SANDRINGHAM
YACHT CLUB
SYC
J70
SAILING PROGRAM
SYC J/70
PROGRAM
HANDBOOK

J70 PROGRAM HANDBOOK

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Program Overview

Sandringham Yacht Club is launching the fourth season of our SYC J/70 Sailing Program, available to young members at SYC. The program conducts training squads for sailors over 14 years of age, catering for sailors to upskill in keelboat sailing and racing and those targeting national competitions. Utilising SYC's six J/70 keelboats, with the aim to provide a high-performance keelboat pathway.

The fleet of J/70s at SYC has been generously donated by several members of our community. In recognition of their support, SYC has matched these donations to facilitate the acquisition of a total of six boats. We are grateful for the generosity of our members, which enhances our club's resources and allows the club to deliver the J/70 Programs.

SYC has four program offerings, the Social Program, Development Program, Youth Squad Program and Advanced Squad Program.

Social Program
The Social Program will be offered on weeknights (18+ years) as part of the Thursday Twilight keelboat series and on an ad hoc basis for those under 18 years and will primarily be focused on providing social and fun sailing opportunities. This is not intended as a coaching program, rather a relaxed environment where sailors can mix with each other, enjoy fun activities, sail boats, meet like-minded people and have a great time at SYC.

Development Program
The Development Program will provide opportunities for young SYC members to participate in learning and activities based around small keelboats, expanding their skills. This focus will be introducing young members to the basics of keelboat racing and developing the various skills required to undertake all crewing roles. This program is for those who have minimal keelboat experience and will be sailed on weekends and in small training blocks of four to five sessions, both in the school holidays and during term time. There are two different development programs for those aged under 18, and over 18.

Youth Squad Program
The Youth Squad Program will be a comprehensive sailing program, aimed at our young members between the ages of 14 to 18 years old, that is a feeder program towards our Advanced Squad Program. The Youth Squad will be structured to help introduce young members to small keelboat training and racing with the goal to compete in Victorian J/70 Regattas

Advanced Squad Program
The Advanced Program will be a comprehensive and advanced sailing program. The course will be structured to help athletes excel in all areas both on and off the water. It will provide an in depth focus on advanced aspects of sailing as members work towards competing on a state and national level

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Program Coordinators

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Boating & J/70 Coordinator

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Program Coaching Team

Mark Wolfenden
J/70 Program Head Coach

Barney Walker
J/70 Program Coach

YOUTH SQUAD PROGRAM

Program Information

The SYC J/70 Youth Squad offers a comprehensive program aimed at enhancing young sailors' skills on and off the water. Participants will engage in:

- **Rules and Tactics:** Develop a deeper understanding of sailing rules and effective tactical strategies.
- **Starting techniques**: Practice starting techniques with a particular focus on small keelboat starting strategies.
- **Keelboat Handling:** Master advanced keelboat techniques, including asymmetrical spinnaker use.
- **Fleet Racing:** Gain practical experience through dedicated fleet race training and participation in regattas.
- **Transition Skills:** Learn how to adapt skills from dinghy racing to larger keelboats.
- **Team Dynamics:** Build teamwork and campaign management skills, empowering athletes to train independently.
- **Regatta Experience:** Participate in keelboat regattas to apply skills in competitive environments.
- **Boat Maintenance:** Acquire knowledge in essential boat maintenance practices.
- **Sail Trim:** Focus on optimizing sail trim for performance enhancement.

This program aims to cultivate well-rounded sailors equipped for success in all aspects of the sport.

Program Eligibility

Participants in the SYC J/70 Youth Squad must be financial Junior or Family members of SYC, and aged 14 to 18 and have demonstrated sailing ability with 3 to 5 years of active dinghy experience. While experience in keelboats is desirable, it is not essential. Sailors are strongly encouraged to maintain their existing dinghy commitments during the program.

Those wishing to partake in the Youth Squad Program shall submit an application with limited positions available. Applications will be reviewed by a selection committee and all applicants will be notified of the selection committee's decision.

Program Fees

The program cost will be $550 per person. The cost of this program will include:

- On-water coaching sessions between June and December.
- Opportunity to compete in the two Victorian located regattas; VIC J/70 States, and Sail Sandy.
- Regatta entry fee covered for the abovementioned regatta.
- SYC J/70 Sailing Program branded polo shirt.
- Access to sail the J/70's with approval from the SYC Boating Office.
- Opportunities to fill in with the Advanced Squad may become available from time to time.

Program Application

Applications for the program close on Tuesday 9th June at 5.00pm. Applications placed after this time will be subject to availability. By accepting a place in the SYC Youth J/70 Program, participants agree to all policies and procedures outlined within this handbook

Application Link: https://syc.com.au/syc-j70-youth-squad-program/

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Program Schedule

Training Sessions are scheduled as below:

Date	Time	Information
Wednesday, 24 June	6:00 PM – 7:00 PM	Information session (mandatory)
Saturday, 27 June	9:00 AM - 4:00 PM	Training Camp Day #1 (mandatory)
Sunday, 28 June	9:00 AM - 4:00 PM	Training Camp Day #2 (mandatory)
Saturday, 11 July	9:00 AM - 12:00 PM	Morning session #1
Saturday, 25 July	9:00 AM - 12:00 PM	Morning Session #2
Saturday, 8 August	9:00 AM - 12:00 PM	Morning Session #3
Saturday, 22 August	9:00 AM - 12:00 PM	Morning session #4
Saturday, 12 September	9:00 AM - 12:00 PM	Morning session #5
Saturday, 3 October	9:00 AM - 12:00 PM	Morning session #6 Combined with Advanced Program Followed by Opening Day Sail Past
Saturday, 24 October	9:00 AM - 12:00 PM	Morning session #7
Saturday, 14 November	9:00 AM - 12:00 PM	Morning session #8 Combined with Advanced Program Followed by J/70 Sprint Series @ 14:15
Saturday, 5 December	9:00 AM - 12:00 PM	Morning session #9 Combined with Advanced Program
Saturday, 19 December	8:00 AM - 12:00 PM	Morning session #10 Combined with Advanced Program Followed by J/70 Sprint Series @ 14:15

During the 2026/27 season, the Youth Squad will primarily target local to national fleet racing events. The list of target regattas is listed below:

Date	Information	Location
17 – 18 October	Sail Sandy (incl Sprint Series 1)	Sandringham Yacht Club
14 November	J/70 Sprint Series 2	Sandringham Yacht Club
20 – 22 November	Victorian J/70 State Titles	Blairgowrie Yacht Squadron
19 December	J/70 Sprint Series 3	Sandringham Yacht Club
13 February	J/70 Sprint Series 4	Sandringham Yacht Club
13 March	J/70 Sprint Series 5	Sandringham Yacht Club

Program Attendance

Attendance Policy:

- Minimum Attendance: A minimum of 85% attendance is required.
- Training Camp: Attendance at the training camp is mandatory.
- Absences: If you are unable to attend any session, please notify the Program Coordinator in advance

Regatta Selection Process and Criteria

Selection for the regatta team is at the discretion of the SYC J/70 Youth Program coaches and program coordinators.

The following criteria will be considered:

1. Availability: Participation in events and contribution to SYC
2. Commitment: Attendance at training sessions.
3. Attitude: Behaviour and work ethic during training, regattas, and other club activities, including additional training hours.
4. Conduct: Interaction with squad members, coaches, and other club members.
5. Performance: from recent training sessions and events

Teams will be announced via the WhatsApp Group to the relevant squads. Athletes and teams may request a meeting to discuss the outcome of their selection, however, they cannot appeal the decision.

Volunteering

Participants are expected to complete a minimum of 10 hours of volunteering throughout the season. Opportunities include assisting the race management team, boat maintenance and assisting the Boating Office. Volunteer Opportunities will be posted in the WhatsApp Group Chat. Participants can also contact the Program Coordinators to schedule their volunteer hours on specific dates. Participants are required to fill in the 'J/70 Volunteer Hours Tracking' Form once they have completed an activity, to log their contribution.

Squad Communication

Squad updates will be sent via email or the SYC J/70 Youth Squad WhatsApp Group. Sailors parents may 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

Youth squad teams can request to train on the J/70s outside of scheduled sessions. The request must be approved by the Youth Squad Coach and then organised with the J/70 Program Coordinator.

All independent training session sessions must either occurring while a member of the Boating Office is present at the club, or an approved nominated club member is out on a RHIB supervising. The Boating Office have full discretion to approve or deny these requests.

Uniform

J/70 Program Participants will be issued a training and shore-based uniform included as part of the program fees. Those selected for regattas shall wear the uniform. Uniform and appearance shall be kept clean and be worn in a manner fitting to represent SYC.

ADVANCED SQUAD PROGRAM

Program Information

The SYC J/70 Advanced Program is a comprehensive and advanced sailing program aimed at supporting our athletes to excel at a high level of sailing. Sailors will have the opportunity to represent Sandringham Yacht Club at both state and national events. Participants will focus on refining their skills on the following areas:

- **Rules and Tactics:** Develop a deeper understanding of the Racing Rules of Sailing and effective tactical strategies.
- **Keelboat Handling:** Understand and implement advanced keelboat handling skills for improved performance.
- **Fleet Racing:** Gain experience in high-quality racing at a national level.
- **Team Dynamics and Culture:** Build core teamwork skills and learn effective collaboration for campaign success.
- **Regatta Experience:** Participate in state and national level regattas, along with club practice events.
- **Boat Maintenance:** Learn the maintenance and preparation techniques for J/70s.

This program aims to cultivate well-rounded sailors equipped for success in all aspects of the sport.

Program Eligibility

Participants in the SYC J/70 Advanced Program must be 18 years or older, current financial members of SYC, and have existing sailing and racing experience in keelboats and/or dinghies, with demonstrated results at the state or national level.

Those wishing to partake in the Advanced Program shall submit an application with limited positions available. Applications will be reviewed by a selection committee, and all applicants will be notified of the selection committee's decision via email.

Program Fees

The program cost will be $1050 per person. The cost of this program will include:

- On-water coaching sessions between July and December.
- Opportunity to compete in Sail Sandy, NSW J/70 States, VIC J/70 States, Australian J/70 Nationals.
- Subsidised regatta costs for the abovementioned regatta.
- SYC J/70 Sailing Program branded polo shirt.
- Access to sail the J/70's with approval from the SYC Boating Office.
- A travel reimbursement of up to $300 per interstate event. This is to contribute to flights. The club will cover the cost of fuel and food for those who drive or jump in the car for the journey to interstate regattas.

Program Application

Applications for the program close on Tuesday 23rd June at 5.00pm. Applications placed after this time will be subject to availability. By accepting a place in the SYC Advanced J/70 Program, participants agree to all policies and procedures outlined within this handbook

Application Link: https://syc.com.au/syc-j70-advanced-program/

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Program Schedule

Training Sessions are scheduled as below:

Date	Time	Information
Wednesday, 15 July	6:30 PM - 7:30 PM	Information session (mandatory)
Saturday, 18 July	9:00AM - 5:00PM	Training Camp Day #1
Sunday, 19 July	9:00AM - 5:00PM	Training Camp Day #2
Saturday, 15 August	9:00AM - 5:00PM	Full Day Session #1
Saturday, 29 August	9:00AM - 5:00PM	Full Day Session #2
Saturday, 19 September	9:00AM - 5:00PM	Full Day Session #3
Saturday, 3 October	9:00AM – 12:00PM	Morning Session #1 Combined with Youth Squad Followed by Opening Day Sail Past
Saturday, 7 November	9:00AM – 12:00PM	Morning Session #2
Saturday, 14 November	9:00AM – 12:00PM	Morning Session #3 Combined with Youth Squad Followed by J/70 Sprint Series @ 14:15
Saturday, 5 December	9:00AM – 12:00PM	Morning Session #4 Combined with Youth Squad
Saturday, 19 December	9:00AM – 12:00PM	Morning Session #5 Combined with Youth Squad Followed by J/70 Sprint Series @ 14:15

During the 2026/27 season, the Advanced Squad will primarily target state and national level fleet racing events located in VIC and NSW. The list of target regattas is listed below:

Date	Information	Location
10 – 12 October	NSW State Titles	Lake Macquarie Yacht Club
17 – 18 October	Sail Sandy (incl Sprint Series 1)	Sandringham Yacht Club
14 November	J/70 Sprint Series 2	Sandringham Yacht Club
20 – 22 November	Victorian J/70 State Titles	Blairgowrie Yacht Squadron
19 December	J/70 Sprint Series 3	Sandringham Yacht Club
Mid Jan	Australian National Championship	NSW (Location TBC)
13 February	J/70 Sprint Series 4	Sandringham Yacht Club
13 March	J/70 Sprint Series 5	Sandringham Yacht Club

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 Coordinator in advance via email or phone

Regatta Selection Process and Criteria

Selection for the regatta team is at the discretion of the SYC J/70 Advanced Program coaches and program coordinators.

The following criteria will be considered:

1. Availability: Participation in events and contribution to SYC
2. Commitment: Attendance at training sessions.
3. Attitude: Behaviour and work ethic during training, regattas, and other club activities, including additional training hours.
4. Conduct: Interaction with squad members, coaches, and other club members.
5. Performance: from recent training sessions and events

Teams will be announced via the WhatsApp Group to the relevant squads. Athletes and teams may request a meeting to discuss the outcome of their selection, however, they cannot appeal the decision.

Volunteering

Participants are expected to complete a minimum of 15 hours of volunteering throughout the season. Opportunities include assisting the race management team, boat maintenance and assisting the Boating Office. Volunteer Opportunities will be posted in the WhatsApp Group Chat. Participants can also contact the Program Coordinators to schedule their volunteer hours on specific dates. Participants are required to fill in the 'J/70 Volunteer Hours Tracking' Form once they have completed an activity, to log their contribution.

Squad Communication

Squad updates will be sent via email or the SYC J/70 Advanced Squad WhatsApp Group. 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

Advanced squad teams can request to train on the J/70s outside of scheduled sessions. The request must be approved and organised with the J/70 Program Coordinator.

All independent training session sessions must either occur while a member of the Boating Office is present at the club, or an approved nominated club member is present on site at the club, with a radio and access to a RHIB or on a RHIB on water.

Uniform

J/70 Program Participants will be issued a training and shore-based uniform included as part of the program fees. Those selected for regattas shall wear the uniform. Uniform and appearance shall be kept clean and be worn in a manner fitting to represent SYC.

SYC J/70 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 coach or Boating Office.
4. The training boats and RHIBs shall not go on the water unless authorised by the SYC Boating Office. Only the Boating Office Staff shall authorise vessel usage outside of the scheduled training program.
5. Participants shall maintain their allocated boat to the highest standard. This includes the maintenance/repairs and cleaning of the boat prior and post usage and the reporting of all damage/breakages on the J/70 Damage Report Form and submitting this to the Boating Office.
6. J/70 Program Participants will be issued a training and shore-based uniform included as part of the program fees. The training kit shall be worn at every training session. Those selected for regattas shall wear the uniform. Uniform and appearance shall be kept clean and be worn in a manner fitting to represent SYC.
7. All J/70 Program Participants are expected to make themselves available for any club duties when required as part of their volunteer hours, and understand that not meeting these requirements may result in not being eligible to represent the club at regattas.
8. Vaping, smoking and consumption of alcohol is prohibited on the J/70 boats at all times. For those aged 18 years and above alcohol may be consumed in moderation post training and regattas, however, please be aware that you are still representing SYC and appropriate behaviour is expected.
9. The use of drugs not prescribed by a medical practitioner will not be tolerated. All medical information should be noted down on the Enrolment Form. Participants displaying signs of intoxication or effects of drugs will be asked to leave the program with no refund of fees paid.
10. At all times, participants will follow the directions and safety guidelines set out by coaches, volunteers and SYC staff. Participants will also be required to wear PFDs at all times whilst sailing on the J/70s.
11. Participants agree to sign off for the day with the coach or the Boating Office before leaving and at the conclusion of each day's activities.
12. Participants agree that the Program Coordinator and Coach's decision is final and that no lobbying will be entered into.
13. Participants acknowledge that SYC reserves the right, in its absolute discretion, to suspend or terminate the participation of any members in the J/70 Program for any breach of this Code of Conduct.

In utilising the SYC J/70's and/or participating in any of the SYC J/70 Sailing Programs, I agree to adhere and comply with the above SYC J/70 Program Code of Conduct at all times.

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