

Queensland High Performance Sailing Program (QHPP)

Partnership between Queensland Academy of Sport, Yachting Australia and Yachting Queensland

Policy on Participation in Other Sports

Background: Sailing is a sport that requires many hours of practice to develop elite level skills. Research often quotes 10,000 hours = 1,000 hours per year over 10 years = 20 hours per week over 10 years. We have seen the benefit in the QHPP for some of our top sailors who have reaped the rewards of spending many quality hours on the water in their Youth and Olympic class boats.

Other Sports: School sports including School Sailing, which is a very different style and standard of racing than Youth or Olympic class sailing, place demands on QHPP athletes that may compromise their ability to spend time on the water in their Youth or Olympic class boat. For some sailors the compromise may be worth the potential impact on performance and/or the school sport or activity may be important enough to them that they are prepared to make the time for both and compromise other activities. It is recognised that sailors often enter Youth and Olympic classes from School sailing and QHPP sailors can encourage this.

Recommendation to Athletes:

1. Those that are determined to achieve their best possible results in Youth and Olympic classes should maximise their time on the water in those classes. Those who for whatever reason want to pursue other sports including School Sailing are encouraged to follow the practices of other QAS sport athletes: negotiate with school coaches to be excused from training on the basis that they are undertaking higher level training but be allowed to compete. QAS swimmers often take this approach for example. YQ may be able to help you access QAS support for this approach.
2. Where a specific clash exists between School Sailing and QHPP activities, then athletes will be expected to attend the QHPP activities unless otherwise arranged with the QHPP Coach. Such activities will not be specifically scheduled to create a clash, but sometimes that might be unavoidable.

Consequences: The consequences for athletes undertaking other sports including School Sailing will be simply in their own performances as impacted by the time available for their Youth and Olympic class sailing. Ultimately **competition performance alone**, not whether or not they choose to participate in School Sailing or other sports, will determine the focus they receive in the program, whether they are selected in the program for the following year, and their high performance sailing future. There will not be any other consequences.