

RYANI Performance Academy

VISION

"To develop the best young racing sailors in the world"

Aims

- To nurture passion, professionalism and a performance mindset;
- To develop sailors with the best prospects of selection onto IRL and GBR National Squads;
- To support the most committed sailors and ensure they receive the best support to develop themselves;
- To educate sailors on all aspects of how to run a programme and possibly an Olympic campaign;
- To give sailors more specific and intensive training.

Selection

Selection is based on those who show the will, commitment and determination to excel. This will be determined upon:

- Performances at outlined nominated events;
- Commitment levels;
- The ability for sailors to meet fitness baselines.

Only sailors that meet all minimum performance criteria will be invited to join as an Academy member.

Intake for the *Performance Academy* will take place in Autumn and Spring each year with continued participation based on criteria being met.

Eligibility

Sailors must be residents/ born in Northern Ireland

Only sailors within the following age ranges of Youth Pathway Class on the 31st December in the year of selection will be eligible for inclusion:

Youth Pathway Class

| | |
|--------------|----------|
| ILCA 4 | Under 16 |
| ILCA 6 | Under 19 |
| ILCA 7 | Under 19 |
| Bic Techno | Under 19 |
| 29er | Under 19 |
| 420 | Under 19 |
| Nacra 15 | Under 19 |
| IQ foil | Under 19 |
| Formula kite | Under 19 |

To ensure sailors progress at a rate consistent with the maturation of their academic peers in the ILCA 6 & 7 and to help sailing partnerships stay together in the double-handed classes, teams, where one sailor is over the age, may still be considered.

Where appropriate some athletes may be invited to continue beyond the eligible age with Academy support as Academy 'Alumni.' This support will support the transition to British and Irish Programmes. Alumni will be expected to achieve higher objectives and targets appropriate to their career path.

Academy Criteria

The following criteria will be used to determine sailors who will be invited to join the RYANI Performance Academy:

Essential

- Have competed at Irish or GBR National championship level in past 2 years
- Can show consistent results in top 25% of current class in the past 12 months at regional and national level.
- Has shown positive result progression at regional and national level in the last 24 months
- Achieved top 5 finish in the NI Youth championships in year of selection
- Have a 3-year personal sailing performance development plan
- High-level attendance to RYANI Youth Performance Programme sessions (where exists for their class)
- Baseline Average Fitness being met (appendix 1)

Desirable

- Have competed at GB national level in past 24 months
- Have competed at European or World championships

Gear failure, breakage or the actions of another competitor are not considered exceptional, where appropriate, sailors should seek retribution via the normal processes of the racing rules of sailing.

Consideration will be given to the number of competitors at each event.

* Dispensation will only be granted in exceptional circumstances. Some examples of exceptional circumstances are: illness or injury which precludes sailing (medical diagnosis should be provided), bereavement, non-transferable academic commitments.

Academy Expectation

As members of the RYANI Performance Academy Sailors will be expected to:

Personal Profiling

- Complete full personal profiling assessment
- SWOT, key area ratings, learning styles, stress triggers, resilience, finances

Personal Development Plan

- Have written out a 3year development plan with fine detail for year 1 defining clear goals
- Career planning

Contribution towards the Academy Charter

Engage with a Personal Sailing Mentor

Training

- Achieve training goals
- Attend training camps
- Develop their a non-coached on the water training plan

Fitness

- Achieve fitness KPI's
- SI fitness

Workshops

- Attend all workshops

Reports

- Provide monthly reports to Phil
- Quarterly reports for all

One to One

- Attend a 1 to 1 with Phil each month

Communications

- Engage in personal and RYA communications plan

Sponsorship

- Goal to achieve a personal sponsor by April 2022

Events

- Attend all squad events

Results

- Hit performance goals at selected events and ranking

Reviews and De-selection

Reviews will take place quarterly.

Sailors may be de-selected at any point for failure to obtain any of the following:

- Continuing to meet Selection Criteria/expectations;
- Individual Competition and Training Plan being met;
- Completion of weekly Training Diary;
- Meeting minimum monthly practice time;
- A sailor's attendance drops below an acceptable level;
- A sailor's behaviour is unacceptable;
- A sailor's Review is unsatisfactory.

Sailors are expected to commit to the programme in full and will only be granted absence for illness, injury, bereavement, non-transferrable academic commitments or National Squad commitments.

Fees

Programme Costs are subsidised by SportNI.

A fee may be required to help substitute cost.

Programme

Sailors will receive the following:

- 1 Academy Coached Session per month or equivalent;
- 1 Physiological screening induction;
- Up to 4 Physical Training sessions per month through Training Phases of the year;
- Quarterly Reviews;
- Access to workshops (including Anti-Doping, Campaign management, Lifestyle etc)

In return sailors will be expected to:

- Make weekly training diary submissions
- Practice on the water in their own time
- Commit to all training sessions
- Strive to improve fitness results
- Compete at IRL Events and nominated international events
- Follow guidance of coaches
- Balance study and other commitments
- Prepare for quarterly reviews appropriately
- Provide timely notification to request any absence from training

Informing applicants

RYANI will invite sailors in writing by email.

Sailors must accept the letter of offer within 1 week of receiving them.

Selection Practice

Selectors have the discretion to determine:

- The size of the squad;
- Which of the criteria to take into account;
- Who to select.

In making their decisions and exercising their discretions, Selectors are expected to:

- Use their expertise and experience;
- Rely on their observations of the sailors.

By entering an event or activity that is part of this selection the sailors agree that the Selectors have such discretion.

Selectors include the Youth Squad Head Coach, RYA NI Performance Manager and relevant coaches. Selectors may extend the selection process beyond the series.

Appeals

There will be no appeals against the published selection criteria or the actions of the selectors, provided they follow the selection criteria. By entering the selection process the sailor agrees that any appeal against a selection decision will be limited to:

- I. Failure to follow due process;
- II. Bias/ undue influence;
- III. Some other misconduct.

The criteria for appeal may not include any alleged error of judgment of the selectors. Should an appeal still arise, then it should be submitted in writing to the RYANI Performance Manager within 5 days of the selection being announced.

Status

The Royal Yachting Association NI (RYA NI)'s policies and procedures are subject to change from time to time, including variations required to comply with *Sports Northern Ireland's* directions on the investment of funds.

The RYA NI reserves the right to amend, supplement and/or discontinue at its absolute discretion, for whatever reason, any or all of its policies and procedures.

Appendix A

The Physiological Benchmarks are collated from non-elite research in athletic individuals of the same age and gender (see Table 1 below). These are considered the minimum level of physical performance for a squad sailor to give the best possible chance of progression through the pathway by increasing robustness and maximising effective time on the water through the following:

- a) Reduce days lost on the water due to chance of injury
- b) Reduce days lost on the water due to chance of illness
- c) Reduce fatigue – Increase effectiveness of time on the water
- d) Improve recovery - Accelerate learning
- e) Reduce decline in cognitive function over time
- f) Enable a more productive learning environment to maximise skill development
- g) Display positive behaviours in physical development to enable smoother transition to the greater demands of the Olympic classes or into new classes that have different physical demand.

These benchmarks have been converted into percentiles (100% represents best score recorded in British Youth Sailing Team for male/female, with 0% being the worst).

To be eligible for selection on to RYANI Performance Academy, sailors must achieve or better a 40% average benchmark percentile of all tests combined (T-test, Standing Long Jump, Press-ups, Supine Pulls and Bleep Test) (see Figure 1). NB. In double-handed boats, both sailors must achieve average benchmark percentiles of all tests combined.

| Male | | | | | | Female | | | | | |
|-------|--------|------|-----------|--------------|------------|--------|-------|-----------|--------------|------------|------|
| Level | T-test | SLJ | Press-ups | Supine Pulls | Bleep Test | T-test | SLJ | Press-ups | Supine Pulls | Bleep Test | |
| 10 | 12.50 | 1.57 | 7 | 5 | 8 | 10 | 14.00 | 1.50 | 7 | 7 | 6 |
| 11 | 12.50 | 1.57 | 8 | 6 | 8 | 11 | 14.00 | 1.50 | 7 | 7 | 6 |
| 11.1 | 12.48 | 1.58 | 9 | 7 | 8.01 | 11.1 | 13.98 | 1.51 | 7 | 7 | 6.01 |
| 11.2 | 12.46 | 1.59 | 9 | 7 | 8.02 | 11.2 | 13.96 | 1.51 | 7 | 7 | 6.02 |
| 11.3 | 12.44 | 1.60 | 9 | 7 | 8.03 | 11.3 | 13.94 | 1.51 | 7 | 7 | 6.03 |
| 11.4 | 12.42 | 1.61 | 9 | 7 | 8.04 | 11.4 | 13.92 | 1.51 | 7 | 7 | 6.04 |
| 11.5 | 12.40 | 1.61 | 9 | 7 | 8.05 | 11.5 | 13.90 | 1.51 | 7 | 7 | 6.05 |
| 11.6 | 12.38 | 1.62 | 10 | 7 | 8.06 | 11.6 | 13.88 | 1.52 | 7 | 7 | 6.05 |
| 11.7 | 12.36 | 1.63 | 10 | 7 | 8.07 | 11.7 | 13.86 | 1.52 | 7 | 7 | 6.06 |
| 11.8 | 12.34 | 1.64 | 10 | 7 | 8.08 | 11.8 | 13.84 | 1.52 | 7 | 7 | 6.07 |
| 11.9 | 12.32 | 1.65 | 10 | 7 | 8.09 | 11.9 | 13.82 | 1.52 | 7 | 7 | 6.08 |
| 12 | 12.30 | 1.65 | 10 | 7 | 9 | 12 | 13.80 | 1.52 | 7 | 7 | 7 |
| 12.1 | 12.28 | 1.66 | 11 | 8 | 9.01 | 12.1 | 13.78 | 1.53 | 7 | 7 | 7.01 |
| 12.2 | 12.26 | 1.67 | 11 | 8 | 9.02 | 12.2 | 13.76 | 1.54 | 7 | 7 | 7.02 |
| 12.3 | 12.24 | 1.68 | 11 | 8 | 9.03 | 12.3 | 13.74 | 1.55 | 7 | 7 | 7.03 |
| 12.4 | 12.22 | 1.69 | 11 | 8 | 9.04 | 12.4 | 13.72 | 1.56 | 7 | 7 | 7.04 |
| 12.5 | 12.20 | 1.70 | 11 | 8 | 9.05 | 12.5 | 13.70 | 1.56 | 7 | 7 | 7.05 |
| 12.6 | 12.18 | 1.71 | 12 | 8 | 9.06 | 12.6 | 13.68 | 1.57 | 7 | 7 | 7.06 |
| 12.7 | 12.16 | 1.72 | 12 | 8 | 9.07 | 12.7 | 13.66 | 1.58 | 7 | 7 | 7.07 |
| 12.8 | 12.14 | 1.73 | 12 | 8 | 9.08 | 12.8 | 13.64 | 1.59 | 7 | 7 | 7.08 |
| 12.9 | 12.12 | 1.74 | 12 | 8 | 9.09 | 12.9 | 13.62 | 1.60 | 7 | 7 | 7.09 |
| 13 | 12.10 | 1.75 | 12 | 8 | 10 | 13 | 13.60 | 1.60 | 7 | 7 | 8 |
| 13.1 | 12.08 | 1.77 | 13 | 9 | 10 | 13.1 | 13.59 | 1.61 | 7 | 7 | 8.01 |
| 13.2 | 12.06 | 1.78 | 13 | 9 | 10.01 | 13.2 | 13.58 | 1.61 | 7 | 7 | 8.02 |
| 13.3 | 12.04 | 1.79 | 13 | 9 | 10.01 | 13.3 | 13.57 | 1.61 | 7 | 7 | 8.03 |
| 13.4 | 12.02 | 1.81 | 13 | 9 | 10.02 | 13.4 | 13.56 | 1.62 | 7 | 7 | 8.04 |
| 13.5 | 12.00 | 1.82 | 13 | 9 | 10.02 | 13.5 | 13.55 | 1.62 | 7 | 7 | 8.05 |
| 13.6 | 11.98 | 1.83 | 14 | 9 | 10.03 | 13.6 | 13.54 | 1.62 | 7 | 7 | 8.06 |
| 13.7 | 11.96 | 1.85 | 14 | 9 | 10.03 | 13.7 | 13.53 | 1.63 | 7 | 7 | 8.07 |
| 13.8 | 11.94 | 1.86 | 14 | 9 | 10.04 | 13.8 | 13.52 | 1.63 | 7 | 7 | 8.08 |
| 13.9 | 11.92 | 1.87 | 14 | 9 | 10.04 | 13.9 | 13.51 | 1.63 | 7 | 7 | 8.09 |
| 14 | 11.90 | 1.88 | 14 | 9 | 10.05 | 14 | 13.50 | 1.63 | 7 | 7 | 9 |
| 14.1 | 11.88 | 1.90 | 15 | 10 | 10.06 | 14.1 | 13.48 | 1.64 | 7 | 7 | 9.01 |
| 14.2 | 11.86 | 1.91 | 15 | 10 | 10.06 | 14.2 | 13.46 | 1.64 | 7 | 7 | 9.02 |
| 14.3 | 11.84 | 1.93 | 15 | 10 | 10.07 | 14.3 | 13.44 | 1.64 | 7 | 7 | 9.03 |
| 14.4 | 11.82 | 1.94 | 15 | 10 | 10.07 | 14.4 | 13.42 | 1.64 | 7 | 7 | 9.04 |
| 14.5 | 11.80 | 1.96 | 15 | 10 | 10.08 | 14.5 | 13.40 | 1.64 | 7 | 7 | 9.05 |
| 14.6 | 11.78 | 1.97 | 16 | 10 | 10.08 | 14.6 | 13.38 | 1.65 | 7 | 7 | 9.06 |
| 14.7 | 11.76 | 1.99 | 16 | 10 | 10.09 | 14.7 | 13.36 | 1.65 | 7 | 7 | 9.07 |
| 14.8 | 11.74 | 2.00 | 16 | 10 | 10.1 | 14.8 | 13.34 | 1.65 | 7 | 7 | 9.08 |



Northern Ireland



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|------|-------|------|----|----|-------|------|-------|------|---|---|-------|
| 14.9 | 11.72 | 2.02 | 16 | 10 | 10.1 | 14.9 | 13.32 | 1.65 | 7 | 7 | 9.09 |
| 15 | 11.70 | 2.03 | 16 | 10 | 11 | 15 | 13.30 | 1.65 | 7 | 7 | 10 |
| 15.1 | 11.67 | 2.04 | 17 | 11 | 11 | 15.1 | 13.28 | 1.66 | 7 | 7 | 10 |
| 15.2 | 11.64 | 2.05 | 17 | 11 | 11.01 | 15.2 | 13.26 | 1.66 | 7 | 7 | 10.01 |
| 15.3 | 11.61 | 2.06 | 17 | 11 | 11.01 | 15.3 | 13.24 | 1.67 | 7 | 7 | 10.01 |
| 15.4 | 11.58 | 2.07 | 17 | 11 | 11.02 | 15.4 | 13.22 | 1.67 | 7 | 7 | 10.02 |
| 15.5 | 11.55 | 2.08 | 17 | 11 | 11.02 | 15.5 | 13.20 | 1.68 | 7 | 7 | 10.02 |
| 15.6 | 11.52 | 2.09 | 18 | 12 | 11.03 | 15.6 | 13.18 | 1.68 | 7 | 7 | 10.03 |
| 15.7 | 11.49 | 2.10 | 18 | 12 | 11.03 | 15.7 | 13.16 | 1.69 | 7 | 7 | 10.03 |
| 15.8 | 11.46 | 2.11 | 18 | 12 | 11.04 | 15.8 | 13.14 | 1.69 | 7 | 7 | 10.04 |
| 15.9 | 11.43 | 2.12 | 18 | 12 | 11.04 | 15.9 | 13.12 | 1.70 | 7 | 7 | 10.04 |
| 16 | 11.40 | 2.13 | 18 | 12 | 11.05 | 16 | 13.10 | 1.70 | 7 | 7 | 10.05 |
| 16.1 | 11.38 | 2.14 | 18 | 13 | 11.05 | 16.1 | 13.08 | 1.71 | 7 | 7 | 10.06 |
| 16.2 | 11.36 | 2.14 | 18 | 13 | 11.06 | 16.2 | 13.06 | 1.71 | 7 | 7 | 10.06 |
| 16.3 | 11.34 | 2.15 | 18 | 13 | 11.06 | 16.3 | 13.04 | 1.72 | 7 | 7 | 10.07 |
| 16.4 | 11.32 | 2.15 | 18 | 13 | 11.07 | 16.4 | 13.02 | 1.72 | 7 | 7 | 10.07 |
| 16.5 | 11.30 | 2.16 | 18 | 13 | 11.08 | 16.5 | 13.00 | 1.73 | 7 | 7 | 10.08 |
| 16.6 | 11.28 | 2.16 | 18 | 14 | 11.08 | 16.6 | 12.98 | 1.73 | 7 | 7 | 10.08 |
| 16.7 | 11.26 | 2.17 | 18 | 14 | 11.09 | 16.7 | 12.96 | 1.74 | 7 | 7 | 10.09 |
| 16.8 | 11.24 | 2.17 | 18 | 14 | 11.09 | 16.8 | 12.94 | 1.74 | 7 | 7 | 10.09 |
| 16.9 | 11.22 | 2.18 | 18 | 14 | 11.1 | 16.9 | 12.92 | 1.75 | 7 | 7 | 10.1 |
| 17 | 11.20 | 2.18 | 18 | 14 | 12 | 17 | 12.90 | 1.75 | 7 | 7 | 11 |
| 17.1 | 11.18 | 2.19 | 18 | 14 | 12 | 17.1 | 12.87 | 1.76 | 7 | 7 | 11 |
| 17.2 | 11.16 | 2.19 | 18 | 14 | 12.01 | 17.2 | 12.84 | 1.76 | 7 | 7 | 11.01 |
| 17.3 | 11.14 | 2.20 | 18 | 14 | 12.01 | 17.3 | 12.81 | 1.77 | 7 | 7 | 11.01 |
| 17.4 | 11.12 | 2.20 | 18 | 14 | 12.02 | 17.4 | 12.78 | 1.77 | 7 | 7 | 11.02 |
| 17.5 | 11.10 | 2.21 | 18 | 14 | 12.02 | 17.5 | 12.75 | 1.78 | 7 | 7 | 11.02 |
| 17.6 | 11.08 | 2.21 | 18 | 14 | 12.03 | 17.6 | 12.72 | 1.78 | 7 | 7 | 11.03 |
| 17.7 | 11.06 | 2.22 | 18 | 14 | 12.03 | 17.7 | 12.69 | 1.79 | 7 | 7 | 11.03 |
| 17.8 | 11.04 | 2.22 | 18 | 14 | 12.04 | 17.8 | 12.66 | 1.79 | 7 | 7 | 11.04 |
| 17.9 | 11.02 | 2.23 | 18 | 14 | 12.04 | 17.9 | 12.63 | 1.80 | 7 | 7 | 11.04 |
| 18 | 11.00 | 2.23 | 18 | 14 | 12.05 | 18 | 12.60 | 1.80 | 7 | 7 | 11.05 |