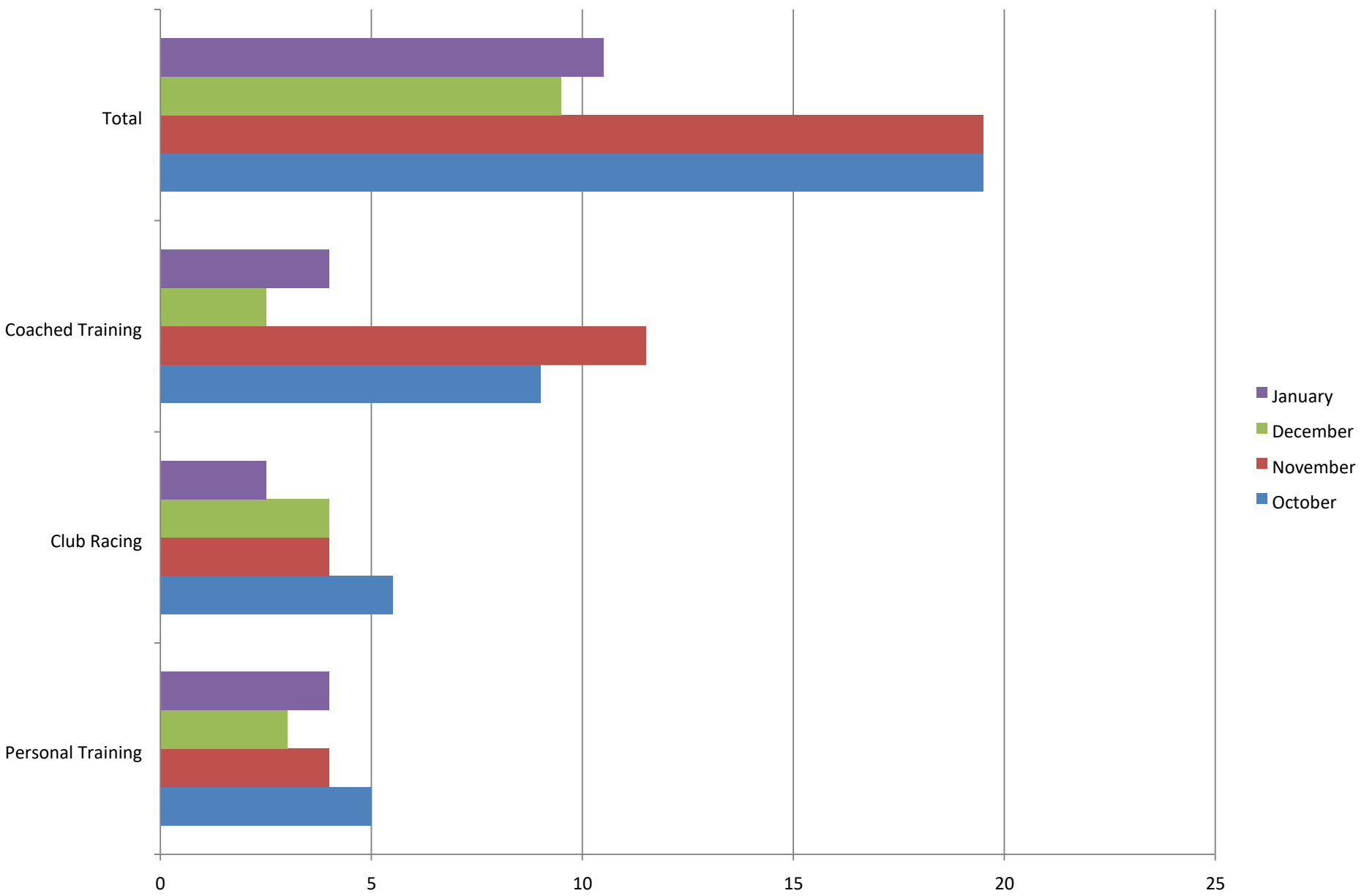
## 2010-11 Talent Coach Officer review

- Role to reflect on Pathway and barriers to success/develop way forward
- Feedback from
  - “graduate” Elite sailors
  - Squad Coaches
  - Sailors
  - Sailor Parents
- Asked about
  - Pathway Knowledge “the journey”
  - Rate elements of programme delivery (coaching, organisation, technical, tactical etc)
  - No. training/ competition hrs (personal, coached)
  - Training hrs needed to be successful

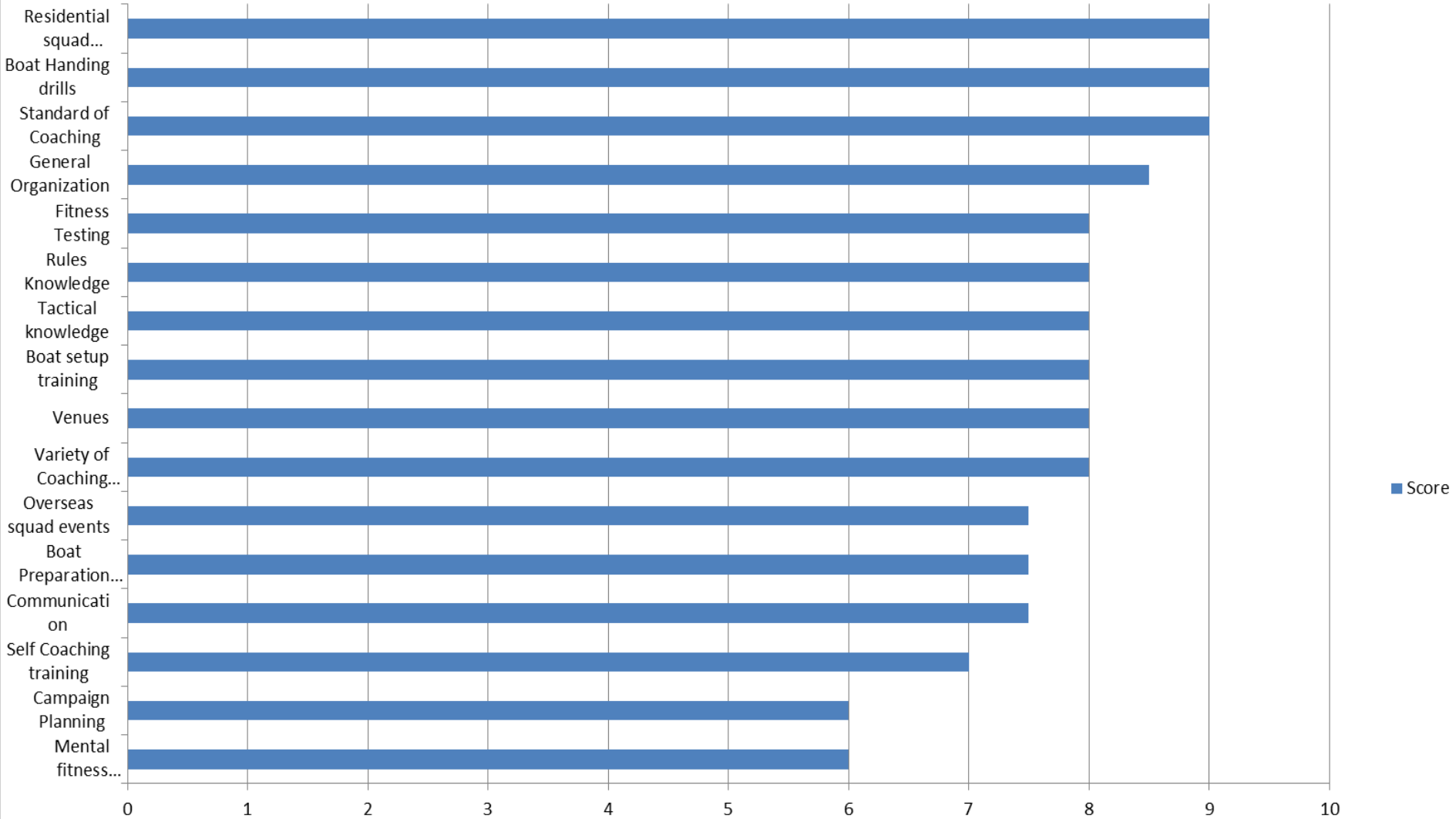


– What their aims/ objectives are (sailors)

Youth Squad reported hours Oct'10- Feb'11



# Sailors rating of Squad programmes 1-10





# Outcomes

- Identified disconnect between what former graduates of the squad system think is most important in developing their senior sailing career and the topics covered in the squad programme.
- With a few exceptions sailors are only achieving about 30% of the required hours on the water to fully exploit their potential.
- The Junior Squad Programme is fit for purpose with only minor adjustments needed.
- The Youth Squad Programme needs to change to get the sailors sailing more and by creating more time for the coaches to teach the technical and management skills required to prepare youth sailors for senior sailing careers.
- This will be achieved by making current squad weekends more time efficient: setting up locally based training groups that are self managed



but monitored by coaches; and combining shore based fitness sessions with technical lectures.

- This new programme will create training and resource needs and will have to be evaluated.

## Youth Squad Programme Comparisons

2010 Programme Overview	2011 Programme Overview
(Of which) 1-2 Residential Weekends	Racing at end of each camp and training groups selected



2 Key Events Supported

7 Fitness sessions (3 tests) and theory evenings – focus on tactical and mental elements

Online Training diary

## 2011-12 Pathway Coaches Aim

“To develop a Nation of Champions – athletes who are well prepared for long term, Olympic level pressures and have the attributes to win medals at international level.”

## **Objectives**

- To develop and deliver, in conjunction with the RYANI Performance Manager, relevant syllabus elements to refine the Youth Squad Programme;
- Increase the number of hours youth squad sailors are undertaking self-training on the water;
- Educate sailors in more holistic areas of the sport to better prepare them for Olympic sailing;
- To identify and nurture young talent at a club and regional level;
- Help develop club and class training in conjunction with the performance manager to allow greater identification of talent with a long term pathway in mind.
- Mentor youth sailors



## RYANI Sailor Diary



Full Name \*

PERFORMANCE  
GOAL 2012 \*

Month \*

e mail address (to  
receive diary) \*

### Training on the water

Coached Hrs Training  
on water \*

Hrs self Training on  
the water \*

Hrs competition (club,  
regional or national)

What was the key  
focus this month? (3  
key areas) \*

Areas you need to  
focus on next month  
(REVIEW) \*

### Physical Training

Training Phase \*

Total Hrs physical  
exercise/ training  
(outside of sailing) \*

Submit Form



# Measuring success

- Increased reported Hours?
- More “Non Dependence” • Junior Squad international conversion • Results!
  - National
  - International...



2011 UK Qualifier

2012 Qualifier



4<sup>th</sup> (3<sup>rd</sup> Youth)

11<sup>th</sup> (8<sup>th</sup> Youth)

44<sup>th</sup> (4<sup>th</sup> Youth Girl)

64<sup>th</sup>

67<sup>th</sup>

77<sup>th</sup>

107<sup>th</sup>

5<sup>th</sup> (2<sup>nd</sup> Youth)

9<sup>th</sup>

31<sup>st</sup>

32<sup>nd</sup>

53<sup>rd</sup>

53<sup>rd</sup> (6<sup>th</sup> Youth Girl)

79<sup>th</sup>

87<sup>th</sup>

106<sup>th</sup> (9<sup>th</sup> Junior)

## The future?

- Development of Talent Profiling tools (OPT, Squad)
- Address needs at each stage of the pathway (experience, physical, commitment etc)



- Benchmarking Performance Sailors – what’s needed when?
- Double Handed Squad for appropriate physical profile
- New ISAF Olympic Classes for Rio – opportunity?
- Dealing with uncontrollable barriers:
  - Financial climate
  - University fees/ focus



**Thank you Questions?**

