

# SAS High Performance Training

**Creating** and enabling the future World and Olympic Champions

## *High Performance Sailing Update*



Welcome to the 8th High Performance newsletter update.

This newsletter includes the following updates:

- 2017 Youth Worlds Selections update
- 2017 World Sailing ENP Clinic
- 2018 Youth Olympics
- WADA Prohibited Substance list 2017
- Reminder on Ian Ainslee video cover Dutch Olympic Sailing Team
- Important dates

### **2017 Youth Worlds Selection update**

During last week World Sailing announced the new venue and dates for the 2017 Youth World Championships. The event will be held in Sanya, China between 9 and 16 December 2017. Based on this updated information, and the feedback from the 2016 Youth Worlds campaign, SAS have updated the selection criteria to take into account the longer period until the next event. [Follow this link for the updated selection criteria.](#) A key area that will be taken into account in the selection of the team will be results at the selection events, training time demonstrated via a training logs, detailed understanding of the racing rules, and a strength/ fitness level test.

**NOTE:** Should you wish to enter for this selection process you are required to forward your details to [Lucy de Freitas](#).

## 2017 World Sailing ENP Clinic

South Africa has been awarded the 2017 Emerging Nations Program Clinic for Africa. The details of this event have recently been confirmed. The event will be held in the Lasers and 420 classes between 3 and 9 April 2017 at Mossel Bay Boat and Yacht Club and will target sailors who have the potential to competitively compete in one of the next two Youth World Championships.

South Africa has spots for **4 sailors and 2 coaches** and the Laser and 420 class have been asked to nominate sailors for consideration for selection. Please contact these class Chairpersons should you wish to be considered for this event. Coaches can apply directly to [Lucy de Freitas](#) with a motivation for your nomination.

## 2018 Youth Olympics

World Sailing have not yet finalised the final qualification events for this event and we will update you once this is confirmed. A reminder that the events to be covered are as follows: Boys Board, Girls Board, Boys Kite, Girls Kite and mixed Nacra 15.

## 2017 Prohibited Substance list

SASCOC have recently circulated the [Prohibited Substance List](#). For 2017. Please ensure that you are fully aware of the contents of this list and that you remain compliant at all times. Ignorance is not a defense!

## Reminder

A reminder that the Ian Ainslee talk on the Dutch Olympic program is available on the [SAS Facebook page](#) in a post published on 19 Jan 2017.

## Important Dates

Please note the following important dates (further events will be added in our next newsletter)

- 18-21 March 2017 - Youth Multihull selection event at Tiger Nationals, Langebaan
- 3- 9 April 2017 - World Sailing ENP clinic at Mossel Bay Boat and Yacht Club
- 11 - 17 April 2017 - Youth Selection events incorporating WC Champs, Mossel Bay Boat and Yacht Club
- 16-24 July 2017 - [Laser 4.7 Youth World Championships](#) in Nieuweport, Belgium
- 26 July to 2 Aug 2017 - [Laser Standard men and Radial Womens u21 World Championships](#) in Nieuweport, Belgium

- 29 July - 5 Aug 2017 - [29er World Championships](#) at Alamitos Bay Yacht Club, Los Angeles, USA
- 11-26 Aug 2017 - [Laser Radial \(youth, women and men\) World Championships](#) at Medemblik, Netherlands
- 9-16 December 2017 - [2017 World Sailing Youth World Championships](#) at Sanya, China
- 14-22 July 2018 - World Sailing Youth World Championships at Corpus Christi, USA
- 1-12 October 2018 - Youth Olympics at Buenos Aires, Argentina
- 2-8 January 2018 - 29er World Championships at Royal Hong Kong Yacht Club, Hong Kong

Please let us know of any other key regatta dates that we can add to this list.

Please keep an eye on the SAS Facebook page for regular sailing updates and **forward this email to others that may be interested in receiving these updates** (mail signup link <http://eepurl.com/cfxSm1>)

**In closing, Remember that being a SAS member entitles you to a 10% discount on your Sunsail holiday booking**



Enjoy your sailing.

**Just do it - Let's go Sailing**

**South African Sailing**

**Enabling sailing for life across all sailing disciplines for all South Africans**

 [HTTPS://www.facebook.com/Sailing.org.za/](https://www.facebook.com/Sailing.org.za/)

 Forward

*Copyright © 2017 South African Sailing, All rights reserved.*

*Inputted from existing list and FB call to join for information put out by Peter Hall*

**Our mailing address is:**

South African Sailing  
Unit B40 Pinelands Business Park  
New Mill Road  
Pinelands, Western Cape S-7405  
South Africa