

29er winter training plan

What are the 29er class squads?

The 29er class squads are run by the class and run a similar programme to the RYA squads. The RYA squads select a squad of 6-9 boats which leaves a vast majority of the fleet without winter support. This is where the class steps in.

We run all weekends where possible alongside the RYA YS.

We have 3 sets of training:

Class National Squad

This is the next 10-12 boats from the rankings that didn't make YS. We try and make them as balanced as possible but also want to make sure the squad remains highly competitive. Running alongside YS means we can give them a run for their money and push everyone to the highest standard. Over the past year, the 2 youth worlds boats came from the class national squad and the majority of the boats were in the rankings nationally and internationally.

The key thing is that if you don't make RYA squads, we have a space for you and it doesn't mean your sailing standards should slip. We mix up the coaches and bring in speciality coaches for that weekend.

Class Development Squad

As a rule of thumb, CDS is done off the rankings but it also looks further than that. We are looking at new potential, new pairings, those who have just transitioned, those who are on the border of CNS but need a bit more time handling – the list goes on. CDS is a perfect opportunity to be around boats but still be nailing a few key learning points and filling in gaps of knowledge. The aim is to do CDS for a year and then transition on.

For CDS, you should be competing at GPs but we don't mind if you still have a mast float or capsizing – we can help that!

Discretion might be given if you have demonstrated good junior level results but haven't made a GP yet.

We try and make CDS 8-10 boats to give better ratios. Once again, we always have a range of coaches.

Open Training

The beauty of open training is that it can apply to anyone. As long as boats are entered with ample warning, the class coach can look at your ability and results and decide how best to fit you in around the weekend. If you are pushing CNS, we will invite you to train alongside. If you fit in with CDS, we can slot you in there and if you are transitioning or there is a group of you, there will be a separate coach to cater to your abilities.

The key with OT is getting your entry in early to make the weekend as best suited to you as possible.

Over the past year, we have had demand for ad-hoc OT weekends eg in schools half term. If enough people ask for it, we can book it in and supply coaches and ribs through the class. We need a minimum amount of boats with this though to cover costs.

Being selected

A selection policy will be circulated surrounding this.

RYA squads will be selected first, and we naturally select after that.

Payments

We run the squad in 2 x 3 weekend blocks. The reason for this is that it encourages re-selection halfway through the year. We have pairings break up for many reasons and/or pairings exceed their predicted results, and we want to make sure we present the highest quality of training for you. Splitting up payments into 2 blocks makes this more manageable as well.

IF you can only make one weekend – we advise you to reject your squad place and sign up for OT and we will allocate you accordingly.

All training weekends are priced the same and reflect a fair split of the costs that as a class we incur.

Transitioning

Following the success of the transition trial out days, we want to make sure we continue the momentum gathered from them. We have a day booked in 4th September at Weymouth and we will look at OT to book in the weekend prior to the GP. This means by the time everyone gets to the GP they know what to expect.