

SAILING PROGRAM PHILOSOPHY

1. Barwon Sports Academy Overview

The mission of the Barwon Sports Academy is to identify, support and nurture regional athletes, coaches and families through education, elite training and pathway integration, enabling success in sport and life.

We will achieve this by.

- Delivering leading edge pathway support
- Focus on holistic sport and education growth
- Promotion of behaviours aligned with leadership and success
- Encouraging athlete responsibility and resilience

We are one of six regional academies in Victoria supported by the Victorian Institute of Sport and partner with state sporting associations to provide rich environments for regional athletes to flourish. Each sporting partnerships requires a Program Manager and Head Coach who work with the BSA team to develop and deliver our programs.

2. BSA Values

- **Excellence** - We strive for high standards in everything we do — planning, preparation, delivery, and outcomes. We pursue continuous improvement and hold ourselves accountable to deliver quality experiences for athletes, coaches, and partners
- **Integrity** - We act with honesty, fairness, and respect, always prioritising safety and doing what's right. We foster a culture of trust where decisions are made ethically, transparently, and in the best interests of all involved.
- **Inclusion** - We create a welcoming and caring environment where all people feel valued, respected, and safe. We celebrate equality and diversity and work to remove barriers so everyone can thrive in sport, regardless of background and circumstances.
- **Collaboration** - We work together with our community, clubs, coaches, families, and partners to build a stronger sporting community. We believe

success is shared and value open, respectful communication and meaningful partnerships.

- **Care** - We are committed, caring, and energised by the positive impact of sport. We nurture enjoyment, friendship, and personal growth.

3. Long term Athlete Development (LTAD) Framework for Sailing

National Framework: **FTEM**

Victoria adopts the **FTEM (Foundations, Talent, Elite, Mastery)** model developed by the Australian Institute of Sport. This model is used by **Australian Sailing** and adapted locally by state bodies and academies.

1. Foundations (F1–F3)

- **Learn to Sail Programs:** Green Fleet, Intermediate Fleet, Advanced Fleet Coaching.
- **Focus:** Fun, safety, basic skills, and building confidence.
- **Target Group:** Children, beginners, and recreational sailors.

2. Talent (T1–T4)

- **Youth Development Pathways:** Includes Youth Sail events and club racing.
- **State Performance Programs (SPPs):** Delivered in partnership with state sailing bodies.
- **Australian Sailing Futures Program:** Bridges youth sailors into Olympic pathway classes.
- **Focus:** Skill refinement, competition exposure, and talent identification.

3. Elite (E1–E2)

- **Australian Sailing Squad & Team:** National-level athletes preparing for international competition.
- **Support:** High-performance coaching, regatta planning, international exposure.
- **Focus:** Olympic preparation, campaign planning, and performance tracking.

4. Mastery (M1–M2)

- **World-Class Athletes:** Sustained success at Olympic and professional levels.

- **Roles:** Mentors, coaches, ambassadors.
- **Focus:** Legacy building, leadership, and long-term engagement in the

4. The role of Sailing program in our region's pathway

The BSA Sailing program is positioned to support 12–18-year-old sailors.....

The BSA recognise both the Sailing Victoria pathway and the Barwon region pathway opportunities in existence. Please see the attached document highlighting these.

5. What is the goal of the sailing program?

The goal of the BSA Sailing program is to develop well-rounded, skilled, and resilient young sailors who are equipped to progress through the sport, whether toward elite competition, lifelong participation, or leadership roles. Here's a breakdown of the core goals:

1. Skill Mastery & Progression

- Build strong technical foundations in boat handling, racing tactics, and seamanship.
- Enable progression through class levels (e.g., Optimist → ILCA → 29er).
- Prepare sailors for state, national, and international competition.

2. Athlete Development

- Support physical conditioning, mental resilience, and tactical decision-making.
- Foster independence, discipline, and goal-setting.
- Introduce sport science principles (nutrition, recovery, psychology).

3. Pathway Integration

- Align with national and state LTAD frameworks (e.g., FTEM).
- Provide clear pathways to regional academies, state teams, and national squads.
- Identify and nurture talent for long-term success.

4. Character & Leadership

- Promote sportsmanship, teamwork, and respect.
- Encourage leadership roles within teams and clubs.
- Develop communication and problem-solving skills.

5. Enjoyment & Retention

- Create a fun, inclusive, and motivating environment.
- Balance competition with social and recreational sailing.
- Foster lifelong engagement with sailing—whether as athletes, coaches, or volunteers.

6. Safety & Responsibility

- Instill strong safety practices and risk awareness.
- Teach responsibility for equipment, teammates, and the environment.
- Encourage stewardship of marine ecosystems

6. Key Sailing component

We aim to provide a holistic balanced program. This includes;

1. Skill Development Pathway

- **Progressive Curriculum:** Structured stages (e.g., Tackers → Green Fleet → Intermediate → Advanced).
- **Class-Specific Training:** Optimist, Open Bic, ILCA (Laser), 29er, etc.
- **Technical Coaching:** Boat handling, sail trim, racing tactics, rules.

2. Physical & Mental Preparation

- **Fitness & Conditioning:** Age-appropriate strength, flexibility, and endurance.
- **Mental Skills:** Focus, resilience, goal setting, race-day mindset.
- **Nutrition & Recovery:** Education on fueling and rest.

3. Competition Exposure

- **Club Racing:** Regular local events to build experience.

- **State & National Regattas:** Structured calendar for performance benchmarking.
- **International Opportunities:** For top-tier juniors (e.g., World Championships, Youth Worlds).

4. Coaching & Mentorship

- **Qualified Coaches:** With youth-specific training and Sailing Australia accreditation.
- **Mentorship:** From older sailors or alumni to inspire and guide.
- **Coach Development:** Ongoing training and feedback systems.

5. Safety & Risk Management

- **Water Safety Protocols:** Lifejackets, rescue boats, weather monitoring.
- **Emergency Procedures:** Clear plans for incidents.
- **Parental Engagement:** Education and communication.

6. Athlete Support Services

- **Sport Psychology:** Workshops or access to professionals.
- **Physiotherapy & Injury Prevention:** Screening and support.
- **Academic Balance:** Support for managing school and sport.

7. Pathway Integration

- **Talent Identification:** Links to regional academies and state programs.
- **Performance Tracking:** Data collection, feedback, and progression plans.
- **Transition Support:** From junior to youth and senior classes.

8. Culture & Values

- **Positive Environment:** Emphasis on enjoyment, teamwork, and respect.
- **Inclusivity:** Gender equity, access for all abilities.
- **Leadership Development:** Opportunities for juniors to lead and contribute.

7. Holistic education (Sport specific)

- Goal setting
- Nutrition for competition
- Injury prevention (Understanding your body, MSK, loads, recovery)

- Mindset (Psychology involved in sailing)
- The pathway to national representation in netball
- Sailing ambassadors sharing insights & Q & A

8. Selection

Promotion of the BSA sailing program and the selection process is led by Tony Bull and the Royal Geelong Yacht club with athletes invited to apply for a development position if deemed applicable due to age or availability.

Selection Process

- Selection panel: BSA Program Manager, sailing coaches, RGYC representatives, and Australian Sailing officials
- Trials / talent ID: Performance review and recommendations from partner clubs and coaches
- Notification of successful / unsuccessful applicants: Applicants notified via email and will include induction details for 2026

The sailors who reach state level selections in the previous years. This will include;

1. **Athletes who** graduated Victorian Junior Sailing Team. (not compulsory)
2. **Athletes who** attain selection into Victorian Youth Sailing Team
3. **Athletes who** attain selection into Australian Youth Sailing team or who are recommended by Royal Geelong Yacht Club sailing and Training manager and or Yachting Victoria
4. **Athletes who** have qualified for World Championships in their respective sailing classes recognized by Yachting Australia and the International Sailing Federation.

A discretionary selection will be made available for rep coaches/advisory panel to add an athlete if in their opinion the athlete has unrecognised potential independent of age.

9. Questions please contact

CEO Cameron Loftus cameron@barwonsportsacademy.org.au

“Empowering Barwon’s sporting community to shine on the world stage—sustainably, innovatively, and together.”

TARGETED SQUADS

- 12 – 18 year olds.
- Under 12. Development program to be implemented. *(Limited strength and conditioning)*

COACHING STRUCTURE

Royal Geelong Yacht Club to provide sailing specific resources (including coaching).
BSA to supply all additional athlete support as needed and approved.

Summary Pathway for Sailing in Victoria

Stage	Description	Example Programs
F1–F3	Learn to Sail, club-level participation	Green Fleet, Tackers
T1–T4	Talent ID, regional academy support	Barwon Sports Academy
E1–E2	Elite competition, VIS scholarships	VIS Sailing Program
M1–M2	Sustained excellence, mentoring roles	Olympic campaigns, coaching



Regional Academies of Sport

Sailing athletes in Victoria may enter the LTAD pathway through **Regional Academies** via the Barwon Sports Academy. Website:

These BSA program provides:

- Coaching and mentoring
- Sport science and physical preparation
- Education and career support
- Competition exposure

They act as stepping stones to the **Victorian Institute of Sport (VIS)** and national squads.



Victorian Institute of Sport (VIS)

VIS supports elite sailors with:

- Scholarships
- High-performance coaching
- Sports medicine and science
- Career and education services [\[sport.vic.gov.au\]](http://sport.vic.gov.au)

VIS is the final stage of the Victorian LTAD pathway before athletes' transition to national and international competition.

SPECIFICALLY HOW THE TALENT PATHWAY STRUCTURE LOOKS IN VICTORIA (Squads)

Victorian Junior Sailing Team (VJST) - 2014 States, 2013/14 Nationals & 2014 YV Youth Regatta U15
Victorian Youth Sailing Team (VYST) – 2014 States, 2013/14 Nationals, Australian Youth Champs & 2014 YV Youth Regatta 15/U19
Australian Youth Sailing Team (AYST) – 2014 Australian Youth Championships – Ages same as VYST
VJST classes – Optimist, Minnow and International Cadet
VYST classes – 29er, Laser 4.7, Laser radial, 420 and Hobie 16
AYST – Classes same as VYST