



Woppe
RACE APPROVED SAIL

RYA

NORTHERN
IRELAND

PROJECT THEIA
DEVELOPMENT ACADEMY

PROJECT THEIA

Purpose

As part of the Northern Ireland RYA Strategy “Navigating the Future” our mission is to support participation across all aspects of our sport. “Project Theia” is the beginning of a Pilot Project developed by the Pathways Officer, the project aims to shine upon Pathway routes and opportunities within the world of sailing. With “Re-Imagined Pathways” embedded in our strategy, Project Theia aims to inspire and develop sailors across Northern Ireland.

The Project name “Theia” is based on the Goddess of Sight & Vision in Greek mythology. We want people who are involved in all aspects of our sport, **to see the pathways that sailing can offer them** and **embrace the opportunities that sailing provides**. Project Theia encourages additional opportunities for sailors across Northern Ireland, making pathways more accessible across our sport.

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WHAT DOES THE PROJECT STAND FOR?

T

Training & Racing Opportunities

H

Eighteen support for Women + Girls & Disabled People

E

Educational opportunities across all aspects of the sport

I

Inspiring people to develop & progress in their chosen pathway

A

Achieving goals & celebrating success

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PROJECT THEIA

AREAS OF FOCUS



**Women on Water
Development
Programme**



**Sailability
Participation &
Competition**



**RYANI Team
Racing
Programme**



**Development
Academy**

DEVELOPMENT ACADEMY

Live The Moment 24/7
And Laugh At Life

APEX
FLEX

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WHAT IS THE DEVELOPMENT ACADEMY?

The RYA Northern Ireland Development Academy is a key area of our new pilot project, "Project Theia".

The Development Academy is Open Pathway Training which embraces class specific club-based coaching. The Development Academy sessions are aimed at start racing and racing sailors who wish to progress their skills and develop within the talent pathway. This model encourages more specific race training at clubs and centres, but also encourages more sailors to participate in training and racing at a variety of venues across Northern Ireland.

The Development Academy is entry level to those who are completely new to racing and although we do not require sailors to have their RYA Stages we do strongly recommend they are competent out on the water (e.g. can sail strongly upwind, sail around a triangle course in medium / strong winds and right a capsize with little assistance).

Coaching takes place in an environment that offers challenge, fun and friendship. Timings usually run from 10am - 4pm but can differ dependant on weather conditions.

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THE PURPOSE

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The Development Academy purpose is to support sailors after the summer season (from August through to May), continuing their training and racing journey throughout the winter season. Helping build confidence out on the water, develop lifelong skills, making friendships within the sailing community and having a strong coach, sailor working relationship. This stage of the sailors journey is important to encourage progression, fun and retainment within the sport. We hope that the Development Academy will support sailors who aspire to progress to the RYA Northern Ireland Academy or continue their pathway within racing, furthermore an easier transition into Youth Classes when they are ready.

The Development Academy (DA) works as a 6-week block at the host club. We hope that this will inspire clubs to continue a similar format of training as the DA so their junior members can continue training and racing with their friends they have made during the 6 week block. Alongside the DA we will be supporting coaches and instructors coming through the Coach Development Programme with mentoring during the programme. This encourages people being mentored to upskill, have more drive to push activity at their club and a creates a feeling of value. By hosting the DA, Clubs will be able to witness the importance of a routine and see the success of structured training led by a coach, instructor, volunteer or official. We hope that this project will be inspiring for clubs to lead their own training and support the development of the sailors involved in the DA further.



WHAT'S THE PROCESS?

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The Development Academy is specifically for the following classes, Topper and Feva, we will host a maximum of 12 sailors per Academy. Smaller numbers enable the Head/Lead coach to be able to support the sailors as a team and enables more coaching one to one on the water.

The Development Academy is a total of 24 training sessions per year and is based on an application process by Clubs and Centres. To apply to host a Development Academy you must be an RTC and agree to the RYANI Hosting Terms and Conditions. All training will follow under the Clubs SOPS, Risk Assessments and other relevant documentation.

Please see the provisional calendar below of the Development Academy Programme for 2024. Should your club or centre wish to apply but dates clash with other activity, there may be scope to emend dates. Please request this in your application.

DEVELOPMENT ACADEMY PROVISIONAL CALENDAR 2024

DEV AC - 1 HOSTED BY RED CLUB

Week 1 - August 3rd
Week 2 - August 10th
Week 3 - August 17th
Week 4 - August 24th
Week 5 - August 31
Week 6 - September 7th

DEV AC - 2 HOSTED BY YELLOW CLUB

Week 1 - September 14th
Week 2 - September 21st
Week 3 - September 28th
Week 4 - October 5th
Week 5 - October 12th
Week 6 - October 19th

DEV AC - 3 HOSTED BY GREEN CLUB

Week 1 - March 15th
Week 2 - March 22nd
Week 3 - March 29th
Week 4 - April 5th
Week 5 - April 12th
Week 6 - April 19th

DEV AC - 4 HOSTED BY BLUE CLUB

Week 1 - April 26th
Week 2 - May 3rd
Week 3 - May 10th
Week 4 - May 17th
Week 5 - May 24th
Week 6 - May 31st

When applying to host please select which Development Academy you are interested in hosting. Example Development Academy 1, 2, 3 or 4

PROJECT THEIA

Advice for Clubs or Centres applying to host a Development Academy

What we want to see:

We want to see a clear vision of how you will continue supporting participation for this group at your club. What are the plans after hosting a Development Academy – what steps will you take for supporting junior sailors at your club and how much training you plan to run to develop this group?

What implications will you apply to make racing and training more attractive / targeted towards junior sailors?

Please state in detail how this programme will support your club / centre and how you will support your workforce (volunteers) in collaboration with this programme?

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DEVELOPMENT ACADEMY

CLUBS AND CENTRES APPLY HERE

Applications close on the 20th March 2024 - 12 noon. Please ensure you have read the RYANI Hosting Agreement Terms and Conditions.

Any questions regarding applications or the Development Academy please contact the Pathways Officer - Kate Broderick

E: kate.pounder@rya.org.uk

M: 074-350-214-19