



British Youth Sailing Profiling Day – YOUTH Saturday 3rd September

<u>Region</u>	<u>Location</u>
North/North Wales	University of Salford
West/South Wales	Cardiff (TBC)
South West	Portland (Osprey Leisure Centre)
South	University of Chichester
South East/East/Central	Hatfield, Herts (TBC)
Scotland	North Inch Community Campus, Perth
Northern Ireland	date & venue TBC

Profiling is an important aspect of sailor development, whether it is assessing strengths in on-water or on-land ability – it helps sailors to focus their training in areas that will give the most impact. These profiling days will enable sailors to identify their physical strengths, and how to work on all major areas of fitness to aid their sailing performance, reduce chance of injury, and aid progression onto Olympic-class or professional sailing. Attaining and maintaining a minimum amount of fitness is a requirement for UK Youth Squad selection, therefore it is recommended for sailors to be participating in fitness-based activities including other sports to raise their level of physical robustness – maximising their on-water training/performance and minimising time loss through reducing injury and illness.

These venues have been chosen to reduce travel times/costs for families and protect sailing camps for spending time on the water, almost all sailors being less than approx. 2 hours travel from their nearest venue. You do not have to choose the closest venue, as we would like these profiling sessions to fit around your plans. We will be taking bookings in advance for up to 120 sailors per venue in 3 x 3hour sessions, starting at 0900h, 1200h and 1500h at English venues and 2 x 3 hours sessions; 0900h – 1200h and 1200h – 1500h at the Scottish venue. Information on how to book these sessions will follow shortly.

The next profiling dates will be held on Saturday 17th December (at the same venues), with a final third session for the season ran in the days leading up to the RYA Youth Nationals at a sports facility close to the venue.



Location of profiling venues