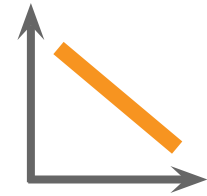


Purpose



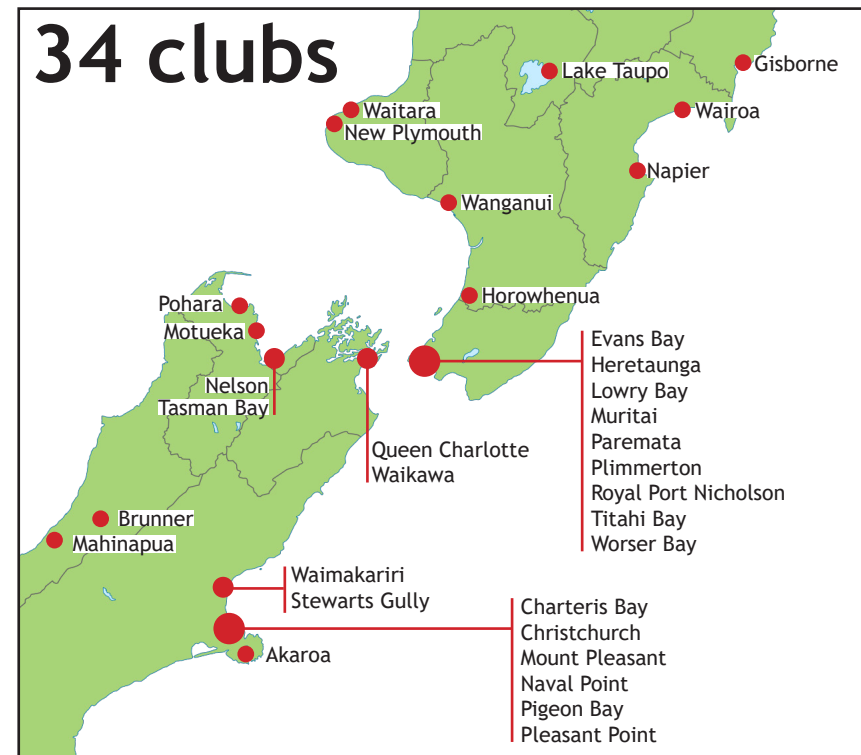
As kiwi kids get older they also get less active

The Youth Programme supports kiwi kids to stay active in sport and recreation and also provides a pathway for ambitious youth to become high performing athletes capable of competing nationally and internationally.

Principles

Whakapono We believe
Mahi Tahi We work as one
Whanaungatanga We belong
Kaha Tahi We are stronger together
Whakaroto We serve

Participants



Programme Parts

Golden Skills

- Speed Upwind
- Speed Downwind
- Start
- Tactics

Sports Science

- Sail Smart
- Hike Hard
- Sail Fit
- Eat Well

Camps

Four times a year sailors from the clubs in the region go to Wellington for a regional camp. Lessons learned in the camps are reinforced through club programmes between camps.



Pathways and Progression

