

# SOUTH AFRICAN SAILING LTPD SYMPOSIUM

South African Sailing (SAS) invites all Affiliated Clubs, Recognised Class Associations, Members and Officials to be part of this important symposium to collectively develop the Strategy and Policy for the Implementation of Long Term Participant Development (LTPD). The symposium will cater for the following interest groups:

***YOUTH CLASS REPS***

***SENIOR CLASS REPS***

***CLUB REPS*** (club managers, committee members and office bearers)

***COACHES***

***OFFICIALS*** (Race Officers and Judges)

***EVENT COORDINATORS***

(Regatta chairmen, secretaries, organisers, volunteers, rescue personnel, promoters)

***ADMINISTRATORS*** (SAS employees and regional Exco committee members)



# LTPD SYMPOSIUM INFORMATION PACK

The LTPD Symposium looks at the generic science behind Long Term Participant Development and what challenges and opportunities this presents to sailing in South Africa so that we can meet the 3 key objectives of SAS LTPD: Grow, Sustain, Excel.

The seven vested interest groups in LTPD are all important for the unified implementation of a new, integrated and innovative way forward for sailing in SA. The outcome of this symposium will be a refocus of SAS, revised policies for all vested groups, a SAS LTPD official guide, a better informed sailing community, and a complete competition review from club level to national selection for world events.

**“Be the change you wish to see in the world” Mahatma Gandhi**



# LTPD SYMPOSIUM PROGRAMME

## 9 March

19h00 - Presidents Dinner, Wanderers Club

RVSP by 1 March

## Saturday, 10 March

08h00 to 17h00 - Symposium, SASCOC Olympic House

- 08h00 - Collection from Protea Hotel Wanderers to SASCOC
- 08h30 - Welcome
- 08h45 - General Overview of LTPD:  
Origin, successes, SASCOC, SAS task team, stages of LTPD, etc
- 09h30 - Sports Science Physiology input:  
10 Key factors and 10 S's of trainability specific to sailing
- 10h00 - Tea break
- 10h30 - Challenges and Opportunities -  
Setting the tone and brief for break-away group sessions
- 11h00 - BREAK AWAY GROUPS
- 12h30 - Lunch
- 13h30 - BREAK AWAY GROUPS
- 15h00 - Tea break
- 15h30 - BREAK AWAY GROUPS
- 17h00 - Collection from SASCOC to Protea Hotel Wanderers



# LTPD SYMPOSIUM PROGRAMME

**Sunday, 11 March**

08h00 to 15h30 - Symposium, SASCOC Olympic House

- 08h00 - Collection from Protea Hotel Wanderers
- 08h30 - Sports Science Psychology input:  
event and club activities and competition structure appropriate  
to specific interest groups ie. ladies, disables and youth
- 09h15 - FINAL BREAK AWAY GROUP MEETING
- 10h00 - Tea break
- 10h30 - Feedback session YOUTH CLASS REPS
- 11h00 - Feedback session SENIOR CLASS REPS
- 11h30 - Feedback session CLUB REPS
- 12h00 - Feedback session COACHES
- 12h30 - Lunch
- 13h30 - Feedback session OFFICIALS
- 14h00 - Feedback session EVENTS
- 14h30 - Feedback session ADMINISTRATORS
- 15h00 - Final sum up from all feedback sessions and close
- 15h30 - Collection from SASCOC to OR Thambo



# LTPD SYMPOSIUM

## TRAVEL & ACCOMMODATION DETAILS

### Accommodation

Protea Hotel Wanderers  
Quote "South African Sailing" for the best rate

Phone: +27 (11) 770 5500

Email: res3@phwanderers.co.za or apple@phwanderers.co.za

### Travel

Friday 9th March: Shuttle services available from OR Thambo to Protea Hotel Wanderers  
(Times of shuttles to be confirmed)

Sunday 11th March: Shuttle services available from SASCOC to OR Thambo

There will be a shuttle service between Wanderers Hotel  
and SASCOC on both Saturday and Sunday

Times of shuttle service to and from SASCOC for the  
weeknd events are given in the programme

Anyone requiring the complimentary SAS shuttle service to/from airport, SASCOC and/or  
Wanderers Protea Hotel please email: [ltpd.symposium@gmail.com](mailto:ltpd.symposium@gmail.com) with your flight  
and accommodation details and number of people for whom transport is required

