

Profiling

Physical Profiling - Introduction

Physiological profiling scores must be completed by all sailors in order to allow them to be selected onto RYA UK squads. These profiling sessions are a chance for sailors to understand their physical strengths and areas to improve on to support their sailing development. Regular profiling will enable sailors to track their physical development against the training they are completing.

Physical Profiling – why do we do it?

Sailors should strive towards trying their hardest on all tests as this will give them the best information to see how fit they are and if their training is working. Benchmarks are collated from non-elite research in athletic individuals of the same age and gender, and are considered the minimum level of physical performance for a UK squad sailor to progress through the pathway by **increasing robustness** and **maximising effective time on the water** through the following:

- Reduce days lost on the water due to chance of injury

- Reduce days lost on the water due to chance of illness

- Reduce fatigue – Increase effectiveness of time on the water

- Improve recovery - Accelerate learning

- Reduce decline in cognitive function over time

- Enable a more productive learning environment to maximise skill development

- Display positive behaviours in physical development to enable smoother transition to the greater demands of the Olympic classes or into new classes that have different physical demands

Physical profiling & selection

To be eligible for selection on to **RYA UK Youth squads**, sailors must achieve or better the average benchmark percentile of all tests combined. NB. In double-handed boats, both sailors must achieve average benchmark percentiles of all tests combined. If sailors achieve >20% above average minimum benchmark they will be eligible for Youth Squad A which awards them a higher status within the squad, gives the coaches and support staff direction over where to prioritize their time and allows the programme to award additional resource should it be available.

What happens if I miss a profiling test?

All sailors from UK Youth Squad upwards must achieve and maintain their benchmarks in order to be selected and maintain their place within the programme quarterly.

However, sailors are allowed to miss one test in every cycle (September, December, April). This discretion is in place to allow for illness or injury, should a sailor choose to miss a test then become ill and have to miss a further test then no discretion is allowed and they will be dropped from the programme. This is consistent across the programme all the way through to, and including, the Olympic Team.

PLEASE NOTE THAT WE WILL NOT ACCEPT ANY CHANGES TO VENUES OR LATE ENTRIES.

Dates & Venues



Date/Event	Region/ Home Country
Venue/Attendees	
Friday 7th & Saturday 8th April 2017- Pre Youth Nationals	TBC
TBC	
Saturday 2nd September 2017	TBC
TBC	
Saturday 9th December 2017	TBC
TBC	