

SAS HIGH PERFORMANCE CENTRE

Based on the SAS High Performance Strategy being developed during 2011, SAS intends starting a full time sailing high performance centre in the Western Cape region to meet the following objectives:

- Providing a base to keep and manage all SAS high performance boats for training camps and charter,
- Provide high performance coaching and support systems for sailors selected to represent South Africa at ISAF Youth Worlds, ISAF Worlds and Olympic Games,
- Commercial venture for providing training programmes for all SAS members that wish to enter a high performance programme irrespective of selections,
- Development of an international base for training and events that will appeal to professional Olympic campaigners from overseas during their winter months,
- Promote high performance sailors and campaigns to the media and sponsors, and to manage these sailors and worlds campaigns,
- On-going research and development of high performance sailing techniques and training methods for the South African sailing community,
- Creating partnerships with other countries to promote high performance sailing in terms of training and events on the continent,
- Integration of Sports Science for all high performance level training & camps,
- Organising office for international championships taking place in South Africa.

The centre being proposed will be based at the Simonstown Naval base together, but managed separately from, the Izivungu Vungu project. It will remain under the ownership and management of South African Sailing – High Performance Manager.

The proposed timelines are:

- 2012 - Development of centre: Funding, acquisition of equipment, setting up of office, training and storage facilities, Training of high performance coaches, administration and management set up
- First training camp planned for June 2012, joint with other African countries
- Fully operational from August 2012 onwards for Lasers (provided) and other classes (own boats)
- 2013 - Acquisition of more equipment (470s and Finns)
- Fully operational training centre 5 days per week (Tues to Sat)
- Joint training exchange programmes with other countries
- Three formal SRSA training camps per annum
- Development of ISAF African Sailing Championships in 2014
- 2014 - Continue with, and review, all functions as per 2013
- Joint training exchange programmes with other countries
- Hosting the ISAF African Sailing Championship – acquisition of suitable training fleet of boats

The centre's primary objective is to increase substantially the number of, and level of, high performance sailors in South Africa so that we can select and qualify sailors for the 2016 and 2020 Olympic Games in Laser (men), Laser Radial (women), Finn (men) and 470 (men and women) classes. High Performance support will also be extended to Multihulls and 49ers if we have any sailors campaigning for these events in 2016 and 2020 but SAS will not provide boats for these classes unless adequate private sponsorship is secured. The Multihull's training base will be Simonstown for admin and sports science purposes, and Fish Hoek for sailing purposes.

For any further enquiries or comments, contact Belinda Hayward, High Performance Manager, on belinda.hayward@vodamail.co.za or 083 616-0480.