SYC OTB SAILING PROGRAM HANDBOOK

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Program Overview

About SYC OTB Sailing Program

Sandringham Yacht Club (SYC) is proud to introduce a revitalised Off the Beach (OTB) Coaching Pathway for SYC youth members.

Open to SYC sailors under 25, the OTB Sailing Program supports every stage of development – from the first steps beyond Tackers through to competition at national and international level. All participants must be current members of SYC.

The program features high-calibre coaching, an expanded training offering, and dedicated regatta support. Whether you are new to a class or striving for elite performance, the SYC OTB Sailing Program is designed to help you reach your full potential.

The pathway is structured accommodate different classes and skill levels amongst each class. Subject to participant numbers, sailors will train within their dedicated class groups, and our coaching team will work closely with the sailors and families to ensure each sailor is placed in the right squad based on age, experience, and development goals. Squad recommendations are made prior to each term, and we're always available to discuss individual placements.

Sandringham Yacht Club is pleased to announce the appointment of Ellen Juhasz as full-time coach to oversee the OTB Sailing Program. Ellen will be supported by a team of class-specific coaches, ensuring the delivery of high-quality coaching and program leadership throughout the season.

The program follows the sailing season, with dates for the following year released prior to Term 4, and training running through until the end of Term 3.

Affiliated classes currently include Optimist, International Cadet, ILCA, 29er and 420.

Program Tiers

There are three tiers for the OTB Sail Program which may not be applicable to all classes. These are:

Green Fleet:

For sailors new to coached sailing, Green Fleet focuses on developing confidence, independence, and an understanding of how racing works.

- Focused on correctly rigging, learning the techniques specific to the class and racing introduction
- Many sailors attend club and regional regattas, and in the Optimist class, these regattas often have a dedicated Green Fleet divisions
- Emphasis is on participation and having fun, not results

Intermediate Fleet:

The Intermediate Fleet builds racing confidence and core skills.

- Suitable for sailors who have completed Green Fleet or equivalent
- Focus is on developing boat handling, race tactics, and independent decision-making
- Sailors regularly attend club, state, and national regattas
- The goal at this stage is growth and consistency, rather than winning results

Advanced Fleet:

The Advanced Fleet is designed for experienced sailors with strong racing skills.

- Suitable for sailors who have completed Intermediate Fleet or equivalent
- Focused on high-performance coaching, fitness, and regatta execution
- Programs include performance analysis, training intensity, and advanced race strategy
- Sailors in this squad are typically aiming for top-half results at national events and may be targeting World Championship selection

Sailors can register for the group that they believe aligns best with their skill level. The Program Coordinators and OTB Committee will have final say on which groups sailors are allocated to.

The number and size of groups for each class may be amended based on participant numbers.

Program Coordinators

Ellen Juhasz
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SYC JDS Program Code of Conduct

1. At all times, participants will act in a proper sportsperson like manner and will be respectful of everyone in the program. They will not swear or speak disrespectfully of or to participants or coaches and will not bully or harass others.
2. Participants will be responsible for and will respect Sandringham Yacht Club (SYC) boats and equipment.
3. All Participants shall attend all briefings and debriefings and training as set out in the program unless approved by the program coordinators.
4. During training, sailors shall not go on the water unless permitted by the coach or a program coordinator.
5. Participants shall maintain their boat to the highest standard. This includes the maintenance/repairs and cleaning of the boat prior and post usage. For those utilising SYC Club owned boats, you must report all damage/breakages of club boats on the Damage Report QR form.
6. Program Participants will be required to purchase a SYC OTB polo and sailing bib. The training kit shall be worn at every training session. Those participating in regattas shall wear the uniform. Uniform and appearance shall be kept clean and be worn in a manner fitting to represent SYC.
7. Participant's parent or guardian are required to complete at least three volunteer days per term that children are signed up to. This may include assisting with trailers, supporting canteen operations, or undertaking an on-water support role. For those assisting on water, the club offers complimentary training courses to ensure volunteers meet the necessary skills and qualifications.
8. At all times, participants will follow the directions and safety guidelines set out by coaches, volunteers and SYC staff.
9. Participants and/or guardians agree to sign on for the day with the coach or a Program Coordinator before and at the conclusion of each day's activities, to sign out.
10. Participants agree that the Coach's decision is final and that no lobbying will be entered into.
11. Participants acknowledge that SYC reserves the right, in its absolute discretion, to suspend or terminate the participation of any members in the Program for any breach of this Code of Conduct.

In utilising the SYC boats and/or participating in any of the SYC Sailing Programs, sailors agree to adhere and comply with the above SYC OTB Sailing Program Code of Conduct at all times.

Training Outcomes

Green Fleet

Green Fleet offers a comprehensive program aimed at enhancing young sailors' skills on and off the water. By the end of the program, participants should be proficient in each of the following areas:

- **Rigging:** Participant will be able to set up their boat with no help from others.
- **Racing Skills and Competition:** Develop an understanding of sailing rules.
- **Boat Handling:** Understand the essential techniques.
- **Fleet Racing:** Gain practical experience through dedicated fleet race training and participation in regattas.
- **Team Dynamics:** Build teamwork amongst other sailors in the class
- **Regatta Experience:** Participate in regattas to apply skills in competitive environments.
- **Boat Maintenance:** Acquire knowledge in essential boat maintenance practices and has knowledge of key components required to be class legal.
- **Individual:** Gain knowledge on how to maintain both mental and physical wellbeing. Become resilient and confident when sailing.
- **Weather Reports:** Learn basic weather report readings
- **Sail Trim:** Focus on optimising sail trim for performance enhancement.

Intermediate Fleet

Intermediate Fleet offers a progressive program designed to consolidate core sailing skills while introducing more advanced techniques both on and off the water. By the end of the program, participants should demonstrate confidence and competence in each of the following areas.

- **Rigging, Tuning and Sail Set-up:** Light wind, medium winds and heavy winds.
- **Racing Skills and Competition:** Apply sailing rules and effective tactical strategies to be competitive in a regatta.
- **Boat Handling:** Apply essential techniques with consistency and confidence.
- **Fleet Racing:** Gain practical experience through dedicated fleet race training and participation in regattas.
- **Team Dynamics:** Build teamwork and empowering athletes to train independently.
- **Regatta Experience:** Participate in regattas to apply skills in competitive environments.
- **Boat Maintenance:** Acquire knowledge in essential boat maintenance practices.
- **Individual:** Gain knowledge on how to maintain both mental and physical wellbeing.
- **Weather Reports:** Learn basic weather report readings, predict weather from current conditions and charts, and read clouds for weather shifts
- **Sail Trim:** Focus on optimising sail trim for performance enhancement. Can use sail trim and body position to maximise speed on the water

Advanced Fleet

Advanced Fleet delivers a performance-focused program aimed at refining technical skills, tactical awareness, and race preparation both on and off the water. By the end of the program, participants should demonstrate advanced proficiency, independence, and strategic understanding across all areas of sailing.

- **Rigging, Tuning and Sail Set-up:** Light wind, medium winds and heavy winds- tailoring rig set up to the participant's specifics.
- **Racing Skills and Competition:** Apply sailing rules and effective tactical strategies to be competitive in a regatta.
- **Boat Handling:** Apply essential techniques with consistency and confidence.
- **Fleet Racing:** Gain practical experience through dedicated fleet race training and participation in regattas.
- **Team Dynamics:** Build teamwork and campaign management skills, athletes to train independently.
- **Regatta Experience:** Participate in regattas to apply skills in competitive environments.
- **Boat Maintenance:** Acquire knowledge and basic skills in essential boat maintenance practices.
- **Individual:** Know how to maintain both mental and physical wellbeing to a high level.
- **Weather Readings:** Understand pressure systems, read wind shifts and provide short-term forecasting
- **Sail Trim:** Focus on optimising sail trim for performance enhancement. Can use sail trim and body position to maximise speed on the water

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Program Expectations

Program Attendance

Attendance Policy:

- Minimum Attendance: A minimum of 85% attendance is required*.
- First Session: Attendance at the first session is mandatory.
- Absences: If you are unable to attend any session, please notify the Program Coordinators in advance via email or phone.

*See class specific section for further information.

Volunteering

Parents are required to assist with volunteering throughout the season. Volunteering includes assisting in the delivery of our OTB racing days with roles available both on and off water. Roles could include start boat, mark boat, rescue boat, canteen or other roles from time to time.

Training can be provided free-of-charge to upskill those that are involved in volunteering. To discuss upskilling opportunities, please discuss with the SYC Boating Office.

Communication

Squad updates will be sent via dedicated WhatsApp Groups under the SYC OTB Community. Communications may also be sent via email. Sailors' parents will be in the WhatsApp Group for information purposes. Training attendance polls will be posted in the chat, and sailors are required to inform the Program Coordinators of their attendance status for all training sessions.

Boat Usage Procedure

Where a sailor is using a club boat, it must be approved by a Program Coordinator. Any boat maintenance issues shall be reported by completing the maintenance declaration available through the QR code on each boat. This must be done by the conclusion of the session.

Uniform

OTB Sailing Program participants will be required to purchase a program uniform. The uniform will consist of a polo and sailing bib. Uniform and appearance shall be kept clean and be worn in a manner fitting to represent SYC.

The initial purchase of the polo and bib will be subsidised at $50. Additional or replacement tops or bibs may be purchased at the non-subsidised rate.

Program uniform must be worn at all training sessions and regattas. This is a mandatory requirement.

Program Fees

Sailors may register for individual term blocks or choose the annual registration option, which is offered at a reduced rate.

The term blocks and annual fee include the specified afterschool and weekend sessions. Holiday programs are charged separately, as detailed below.

Additional charges may apply to selected supported regattas for each class, as indicated in the 'Regattas & Regatta Support' section of this handbook.

The program term fees will be as follow:

	Single Handed Classes	Double Handed Classes
Term 4	$300	$500 ($250 per sailor)
Term 1	$300	$500 ($250 per sailor)
Term 2	$300	$500 ($250 per sailor)
Term 3	$300	$500 ($250 per sailor)

The annual fees are as follows:

	Fee
Single Handed Classes	$1,050
Double Handed Classes	$1,750 ($875 per sailor)

The holiday programs will be offered in three or four day blocks. These sessions will be three hours in duration each day. The fees are as follows:

	Single Handed Classes	Double Handed Classes
Three day programs	$100	$170 ($85 per sailor)
Four day programs	$135	$220 ($110 per sailor)

Optimist

Sandringham Yacht Club will be offering three levels of Optimist Training this season:

- Advanced Fleet – Training on Wednesday evenings and Sunday mornings
- Intermediate Fleet – Training on Thursday evenings and Sunday mornings
- Green Fleet – Training on Thursday evenings and Sunday mornings

All fleets are expected to attend Sunday morning training, followed by participation in Off the Beach racing on Sunday afternoons, in line with the program attendance policy.

We understand that sailors might not be able to make some or all of the afterschool sessions due to varying reasons. As such, the mid-week sessions are not included in the training attendance count.

Green Fleet – Optimist Boat Rental Opportunity

Green Fleet sailors will have the opportunity to rent a club fibreglass Optimist.

Due to a limited number of boats, an application process will determine boat allocation. Boats will be assigned to those participants who can commit to the most training sessions and regattas throughout the season.

This rental program is an excellent way for new sailors to get involved, gain confidence on the water, and progress within the Optimist class.

Program Eligibility

Green Fleet:

- Completed Tackers Squad or equivalent
- Can attend training in line with the attendance policy
- Between the age of 7-12
- Can attend the following regattas at a minimum: Sail Sandy
- Additional regatta options: Lipton Cup, Sail Melbourne, Kingston Sprint Series, Optimist Nationals, Optimist State Championship and Victorian Youth Championships

Intermediate Fleet:

- Completed Green Fleet level
- Can sail around a course with no instruction or guidance required
- Can attend training in line with the attendance policy
- Can attend the following regattas at a minimum: Sail Sandy, Kingston Sprint Series and Optimist State Championship
- Additional regatta options: Lipton Cup, Sail Melbourne, Optimist Nationals and Victorian Youth Championships

Advanced Fleet:

- Completed Intermediate Fleet level
- Can participate in all regattas listed
- Achieved an average result of 15th or higher in Intermediate Fleet at the Optimist State Championships
- Can attend training in line with the attendance policy
- Can attend the following regattas: Sail Sandy, Lipton Cup, Sail Melbourne, Kingston Sprint Series, Optimist Nationals, Optimist State Championship and Victorian Youth Championships

Program Application

Applications for the program can be made by registering and paying for the appropriate term, annual or holiday subscription. Applications must be submitted prior to the first session of the program. Applications submitted after this date will be assessed by the Program Coordinators. By accepting a place in the SYC OTB Sailing Program, participants agree to all policies and procedures outlined within this handbook.

Application links are available here: Optimist Program links

Program Schedule

The training sessions are available online here: Optimist Program schedule

International Cadet

Sandringham Yacht Club will be offering two levels of Cadet Training this season:

- Advanced Fleet – Training on Saturday afternoons and Sunday mornings
- Green Fleet – Training on Friday afternoons and Sunday mornings

All fleets are expected to attend Sunday morning training, followed by participation in Off the Beach racing on Sunday afternoons, in line with the program attendance policy.

We understand that sailors might not be able to make some or all of the afterschool or Saturday afternoon Advanced sessions due to varying reasons. As such, these sessions are not included in the training attendance count.

Green Fleet – Cadet Boat Rental Opportunity

Due to a limited number of boats, an application process will determine boat allocation. Boats will be assigned to those participants who can commit to the most training sessions and regattas throughout the season.

This rental program is an excellent way for new sailors to get involved, gain confidence on the water, and progress in the Cadet class.

Program Eligibility

Green Fleet:

- Completed Tackers Squad or Equivalent and between the ages of 7-16 years old
- Can attend training in line with the attendance policy
- Can attend the following regattas at a minimum: Sail Sandy
- Additional regatta options: Lipton Cup, Kingston Sprint Series, Cadet Nationals, Cadet State Championship

Advanced Fleet:

- Completed Green Fleet level
- Can competently sail around a course with no instruction or guidance
- Can attend training in line with the attendance policy
- Can attend the following regattas: Sail Sandy, Lipton Cup, Kingston Sprint Series, Cadet Nationals and Cadet State Championship

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Program Application

Applications for the program can be made by registering and paying for the appropriate term, annual or holiday subscription. Applications must be submitted prior to the first session of the program. Applications submitted after this date will be assessed by the Program Coordinators. By accepting a place in the SYC OTB Sailing Program, participants agree to all policies and procedures outlined within this handbook.

Application links are available here: Cadet Program links

Program Schedule

The training sessions are available online here: Cadet Program schedule

ILCA

Sandringham Yacht Club will be offering two levels of ILCA Training this season:

- Advanced Fleet – Training on Friday evenings and Sunday mornings
- Green Fleet – Training on Saturday afternoons and Sunday mornings

An Intermediate Fleet may be added subject to number of participants and participant skill levels.

All fleets are expected to attend Sunday morning training, followed by participation in Off the Beach racing on Sunday afternoons, in line with the program attendance policy.

We understand that sailors might not be able to make some or all of the afterschool, Saturday morning Intermediate or Saturday afternoon Advanced sessions due to varying reasons. As such, these sessions are not included in the training attendance count.

Program Eligibility

Green Fleet:

- Completed Tackers Squad or Equivalent
- Can attend training in line with the attendance policy
- Over the age of 13 years old
- Can attend the following regattas at a minimum: Sail Sandy
- Additional regatta options: ILCA States, Sail Melbourne, Kingston Sprint Series, ILCA Nationals, Victorian Youth Championships

Intermediate Fleet:

- Completed Green Fleet level
- Can sail around a course with no instruction or guidance required
- Can attend training in line with the attendance policy
- Can attend the following regattas at a minimum: Sail Sandy and Kingston Sprint Series
- Additional regatta options: Sail Melbourne, ILCA Nationals and Victorian Youth Championships

Advanced Fleet:

- Completed Green Fleet level
- Achieved an average result of 15th or higher in regattas
- Can attend training in line with the attendance policy
- Can attend the following regattas: Sail Sandy, ILCA States, Sail Melbourne, Kingston Sprint Series, ILCA Nationals, Victorian Youth Championships

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Program Application

Applications for the program can be made by registering and paying for the appropriate term, annual or holiday subscription. Applications must be submitted prior to the first session of the program. Applications submitted after this date will be assessed by the Program Coordinators. By accepting a place in the SYC OTB Sailing Program, participants agree to all policies and procedures outlined within this handbook.

Application links are available here: ILCA Program links

Program Schedule

The training sessions are available online here: ILCA Program schedule

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Double Handed

Sandringham Yacht Club will be offering a Double Handed sailing program, featuring a mix of 420 and 29er classes.

This season, we'll be running a single combined group for all Double Handed sailors, with the goal of increasing participation and fostering a strong community across these dynamic classes.

Training for the Double Handed fleets will be on Wednesday evenings and Saturday afternoons.

We understand that sailors might not be able to make some or all of the afterschool sessions due to varying reasons. As such, the mid-week sessions are not included in the training attendance count.

Whether you're an experienced racer or new to double handed sailing, this program is designed to develop your skills, encourage teamwork, and build competitive confidence on the water.

Program Eligibility

Participants shall have:

- Completed Tackers Squad or equivalent
- Can attend training in line with the attendance policy
- Over the age of 13 years old
- Can attend the following regattas: Sail Sandy, Kingston Sprint Series and 29er/420 State Championships
- Additional regatta options: Sail Melbourne, 29er/420 Nationals, Victorian Youth Championships

Program Application

Applications for the program can be made by registering and paying for the appropriate term, annual or holiday subscription. Applications must be submitted prior to the first session of the program. Applications submitted after this date will be assessed by the Program Coordinators. By accepting a place in the SYC OTB Sailing Program, participants agree to all policies and procedures outlined within this handbook.

Application links are available here: Double Handed Program links

Program Schedule

The training sessions are available online here: Double Handed Program schedule

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Regattas & Regatta Support

As part of the SYC Sailing Program, we are committed to supporting OTB sailors at as many regattas as logistics allow. The below table indicates the regattas in the 2025/26 sailing season with an indication of coach supported regattas.

Cadet regattas:

Regatta	Dates	Supported Regattas
Sail Sandy	18-19 October 2025	Yes
Lipton Cup	15-16 November 2025	Yes
Sail Melbourne	29-30 November 2025	
Kingston Sprint Series	13-14 December 2025	Yes
Cadet Nationals	28 December 2025 – 4 January 2026	Yes*
Cadet States	7-9 March 2026	Yes

*Whilst support will be provided for the above marked regatta, there will be an additional fee.

Optimist regattas:

Regatta	Dates	Supported Regattas
Sail Sandy	18-19 October 2025	
Lipton Cup	15-16 November 2025	Yes
Sail Melbourne	29-30 November 2025	Yes
Kingston Sprint Series	13-14 December 2025	
Optimist Nationals	8-15 January 2026	Yes*
Schnapper Point	14-15 February 2026	Yes
Optimist States	7-9 March 2026	Yes
Vic Youth Champs	11-12 April 2026	

*Whilst support will be provided for the above marked regatta, there will be an additional fee.

ILCA regattas:

Regatta	Dates	Supported Regattas
Sail Sandy	18-19 October 2025	Yes
ILCA Inland Championships	1-4 November 2025	
ILCA States	22-23 November 2025	Yes
Sail Melbourne	27-30 November 2025	Yes
Kingston Sprint Series	13-14 December 2025	
ILCA Nationals	1-8 January 2026	Yes*
Schnapper Point	14-15 February 2026	
Vic Youth Champs	11-12 April 2026	Yes

*Whilst support will be provided for the above marked regatta, there will be an additional fee.

Double Handed regattas:

Regatta	Dates	Supported Regattas
Sail Sandy	18-19 October 2025	
Sail Melbourne	29-30 November 2025	
Kingston Sprint Series	13-14 December 2025	Yes
29er Nationals	3-9 January 2026	
420 Nationals	19-23 January 2026	
Schnapper Point	14-15 February 2026	Yes
29er States	7-9 March 2026	
420 States	7-9 March 2026	
Vic Youth Champs	11-12 April 2026	Yes