



Class Performance Group Selection Policy

Overview

The class open training is designed to support sailors of all abilities. The overarching aim is to support each sailing pair to develop their skills in the 420 boat and engender their passion for sailing, driving a desire for increased levels of participation and a willingness of the sailors to compete in the class organised domestic events and where appropriate consider international representation of the British International 420 Class. Strategically the training structure is aimed at building confident, robust and skilled sailors in all weathers as well as supporting the development of sailing behaviours on and off the water in-line with the RYA and Class charter and the racing rules.

As part of the 420 class commitment to the RYA Youth pathway the training aims to deliver an annual cohort of adept well rounded 420 sailors with the potential to apply for RYA Youth Squad selection.

Within the class training structure the Performance Group is designed to take selected sailors who show the required aptitude, potential and performance, develop and mould them to support the class endeavor to build world Class sailors.

The Performance Squad program encompasses on water, online and classroom development looking at a skills based matrix, sailing tactics, race strategy and fleet management as well as partnership communications, International event attendance and behavior. The selected sailors train together under the same coach at each session with regular reviews online or in 1-2-1's , including online sessions. Each session is linked to drive a natural pathway forward whilst maintain look back check points driving towards continuous improvement in all areas of the sport.

Performance squad sailors from the 2021 cohort represented the class at the Junior Europeans and Worlds as well as delivering high performance results at the Youth Nationals and National championships as well as pairings moving on to youth squad selection.



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1. Aim

The Purpose of this document is to outline the policy for the selection criteria in 2022/23.

2. Eligibility Criteria

- 2.1. Sailors should apply as a boat (Helm and Crew)
- 2.2. All sailors are required to be current members of the 420 Class association at all times
- 2.3. There is no upper or lower age limit for sailors within the group
- 2.4. Boats are expected to attend all the events but will be required to attend a minimum of 80% of the training dates (4 out of 5). There will be no refunds for no-shows.

3. Application Process

Boats that wish to be considered for the group should apply to the class by Wednesday 26th October 2022 by completing the relevant application form. Application forms should be sent to the 420 Head coach (420classcoach@gmail.com) and 420 Admin (420classoffice@gmail.com). Late applications will not be considered

- 3.1. The group will be made up of 6 boats selected according to the Selection principles specified in section 6 – Group Composition
- 3.2. Commitment to the group is paramount (history dictates this drives success) the class will dedicate an exclusive senior coach to the performance group sailors at each session for dedicated focus. In return the expectation is for sailors to attend 5 of 6 events minimum, join the off-water sessions and 1-2-1's. To support this commitment the program of events is funded upfront.

4. Training period and Dates

- 4.1. The training period is November 2022 – April 2023 - We will not run a summer squad.
- 4.2. The group will train alongside the class open training at the following locations on these dates:

Grafham Sailing Club	12 th / 13 th November 2022
WPNSA	10 th / 11 th December 2022
WPNSA	28 th / 29 th January 2023
Poole Yacht Club	18 th / 19 th February 2023
Rutland Sailing Club	4 th / 5 th March 2023



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5. Group Composition

5.1. 3 Highest placed boats (non Youth squad) based on the rolling ranking after Torbay, regardless of gender

5.2. The remaining 3 places will be selected from the pool of applicants by the class head coach taking into account the following criteria.

- The 420 Class Association Rolling Ranking Lists
- Performance at other events
- Performance at significant international regatta
- Performance, attitude and behaviour at previous training events
- Coach feedback
- Mitigating factors affecting results
- Anticipated squad dynamics

Selected boats will be notified by Friday 28th October 2022

6. Group Acceptance

Boats will be required to accept / decline their place by Sunday 30th October 2022 and pay the full amount for training (£775 per boat) to confirm their place in the team via the class event page (link will be supplied).

7. Sailor Pairing Substitutes

If a sailor pairing splits during the training period any crew / helm substitution will only be allowed following discussions and agreement with the Class Head Coach. We will not increase the size of the group to accommodate both sailors' new pairings.

8. Appeals

There will be no appeals against the published selection criteria or the actions of the Class Head Coach, provided they follow the selection criteria. The grounds for appeal may not include any alleged error of judgment of the Class Head Coach and are limited to allegations of:

- Failure to follow due process
- Bias / Undue influence
- Some other misconduct

Should an appeal still arise the RYA appeals process will be used.