





The Aspen Institute



"Developed with input from more than 300 experts over two years, our seminal report offers an evidence-based concept of what good looks like in youth sports."

"The playbook identifies eight strategies for the eight sectors that touch the lives of kids, with 40+ activation ideas."

### "The 8 Plays"

- Ask kids what they want
- Reintroduce free play
- Encourage sport sampling
- Revitalize in-town leagues
- Think small
- Design for development
- Train all coaches
- Emphasize prevention

# United States Olympic Committee

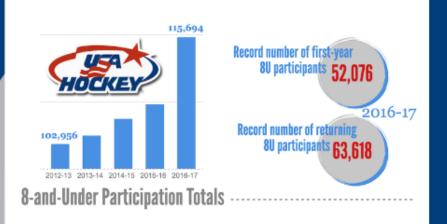


"The American Development Model is a concerted effort between the United States Olympic Committee and its National Governing Bodies of sport to apply long-term athlete development principles in a way that resonates with the culture of sport in the United States."

"Without positive sport experiences, we risk:

- Fewer athletes in the system to drive Olympic and Paralympic success
- Fewer opportunities and demand for sport programming
- Fewer opportunities to teach American youth valuable life lessons through sport."

## USA Hockey



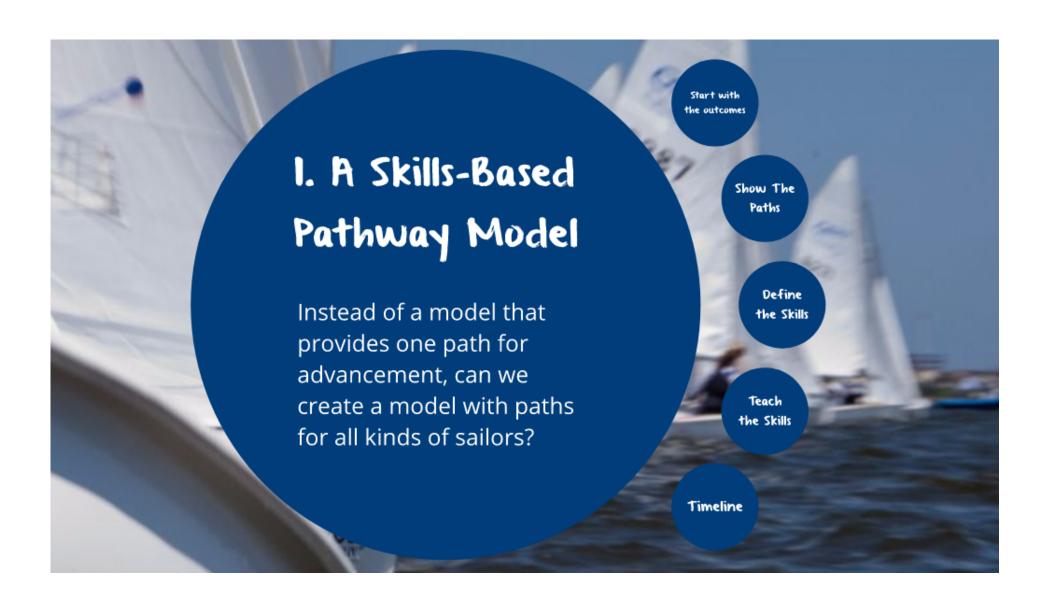
"The record numbers also reflect the support of the NHL, its member clubs and the NHLPA, along with initiatives like Try Hockey For Free Days and our American Development Model, which provide age-appropriate fun and skill development for players throughout the country."

-Pat Kelleher, USA Hockey

#### A successful model built on:

- Age Appropriate practice and competition formats
- Physical literacy
- Coaching resources: practice plans, videos, training
- Implementation guided by Regional Managers
- Parent resources

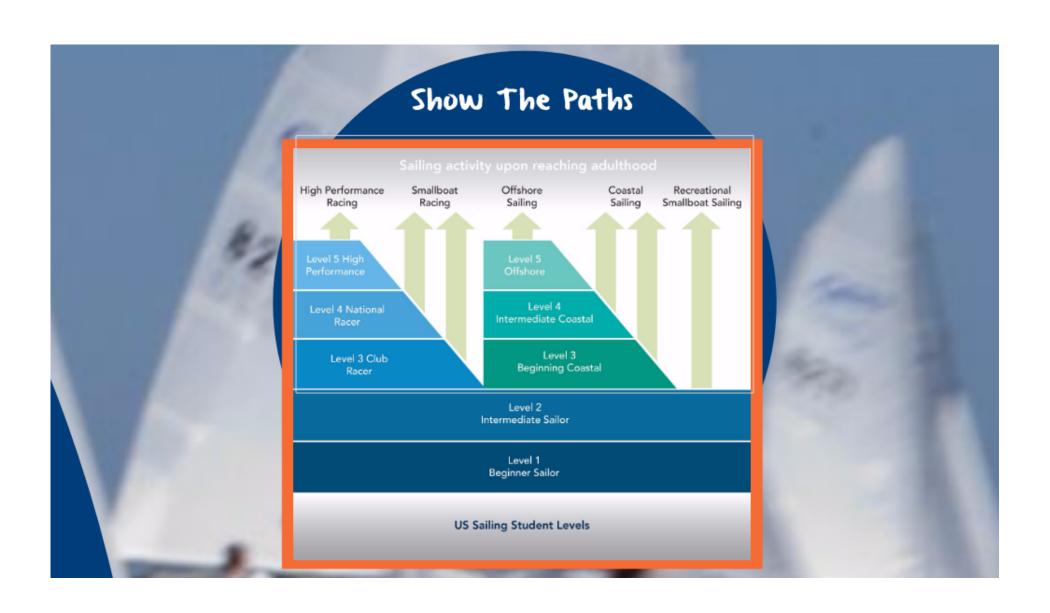


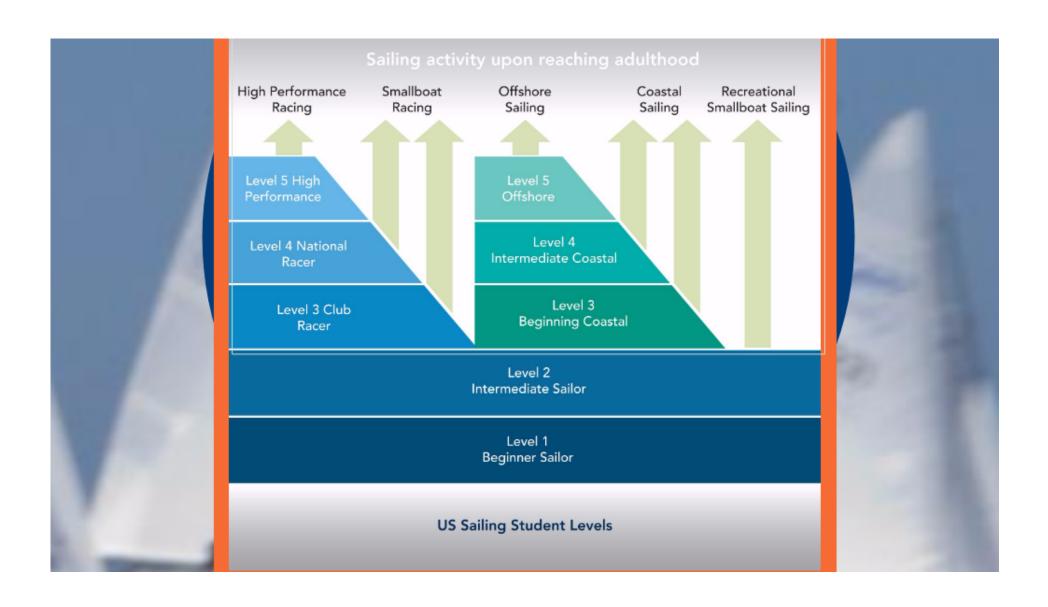


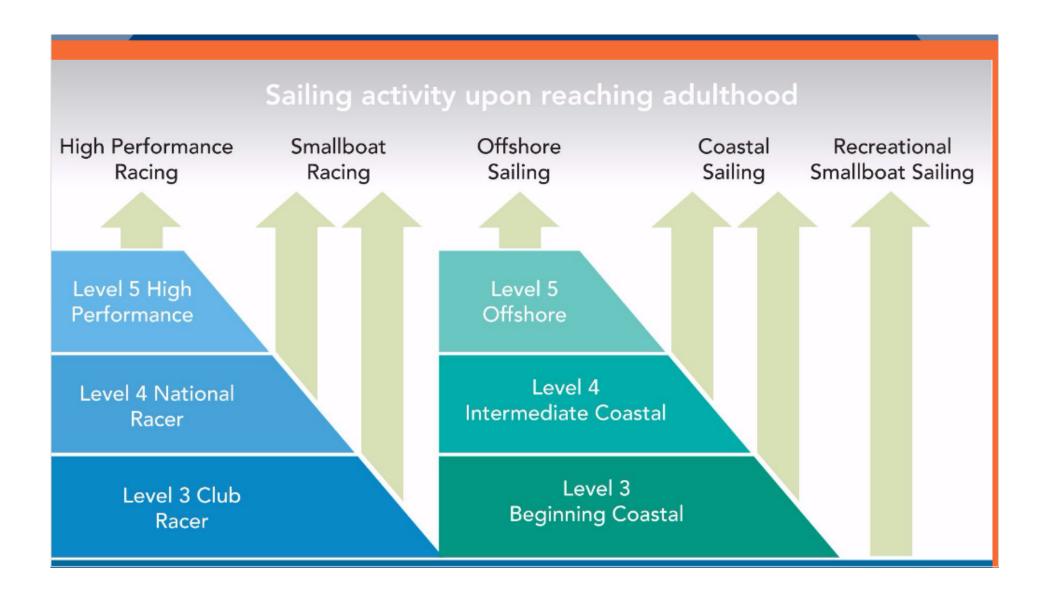
## Start with the outcomes

Teach kids the skills to deliberately prepare them for lifelong participation in one (or more) specific sailing disciplines:

- Recreational Smallboat Sailing
- Coastal Sailing
- Offshore Sailing
- Smallboat Racing
- High Performance Racing







### Define the Skills

Supporting paths to lifelong sailing means teaching a well-rounded skill set. Subject matter experts from a range of disciplines are evaluating the skills to be taught at each level.

The updated skills checklist aligns with the new National On-Water Standards Program, and includes input from US Sailing Team coaches.





#### Checklist Level 1- Advanced

USA

lote: Items in red is new content

1 Seamanship

Demonstrate: Knot tving: clove hitch and round tu

Maintenance: Sals and lines demonstrate basic understanding of the condition, proper treatment and maintenance of sals and lines.
Hull and rigging demonstrate basic understanding of treatment and maintenance of the hull and standing rigging.
Secure the salkboar Ls. Using appropriet lines, hosts, and proper finder positioning (if applicable), dislowing for possible changes in wind, current and tide

Get off the saliboot... 8: keeping the boot reasonably stable (e.g., minimal racking) while afflooding persons and gear Blazasing of water bottles, case, trails, etc.

2 Nomenclature

Fundamental knowledge of appropriate boat rigging, equipment and use: Standard rigging, Running rigging, Sail controls cunningham/downhaul, outhaul, vang, traveler / bridle, backstay

Ready the saliboat to be left unattended... B: storeing properly all equipment/pepr, lines, and salis.

3 Understanding wind

Wind velocity estimate wind velocity through sea state Lifts and headers anticipate puffs and fulls on the water True and apparent wind describe the difference between true

4 Current, weather and land effects

Estimate the wind velocity through sea state Anticipate purts and Julis on the water Uffs and headers

Describe the difference between true and apparent wind

Describe the influence of local weather patterns on the water Describe the relationship between topography and variations of wind Describe the indusence of current when salling between two points What are near/spring tides?

What are neap/spring tides?

5 Navigation and emergency procedures

Signaling distress demonstrate the International Signal of Distress describe other useful tools that can be carried for signaling by salton Identify and describe the basic navigation aids lateral markers, lighted buoys and day marks

#### Checklist Level 1- Advanced

#### USA

Note: Items in red is new content

#### 1 Seamanship

Demonstrate: Knot tying: clove hitch and round turn

Maintenance: Sails and lines demonstrate basic understanding of the condition, proper treatment and maintenance of sails and lines

Hull and rigging demonstrate basic understanding of treatment and maintenance of the hull and standing rigging

Secure the sailboat... B: using appropriate lines, knots, and proper fender positioning (if applicable), allowing for possible changes in wind, current and tide.

Ready the sailboat to be left unattended... B: stowing properly all equipment/gear, lines, and sails.

Get off the sailboat... B: keeping the boat reasonably stable (e.g., minimal rocking) while offloading persons and gear.

Disposing of water bottles, cans, trash, etc

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Fundamental knowledge of appropriate boat rigging, equipment and use: Standard rigging, Running rigging,

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Lifts and headers

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Describe the influence of local weather patterns on the water

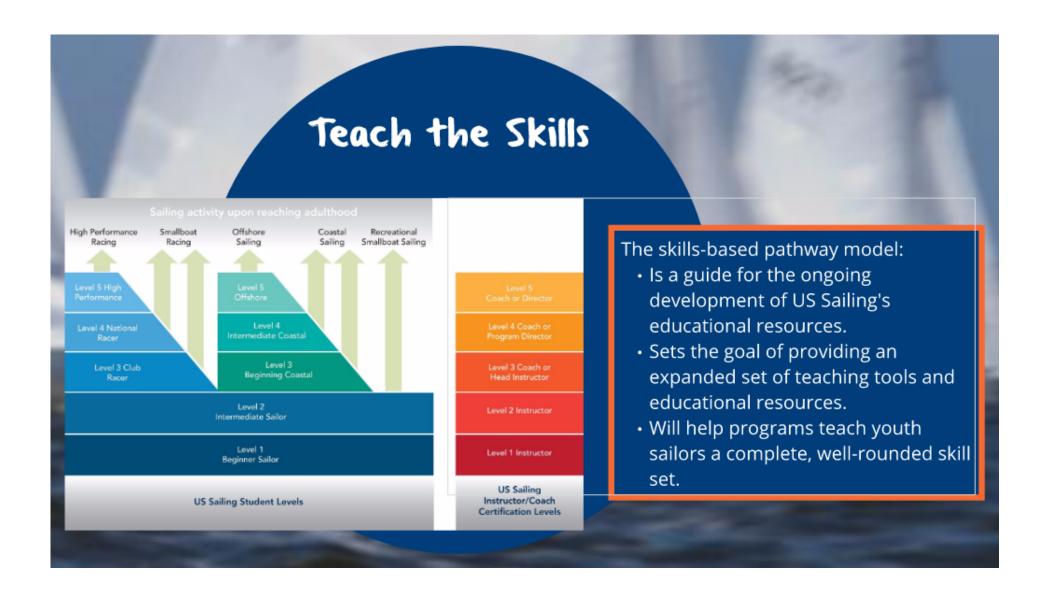
Describe the relationship between topography and variations of wind

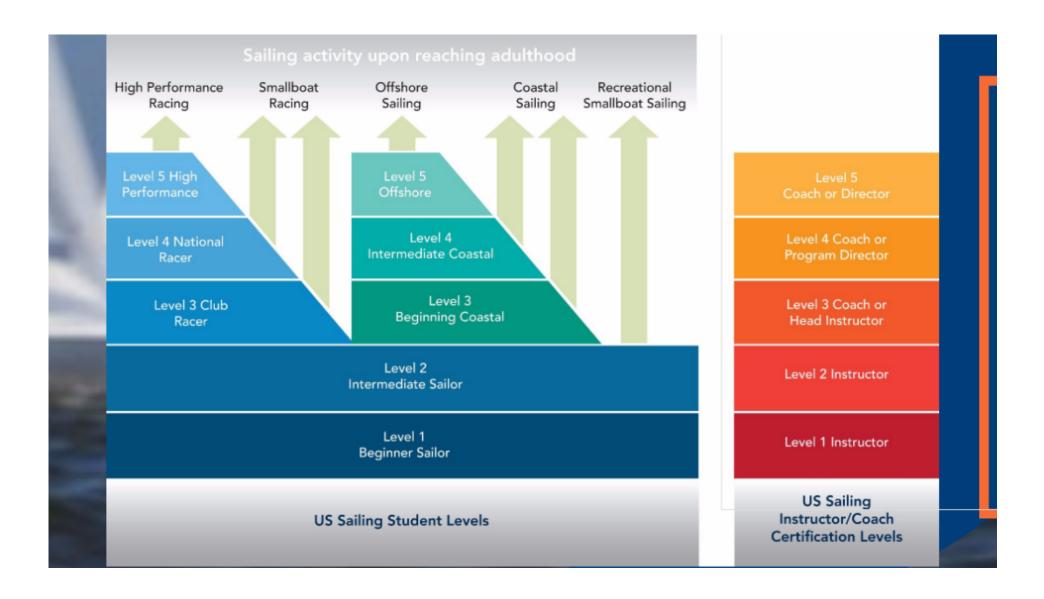
Describe the influence of current when sailing between two points

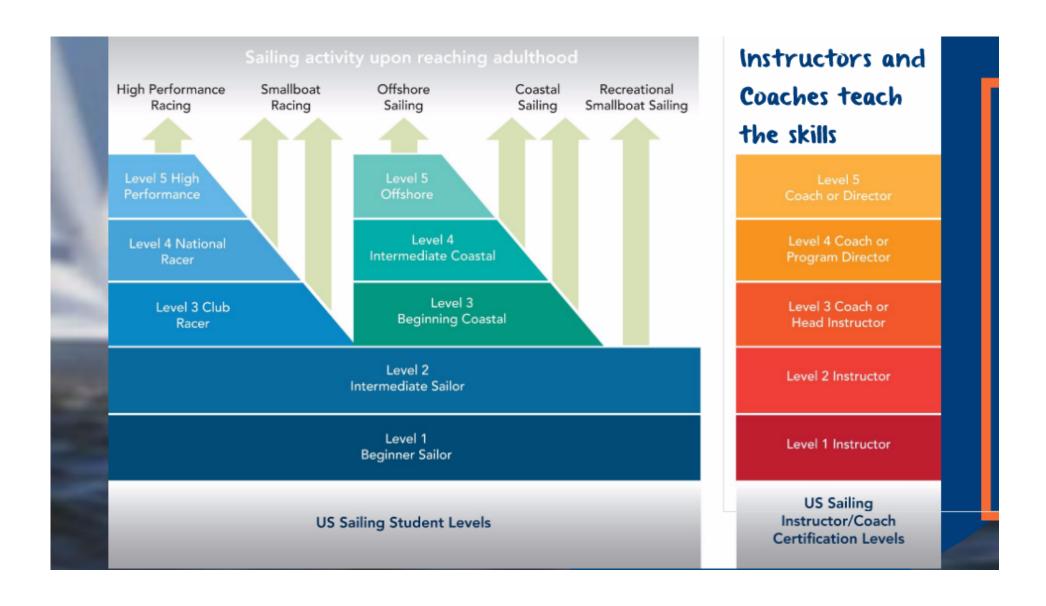
What are neap/spring tides?

#### 5 Navigation and emergency procedures

Signaling distress demonstrate the International Signal of Distress describe other useful tools that can be carried for signaling by sailors Identify and describe the basic navigation aids lateral markers, lighted buoys and day marks







## Instructors and Coaches teach the skills

Level 5 Coach or Director

Level 4 Coach or Program Director

Level 3 Coach or Head Instructor

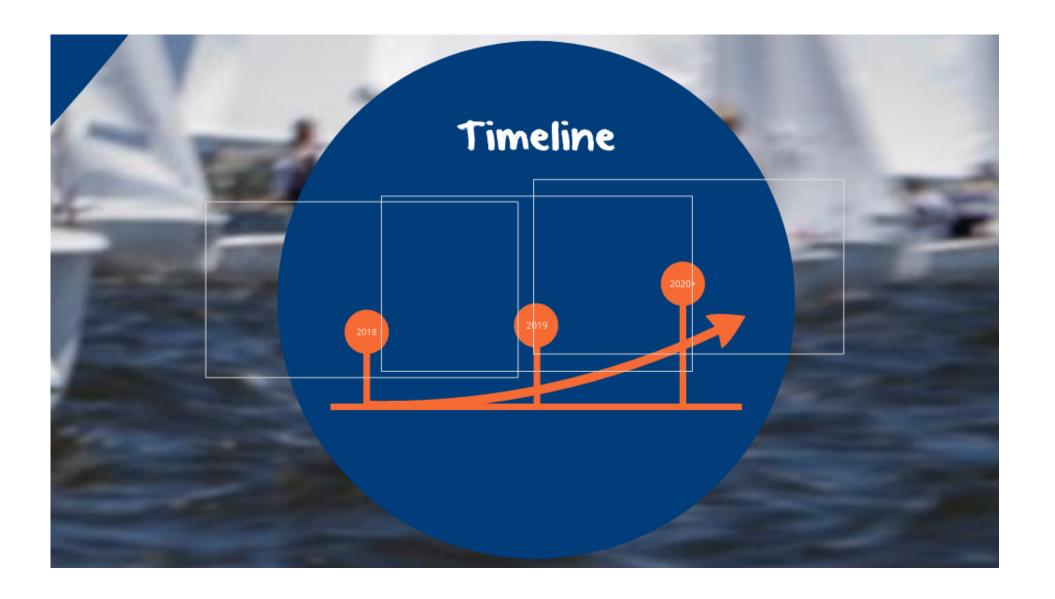
Level 2 Instructor

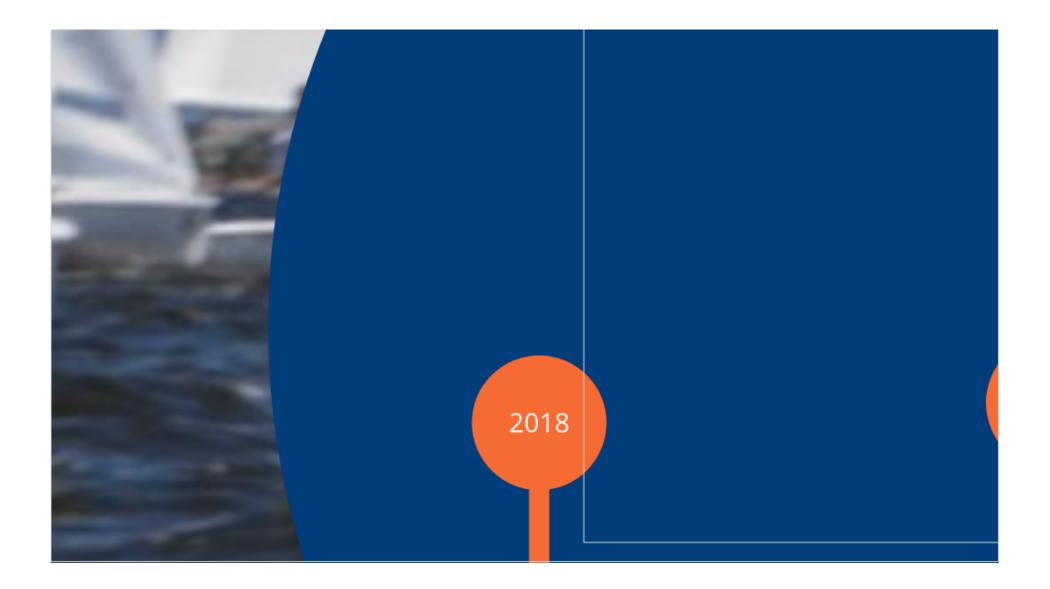
Level 1 Instructor

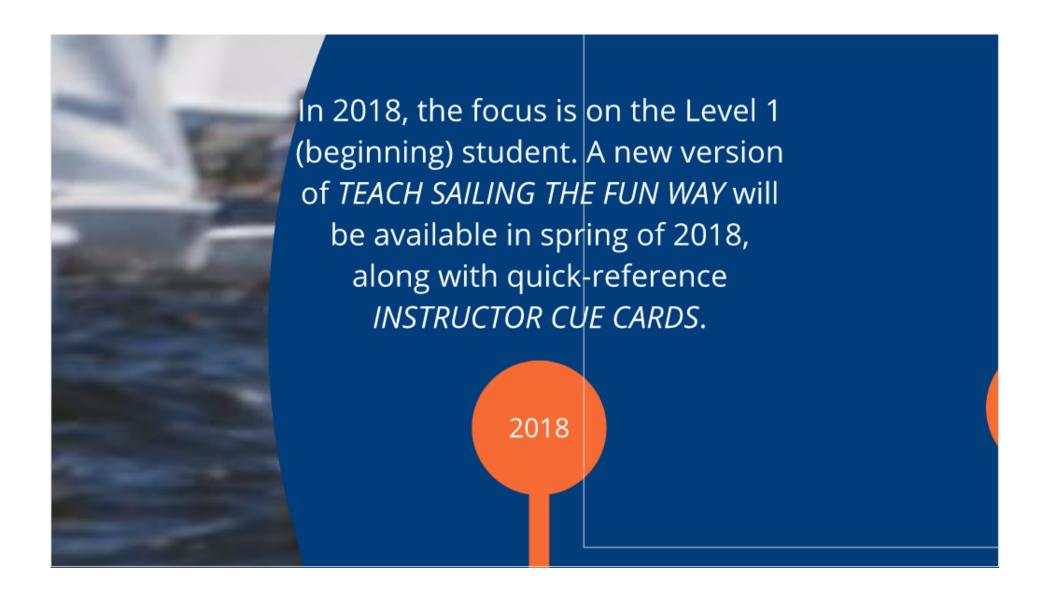
**US Sailing** 

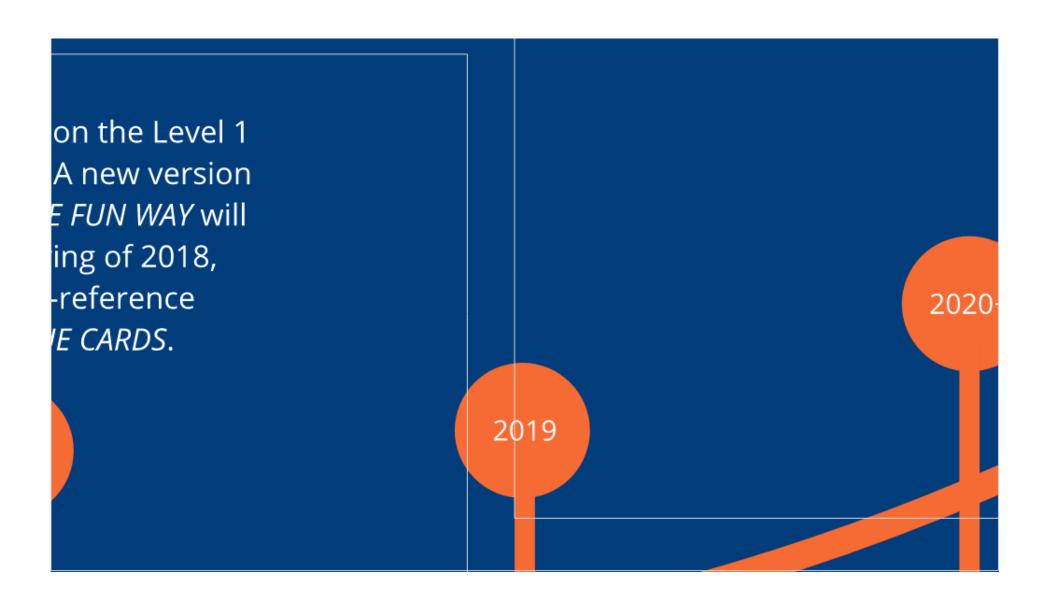
### The skills-based pathway model:

- Is a guide for the ongoing development of US Sailing's educational resources.
- Sets the goal of providing an expanded set of teaching tools and educational resources.
- Will help programs teach youth sailors a complete, well-rounded skill set.

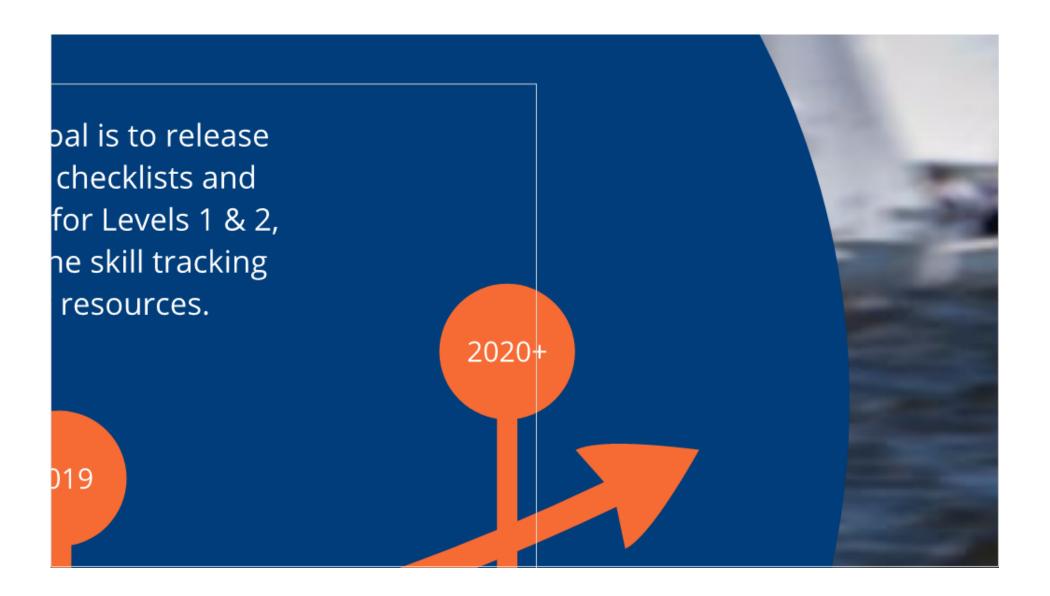


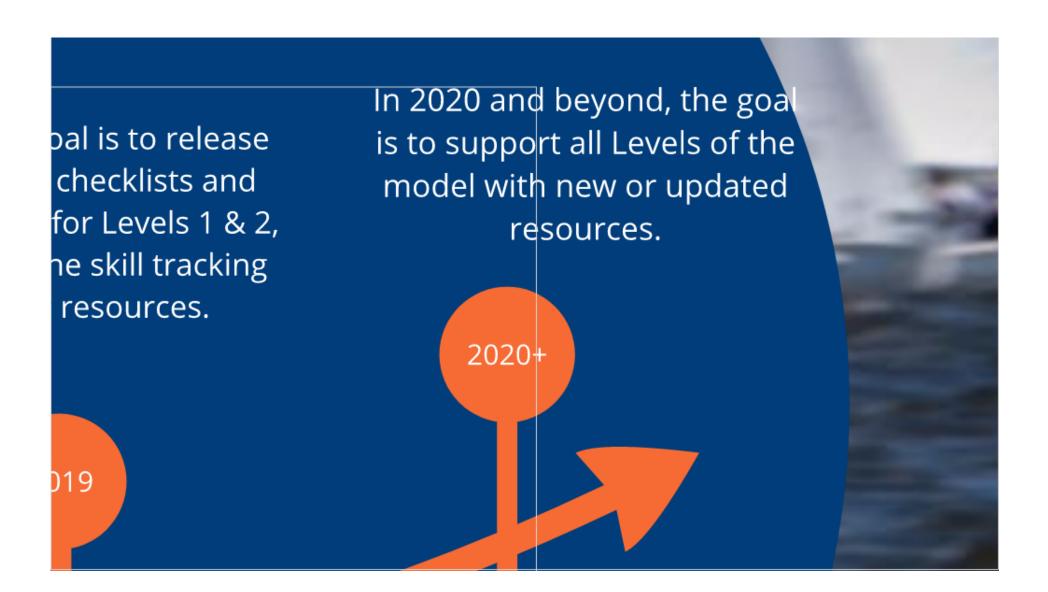






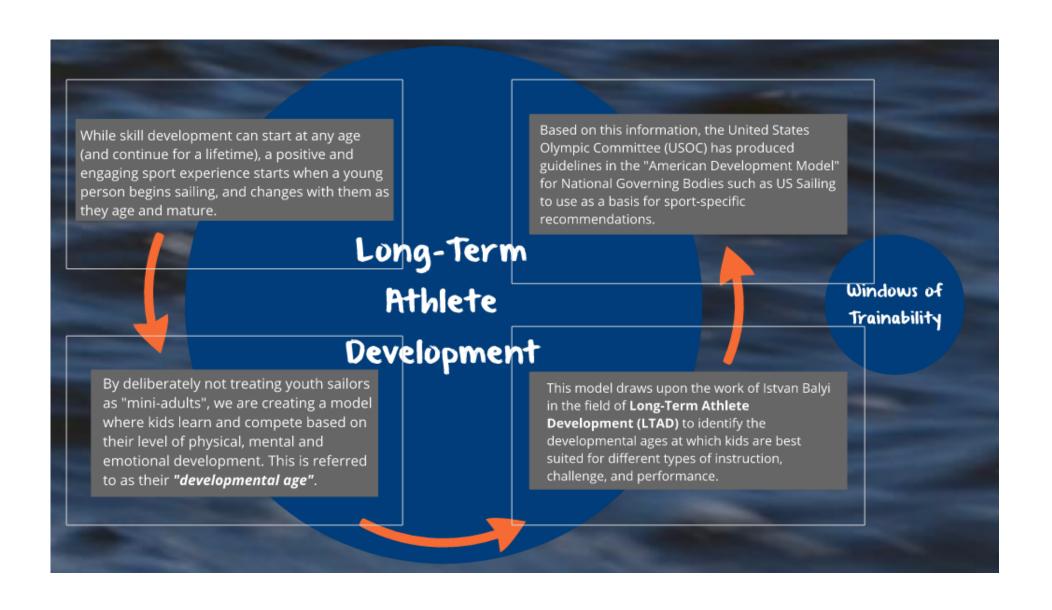












While skill development can start at any age (and continue for a lifetime), a positive and engaging sport experience starts when a young person begins sailing, and changes with them as they age and mature.

# Dev

By deliberately not treating youth sailors as "mini-adults", we are creating a model where kids learn and compete based on their level of physical, mental and emotional development. This is referred to as their "developmental age".

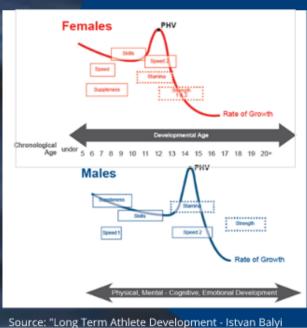


This model draws upon the work of Istvan Balyi in the field of **Long-Term Athlete Development (LTAD)** to identify the developmental ages at which kids are best suited for different types of instruction, challenge, and performance.



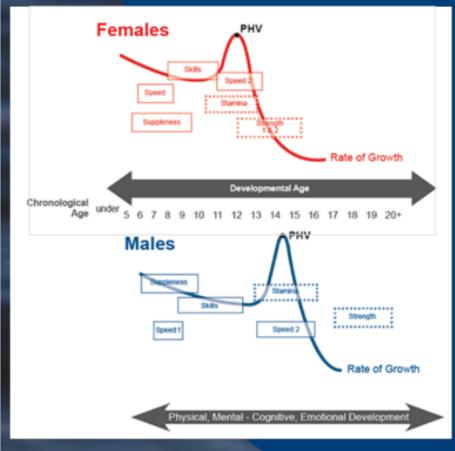
# Windows of

# Trainability



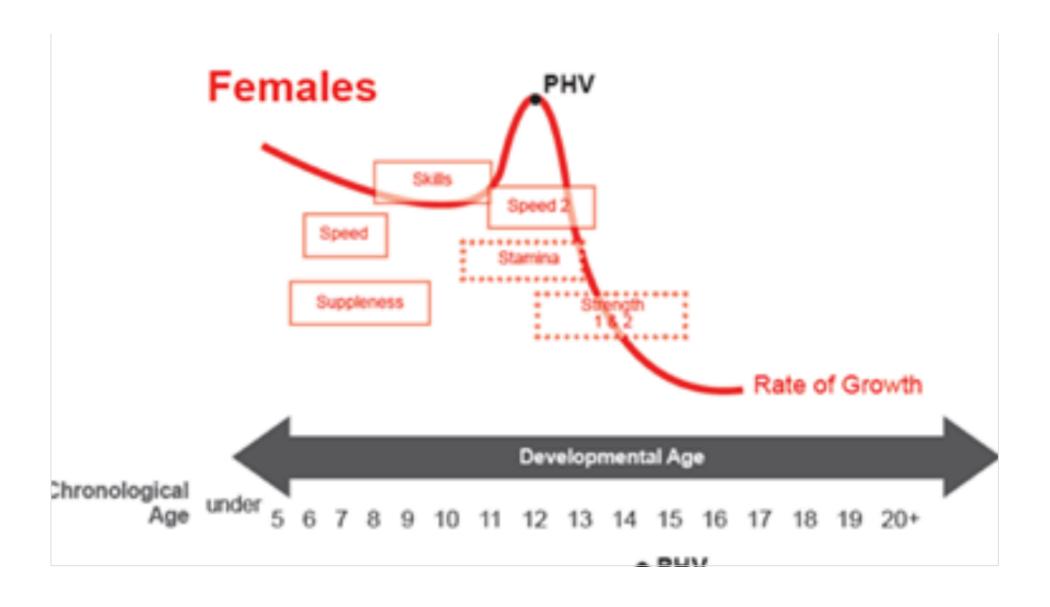
- Kids are optimally "trainable" in different areas at each age.
- Early Ages- Athleticism and agility.
   "Creating little athletes". Need multisport play, engaging practices, variety of action.
- Early Puberty- "The Golden Age of Skill Development". Fine Motor Skills and coordination are most trainable.
- Late Puberty- Physical trainability.
   Balanced approach to applying skills.

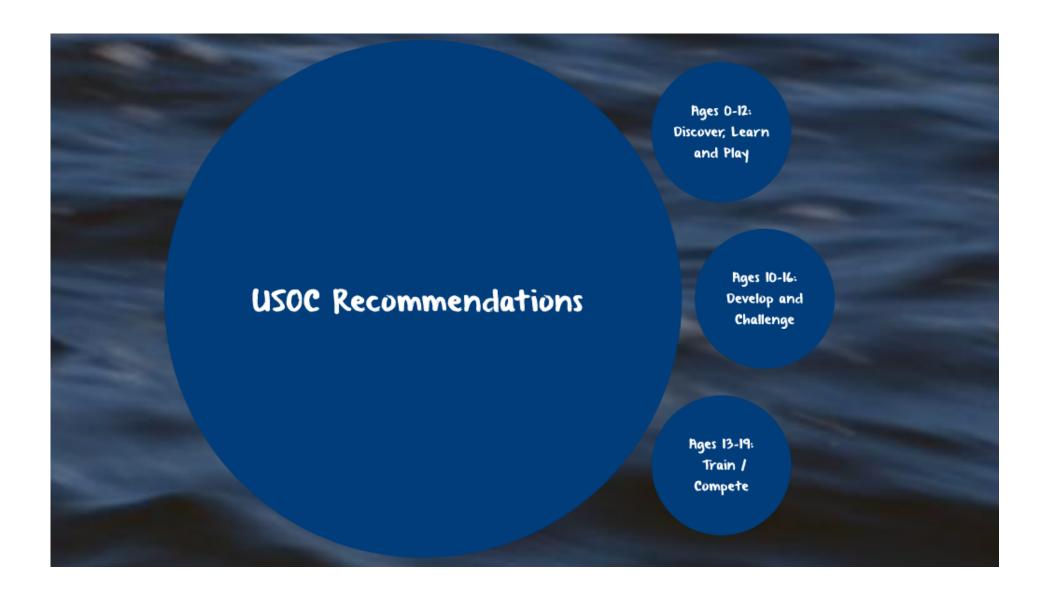
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Source: "Long Term Athlete Development - Istvan Balyi





## Ages 0-12: Discover, Learn and Play



- · Safe, fun and social learning environment
- Discovery of boating and the sailing environment
- Learn basic concepts and techniques
- Free-sailing, games, and deliberate play
- If competing, focus on fun races and challenges

#### LTAD recommendation:

- This is the developmental-age where kids develop fundamental movement skills, such as agility, balance and coordination.
- Referred to as "physical literacy", this skill set is the foundation for future athletic ability.
- It's important that kids have access to frequent physical activity and participate in a variety of sports and activities throughout the year.

#### Key Take-Away:

 Youth sailing programs offer daily physical activities such as playground games and swimming to help develop the physical literacy of participants.

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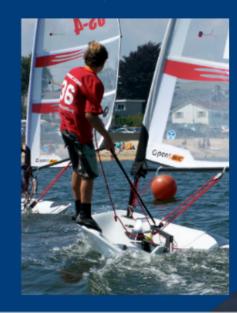


## Ages 10-16:

## Develop and Challenge

\*Pre-Growth Spurt\*

- Safe, fun and social learning environment
- Develop well-rounded sailing skills and technique
- Emphasize decisionmaking and good judgement
- Explore new sailing challenges and disciplines
- If competing, seek local/ regional competition that match skill level and motivation



#### LTAD Recommendations:

- This is the "golden age of skill development": kids learn skills and develop technique at an accelerated pace.
- Instructional focus should be on learning a well-rounded skill set.
- If competing, emphasize skill development over competitive success.
- Play multiple sports to develop athletically and stay freshh.

#### Key Take-Away:

 Pre-growth spurt is a key time to learn skills!

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# Ages 13-19: Train / Compete

- Seek opportunities to further develop and master skills
- Try new sailing disciplines such as keelboats, multihulls, dinghies, windsurfers and kites
- · Participate in more advanced training
- · Develop technical and tactical understanding
- If competing, maintain a balanced practice-tocompetition ratio, such as 70:30











#### LTAD Recommendations:

- Puberty and adolecence make this a critical and challenging period.
- Growth spurts challenge kids to sail new boats or learn new positions. Use this opportunity to try new sailing disciplines and learn new skills.
- Stay active and play multiple sports to improve physical development.
- If competing, travel demands often increase due to regional and national competitions. However, overemphasizing travel competitions can take away from practice time and inhibit multi-sport participation.

#### Key Take-Away:

 Focus on quality training and competition. Master multiple disciplines.

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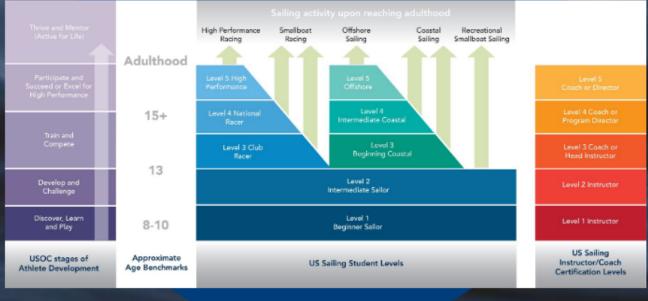
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# Putting it all together



Q£A: Applying the Youth Sailor Development Model

