

Policy Document

Guidelines for the Application and Selection  
of the *National Training Squads*

Issued 13 May 2012



- 
1. Aims
  2. Program deliverables
  3. Eligibility
  4. Selection Process and Review
  5. Sparring Partners
  6. Training Attendance
  7. Fitness Testing
  8. Requisite Behaviors
  9. Sailor's Agreement
  10. Disputes
  11. Appeals

Appendix I: Squad Specific Information

Appendix II: Requisite Behaviours of National Training Squad Members

## 1. Aims

The aims of the National Training Squad system is to further the learning opportunities of Singapore's top sailors in the classes identified in the Olympic pathway, and to provide the necessary training framework for Singapore's sailors to achieve on the world stage.

The following squads currently exists in the system:

- National Optimist Training Squad 'A' & 'B'
- National Single-handed Junior Training Squad
- National Single-handed Youth Training Squad
- National Double-handed Youth Training Squad
- National Windsurfing Junior Training Squad
- National Windsurfing Youth Training Squad

### Olympic Class Training Squads

Specific Olympic class training squads targeted at the Olympic Games may be formed from time to time as required.

These may be separate and stand alone training squads or subsets of an existing training squad. The policy document *Guidelines for the Application and Selection of the Olympic Training Squads: Olympic Development Squad and Olympic Squad* provides an example of these programs and squads.

## 2. Program Deliverables

The National Training Squads will endeavour to deliver services through a Joint Management Team (JMT) in the areas of:

- Class specific coaching by National coaches
- Sport science support in conjunction with Singapore Sports Institute services
- Athlete lifestyle support including integrating education, work and national service with sailing

National Training Squad members may be eligible for:

- SSC Spex Carding and SpexTAG (where eligible under the SSC rules governing these schemes)
- Overseas developmental regattas and training camps
- Part or full funding for overseas competitions and training

### **3. Eligibility**

To be eligible for selection the sailor must:

- Be a citizen of the Republic of Singapore. (Note: Permanent residents are not considered as citizens.)
- Be a member of a club/association affiliated to Singapore Sailing Federation
- Be in good financial standing with Singapore Sailing Federation

### **4. Selection Process and Review**

#### General conditions

Entry to each squad will be reviewed on a 6 monthly basis generally in January and July of each year.

Sailors who were members of a national training squad and due to age or physical characteristics choose to change class may at the sole discretion of the selection panel be either:

- a) granted full National Training Squad member status for the new squad  
OR
- b) be given sparring partner status in the new squad

#### Ranking

Where a mature and stable national ranking list for a particular class exist, that ranking list will form the primary basis for selection into the relevant squad unless otherwise specified in this policy or its appendices.

Squads where a national ranking list does not exist or local racing in the particular class has been limited or dormant for a period of time, selection for these squads will be reviewed according to the conditions specified in Appendix I of this policy.

#### Application Based

Selection for Olympic Training Squads will be conducted on an application for entry basis due to the high level of commitment and expenditure involved with these squads.

Sailors who are interested to be considered in an Olympic Training Squad shall write in to the Head of High Performance with campaign details including training and competition plans; competition targets; proposed campaign costs; integrated work and life commitment plans; proposed support staff (if any).

## **5. Sparring Partners**

The Selection Panel, may at its sole discretion, deem it as beneficial to invite sparring partners for a particular national squad. Such invited person/s will be afforded the right to train with the national training squad but may occasionally be required to sit out for particular training sessions as decided by the squad coach.

This would generally only apply where the national training squad is of limited size or where a strong recommendation for a particular person/s inclusion has come from the relevant squad coach.

The selection of a sparring partner will not remove, or take the place of, another duly qualified sailor from that squad.

## **6. Requisite Behaviors**

Requisite behaviors for national training squad members is detailed in Appendix II of this policy.

## **7. Training Attendance**

Sailors will be required to attend regular scheduled training by the squad coach.

The minimum attendance requirement is 70% of scheduled training sessions including both on and off water sessions.

Failure to meet the attendance requirement will be addressed using the governing strategy of the Requisite Behaviours for National Training Squad Members.

Sailors who fail to meet the minimum training requirements may also have their SSC grants prorated according to their actual training attendance in accordance with SSC policies.

## **8. Fitness Test**

Sailors shall attend all 3 scheduled fitness tests each year.

Failure to meet the attendance requirement will be addressed using the governing strategy of the Requisite Behaviours for National Training Squad Members.

## **9. Sailor's Agreement**

Sailors who wish to accept invitation into the National Training Squads will be required to sign a sailors' agreement that outlines the responsibilities of the sailor and that of Singapore Sailing Federation.

## **10. Disputes**

Where there is a conflict or dispute in respect of these guidelines, Singapore Sailing Federation reserves the right to interpret this document and to use its sole discretion in the resolving of the matter in conflict or dispute.

Singapore Sailing Federation's policies and procedures are subject to change from time to time, including variations to comply with Singapore Sports Council policies. At its absolute discretion, and for whatever reasons, Singapore Sailing Federation reserves the right to amend, supplement and/or discontinue part or all of its policies and procedures.

## **11. Appeals**

Sailors must state, in writing, their intention to appeal any decision within 48 hours of the notification by the Selection Panel. Written intentions to appeal must be forwarded to:

General Manager  
Singapore Sailing Federation  
1500 East Coast Parkway  
National Sailing Centre  
Singapore 468963

Appeals will incur a bond of \$500. If the appeal is deemed to be frivolous or unmeritorious by the appeals panel then the bond will be forfeited.