

A photograph of three women on a sailboat during sunset. The women are wearing sailing gear, including jackets and caps. The background shows the sea and a distant shoreline under a warm, orange and blue sky. The text is overlaid on the image.

RYA

NORTHERN
IRELAND

PROJECT THEIA
WOMEN ON WATER
DEVELOPMENT 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**



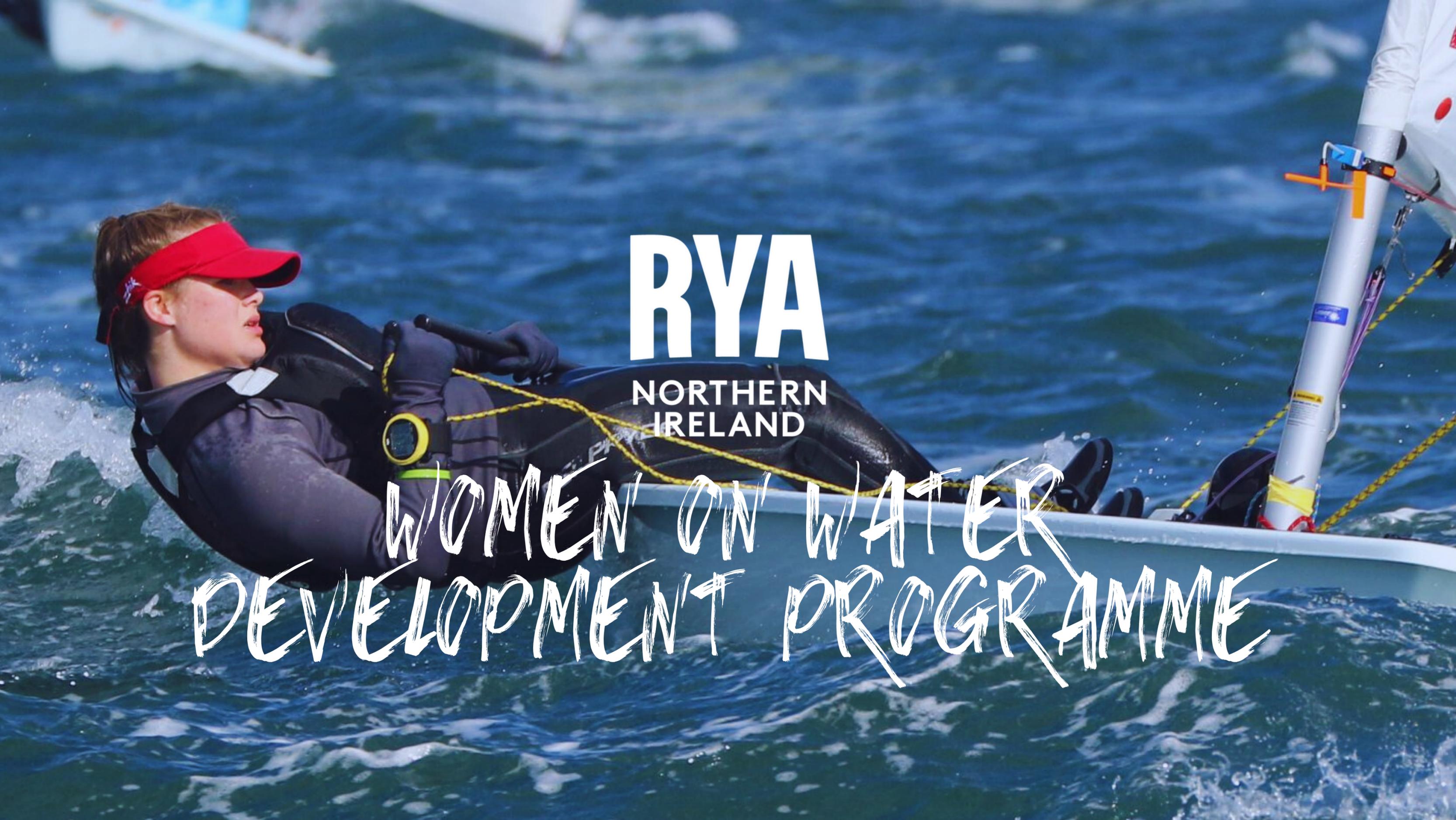
**Sailability
Participation &
Competition**



**RYANI Team
Racing
Programme**



**Development
Academy**

A woman with a red visor and dark jacket is steering a sailboat on the water. The boat is white with a silver mast and yellow ropes. The water is blue and choppy. The text 'RYA' is overlaid in large white letters.

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WOMEN ON WATER
DEVELOPMENT PROGRAMME

WHAT IS THE WOMEN ON WATER DEVELOPMENT PROGRAMME?

The Women on Water Development Programme (WOWDP) is a key area of our new pilot project, "Project Theia". The WOWDP has been created in response to our Women and Girls research by Dr Emma Vickers and aligns within our strategic aims of Improving Diversity.

We have had great success running the Women on Water Festival over many years and clubs delivering their own programmes over the summer months with the support from RYANI. However, the research shows that there needs to be more support after the summer months for those involved in the pathway. We also want to create a learning environment that is safe, supportive and enables the women to develop their skills led by an ambassador within the programme.

We hope that by running training we will see a higher rate in participation within clubs as women in the programme will gain more confidence across their chosen pathway area. Training within the WOW Development Programme can be across all aspects of the sport, e.g. dinghy sailing, powerboating, race officiating etc. The aim is to run four, 4 week blocks from August through to start of May before the next Women on Water Festival. These will also be ran as Saturday sessions with a lower cost to encourage participation and buy in for progression within the sport.

We will also run a female focused camp specifically for junior and youth performance pathway girl sailors which is to cover the likes of menstrual cycles in sport, nutrition, exercise, inspiring people (coaches/athletes), race training or other. This will format in collaboration with performance and workforce.

WOMEN ON WATER DEVELOPMENT PROGRAMME PROVISIONAL CALENDAR 2024

POWERBOAT

WOW DP - 1
HOSTED BY RED CLUB

Week 1 - August 10th
Week 2 - August 17th
Week 3 - August 24th
Week 4 - August 31st

TEAM RACING

WOW DP - 2
HOSTED BY YELLOW CLUB

Week 1 - September 7th
Week 2 - September 14th
Week 3 - September 21st
Week 4 - September 31st

INTRODUCTION TO RACE
OFFICIATING
WOW DP - 3
HOSTED BY GREEN CLUB

Week 1 - October 6th
Week 2 - October 13th
Week 3 - October 20th
Week 4 - October 27th

DOUBLE HANDED DINGHY
SKILLS & RACING
WOW DP - 4
HOSTED BY BLUE CLUB

Week 1 - April 12th
Week 2 - April 19th
Week 3 - April 26th
Week 4 - May 3rd

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

PROJECT THEIA

Advice for Clubs or Centres applying to host a WOW Development Programme

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 WOW Development Programme – what steps will you take for supporting women and girls at your club?

What implications will you apply to make pathways in sailing for women and girls more accessible in your club?

Please state in detail how hosting this programme will support your club and how you will support more women progressing their skills and participating in racing.

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WOMEN ON WATER DEVELOPMENT PROGRAMME

[CLUB APPLICATIONS HERE TO HOST](#)

Applications close on the 1st June 2024 - 12 noon. Please ensure you have read the RYANI Hosting Agreement Terms and Conditions.

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

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