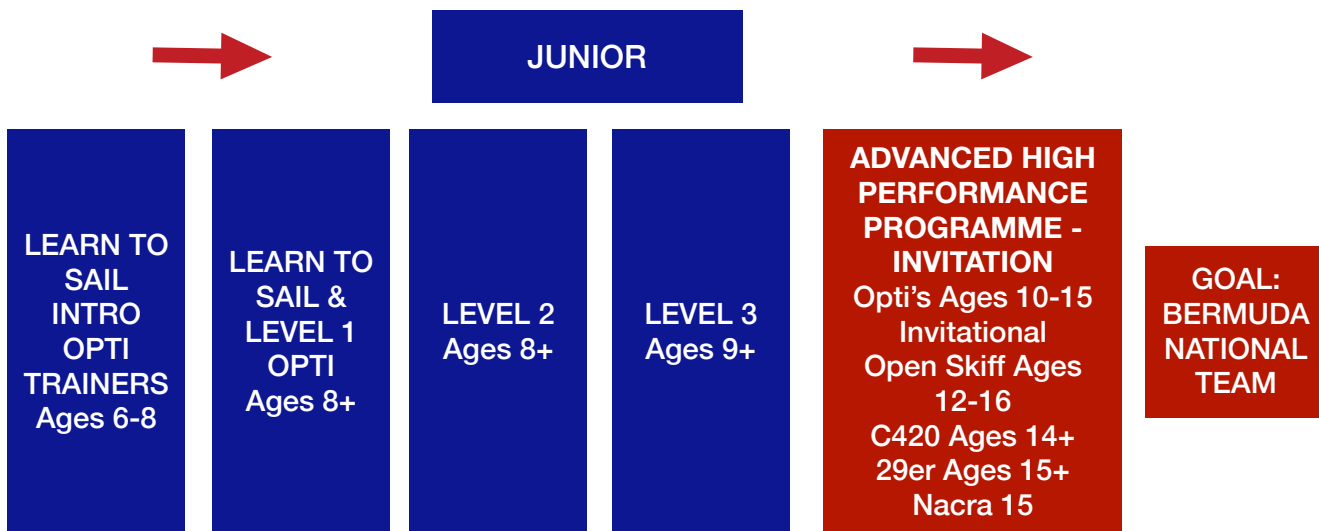




RHADDC **SAILING PROGRAMME**

RHADC SAILING PATHWAYS

The RHADC Sailing Programme provides clear pathways to promote and develop sailing in Bermuda. There are two pathways: Recreational and High Performance, which sailors can progress and excel through to adulthood. No matter the pathway that is chosen, RHADC will nurture a love for the sport with the ultimate goal to enjoy sailing as a life long sport.

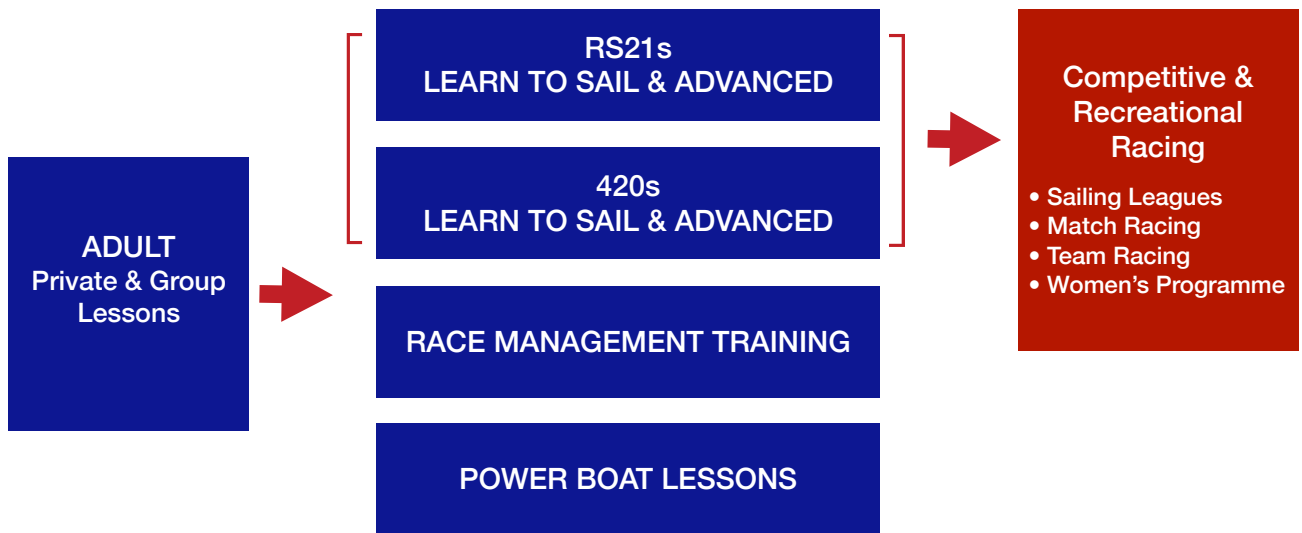


RHADC develop young sailors at the appropriate age and ability giving them goals to achieve throughout their sailing journey.



RHADC SAILING PATHWAYS

The RHADC Sailing Programme provides older sailors (15+ to adult), with the opportunity to learn how to sail in private and group lessons. RHADC has a new fleet of RS21s. The RS21 provides a simple and affordable solution for keelboat clubs with the opportunity for fleet ownership, league competition, training, and pay-as-you-go sailing. Seasoned racers can get certified and charter a boat for racing or training, while those with less experience can take advantage of our Sailing Programmes tailored to this new fleet of boats.





BER

SC SAIL CENTER

1077
1077
1077

W. J. ...
L. ...
M. ...

SC SAIL CENTER
1077

RHADC HIGH-PERFORMANCE PROGRAMME

The RHADC High-Performance Programme provides the appropriate pathways to nurture and develop sailors throughout their sailing career. The overriding goal is to provide high-quality sailing instruction and competition opportunities, including regular opportunities for overseas regatta experience, whilst at the same time promoting good sportsmanship and camaraderie amongst sailors.

Key Training Pillars

Enjoyment Creating a love for the sport with a focus on development and sportsmanship over winning	Fundamentals Learning solid technical & tactical skills	Equipment Sailors learn how to take care and be responsible for their equipment	Competition Local and international racing opportunities
Specialist Training Advanced Level Racing Camps to learn: techniques for speed, race tactics and strategy	Mental Preparation Sailors learn the mental skills to bridge the gap between training and the demands of high level competition	Nutrition Sailors learn about the importance of nutrition to achieve ultimate performance during training & competition	Fitness Sailors train to build stamina, strength and improve concentration



RHADC HIGH-PERFORMANCE PROGRAMME

Boat Classes

The RHADC High-Performance Programme provides coaching in a number of different types of boats including Optimist, Laser, Nacra, 29er, C420, RS21 and Open Bic. RHADC coaches work with the sailors to help them find the right pathway to develop the necessary skills and knowledge needed to become confident sailors in whatever boat they choose.



RHADC HIGH-PERFORMANCE PROGRAMME

International Regattas

The RHADC High-Performance Programme provides regular opportunities for sailors to travel overseas to compete on the international stage. Teams have been sent to the Orange Bowl, USODA Nationals, Open Bic North American & World Championships. These experiences are an important part of a sailor's development as they get to race amongst some of the best in the world and experience various different conditions.



RHADC **HIGH-PERFORMANCE PROGRAMME**

The Benefits of Sailing

The RHADC High-Performance Programme recognises how important sailing can be to the overall develop of a young person. The programme encourages and nurtures the 'soft-skills' needed to succeed in life.

- Learning through Discovery
- Decision Making
- Self-Confidence
- Team Work
- Communication Skills
- Creating a sense of Adventure
- Risk Taking
- Responsibility
- Courage
- Perseverance
- Flexibility
- Cognitive Skills





RHADC HIGH-PERFORMANCE PROGRAMME

Coaching and Peer Leadership

As the RHADC High-Performance Programme sailors progress through the programme they are encouraged to volunteer as youth coaches and peer leaders to the younger generation of up and coming sailors. This gives them the opportunity to gain important skills to become role models within the sailing community. The High-Performance sailors inspire the younger sailors to be better and achieve more.



RHADC HIGH-PERFORMANCE PROGRAMME

Testimonials

“Sailing has given me confidence and taught me how to take risks navigating my boat in challenging conditions.”

Sailor, 12

“My daughter went into the RHADC’s Opti sailing programme a fearful and quiet child. Sailing transformed her into a confident and happy preteen who is aware of her value and her strengths. The RHADC programme teaches and reinforces independence, responsibility and organisation, while fostering a drive to improve and succeed.”

Parent

“My son continues to thrive in the RHADC High Performance Programme. Coaches, Nico and Maria, provide a positive learning environment where the sailors are encouraged to progress in a safe and appropriate pace.”

Parent

“Since learning to sail, my son has grown in confidence and become more independent. He continues to work hard to improve his skill and reach his ultimate goal of making the national team and representing Bermuda.”

Parent





8001
1008
BER

AMARADASA
BER



RHADC Sailing Programme
25 Pomander Road
Paget, PG 05

sailing@rhadc.bm
1-441-236-2250