

A photograph of two female sailors on a racing boat. The sailor in the foreground is wearing a blue jacket, a red beanie, and a black life vest, looking towards the camera. The sailor behind her is wearing a black jacket and is focused on the boat's controls. The boat is a grey RS Volvo with a white sail featuring a green stripe. The background shows other boats and a choppy sea.

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**NORTHERN
IRELAND**

PROJECT THEIA
TEAM RACING PROGRAMME

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**

A photograph of two female sailors on a sailboat. They are wearing dark racing gear and caps. The sailor on the left has 'OR' and 'LK' on her jacket. The sailor on the right has 'SK' on her jacket. A large red sail is visible on the right. The background shows a body of water and distant hills.

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TEAM RACING PROGRAMME

WHAT IS THE TEAM RACING PROGRAMME?

The RYA Northern Ireland Team Racing Programme (TRP) is a key area of our new pilot project, "Project Theia". We hope to create drive around clubs in Northern Ireland by developing a Team Racing Scene and to see growth of Team Racing Programmes within Clubs as an alternative racing pathway for people of all ages and abilities.

This will be delivered by:

1. Development of a Northern Ireland Team – The Team Racing Team is aimed towards over 16s – under 19s, with the intention of a team being selected to represent RYA Northern Ireland in the Elmo Trophy which takes place at the end of August each year. The TRP will aim to have six open training sessions delivered by the Pathway Coaches, one selection weekend and six Training Camps for the selected team prior to the Elmo Trophy. The six open training sessions will likely dive into boat handling, tactics and strategy, racing rules, race scenarios and teamwork. Selection weekend will have an application process open prior to this, which will be shared with the lead coach to assess who will be part of the team moving forwards. Six sailors will be selected with the possibility of having two reserves. To apply for the RYANI Team Squad all applications must be completed and criteria met. Selections will be made by the Lead Coach and the RYA Performance Committee. Timings for training will run from 9am – 5pm.
2. Working with Clubs to develop a Team Racing Pathway across Northern Ireland, with the potential of a Team Racing Series/National Cup to be implemented. Details of this are still to be discussed and confirmed. We believe that this could be a very successful pathway for youth and above and will also support one of our focus areas "Women and Girls". Additionally, the pathway will support youth and adult sailors with the Racing Rules of Sailing, Tactics, Strategy, Teamwork and will provide skills in double handed sailing for those wanting to go down the coaching and instructing pathway.

TEAM RACING PROVISIONAL CALENDAR 2024

OPEN TRAINING SESSIONS

Week 1 – February 17th
Week 2 – March 2nd
Week 3 – March 16th
Week 4 – April 6th
Week 5 – April 20th
Week 6 – May 11th

SELECTION WEEKEND 18th & 19th May

TEAM RACING SQUAD
APPLICATIONS OPEN –
Week commencing 4th
March

TEAM RACING SQUAD
APPLICATIONS CLOSED –
Week commencing April
22nd

SELECTED SQUAD PROVISIONAL CAMPS

Camp 1 – June 1st + 2nd
Camp 2 – June 15th + 16th
Camp 3 – July 6th + 7th
Camp 4 – July 13th + 14th
Camp 5 – August 10th +
11th
Camp 6 – August 24th +
25th

ELMO TROPHY AUGUST 31ST – 1ST SEPTEMBER

EXPECTED COSTS TEAM RACING PROGRAMME

OPEN TRAINING SESSIONS

£40 PER SESSION – RYA
MEMBER

£50 PER SESSION – NON
RYA MEMBER

SELECTION WEEKEND 18th & 19th May

£80 WEEKEND – RYA
MEMBER

£90 WEEKEND – NON RYA
MEMBER

SELECTED SQUAD PROVISIONAL CAMPS

£80 WEEKEND – RYA
MEMBER

£90 WEEKEND – NON RYA
MEMBER

ELMO TROPHY

ESTIMATED £100 / £200
ENTRY FEE FOR WEEKEND

PROJECT THEIA

Sailor FAQ's – Team Racing

- **Do I need to attend all the open training weekends to apply for the Team Racing Squad?**

No, however this is your opportunity as a sailor to learn more about team racing and enables the coaches leading the programme to see your progression on and off the water before selections. Additionally attendance for open training is likely to be recorded for the selection panel for those applying to the Team Racing Squad.

- **Do I need my own boat for training and for the Elmo Trophy?**

No, boats will be provided for all the sessions and for the Elmo Trophy?

- **What should I pack in my sailing bag?**

You should bring, wet gear, towel, change of clothes, gym kit, notebook and pen, water bottle, snacks, lunch, racing watch, hat, gloves, sun cream.

- **How does selection work?**

Selection weekend will be based on the selection policy and criteria. The sailors applying for selection will be assessed by a Lead coach and applications will be reviewed by the Performance committee, Lead Coach and Pathways Officer. There will be no appeals against the published selection criteria or the actions of the selectors, provided they follow the selection criteria.

Selection Criteria which will be embedded in the policy

- Only 2 sailors allowed to be accepted if applying as a current NI squad member.
- Must be 3 girls selected and 3 boys selected to complete a squad.
- Total of 6 sailors selected to complete a squad, it is likely we will offer spaces for up to four reserves.

PROJECT THEIA

Next steps – Team Racing

Host Team RYA Team Racing Open Training – Squad

For the first year running this we will be focusing on two host clubs which the Pathways Officer will approach independently. After the Team Racing programme is finished, which will be after the Elmo Trophy. There will be an application process clubs to apply for hosting the following year and an opportunity to meet with the Pathways Officer to discuss next steps in growing a Team Racing Pathway at your Club.

Key things to consider for future applications or expressions of interest:

Clubs investing in double handed classes that are suitable for youth and adults progressing within this pathway – what training and racing opportunities will you provide?

A clear development plan and vision for supporting double handed pathways and team racing within your club. Host clubs must have x6 double handers available for training.



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TEAM RACING PROGRAMME

Applications to host for 2025 will be open in September 2024

Any questions regarding applications for hosting in 2025 or to book in a meeting to support a Team Racing Development Plan please contact the Pathways Officer
– Kate Broderick

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