



Version 01.2015

An informal introduction guide to SST
for parents, sailors and coaches.

“Your child’s success or lack of success in sports
does not indicate what kind of parent you are.
But having an athlete that is coachable, respectful,
a great teammate, mentally tough, resilient and
tries their best is a direct reflection of your parenting.”

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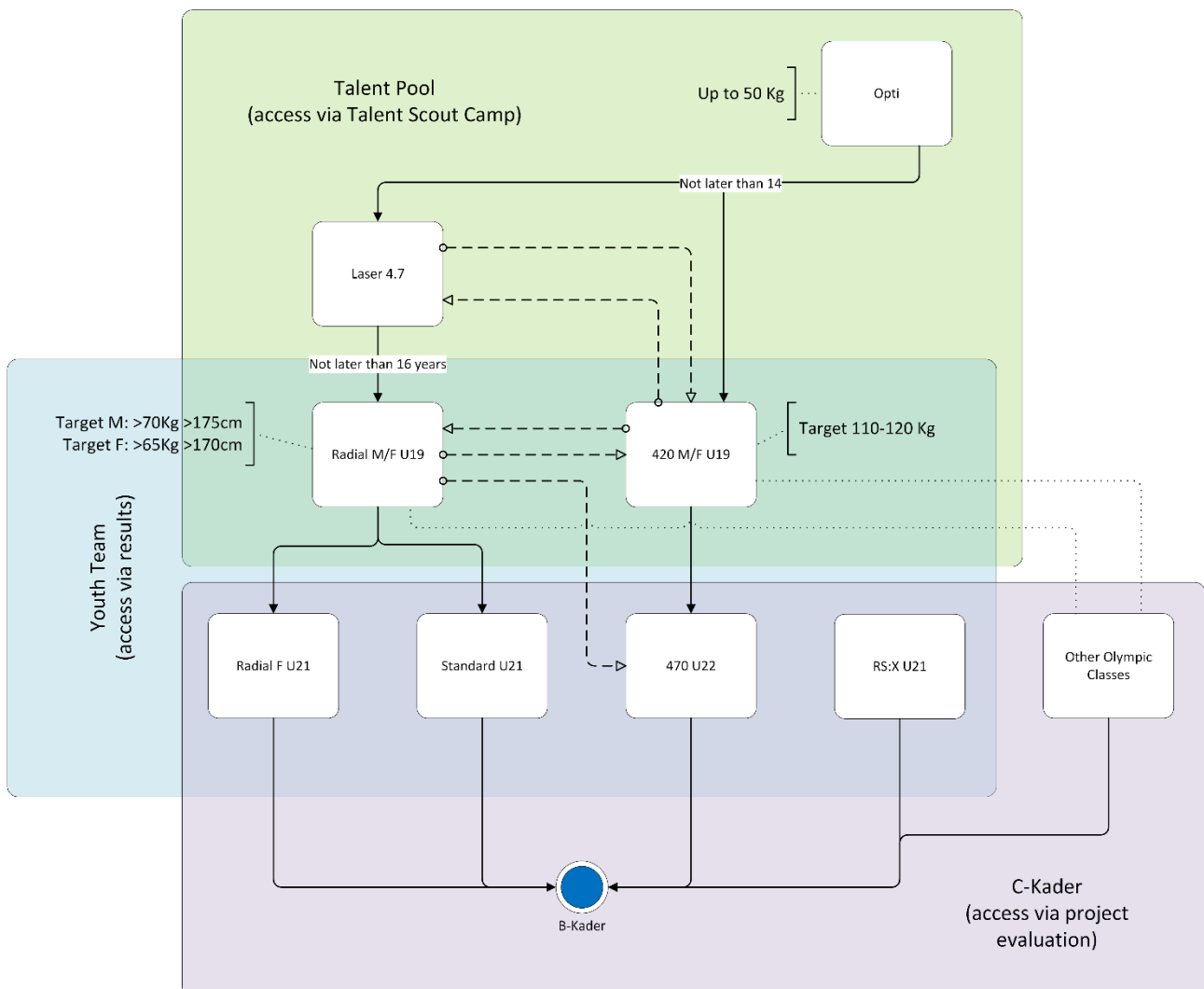
GENERAL FRAMEWORKS FOR THE LONG-TERM DEVELOPMENT OF A SAILOR

1. Kaderstruktur Swiss Sailing Update 2014: the attachment #1 presents an important part of the “Nachwuchsförderungskonzept” / “Concept de promotion de la relève” 2012 – 2016. This specific document of Swiss Sailing, that it’s available at the following links:

- a. [German version](#)
- b. [French version](#)

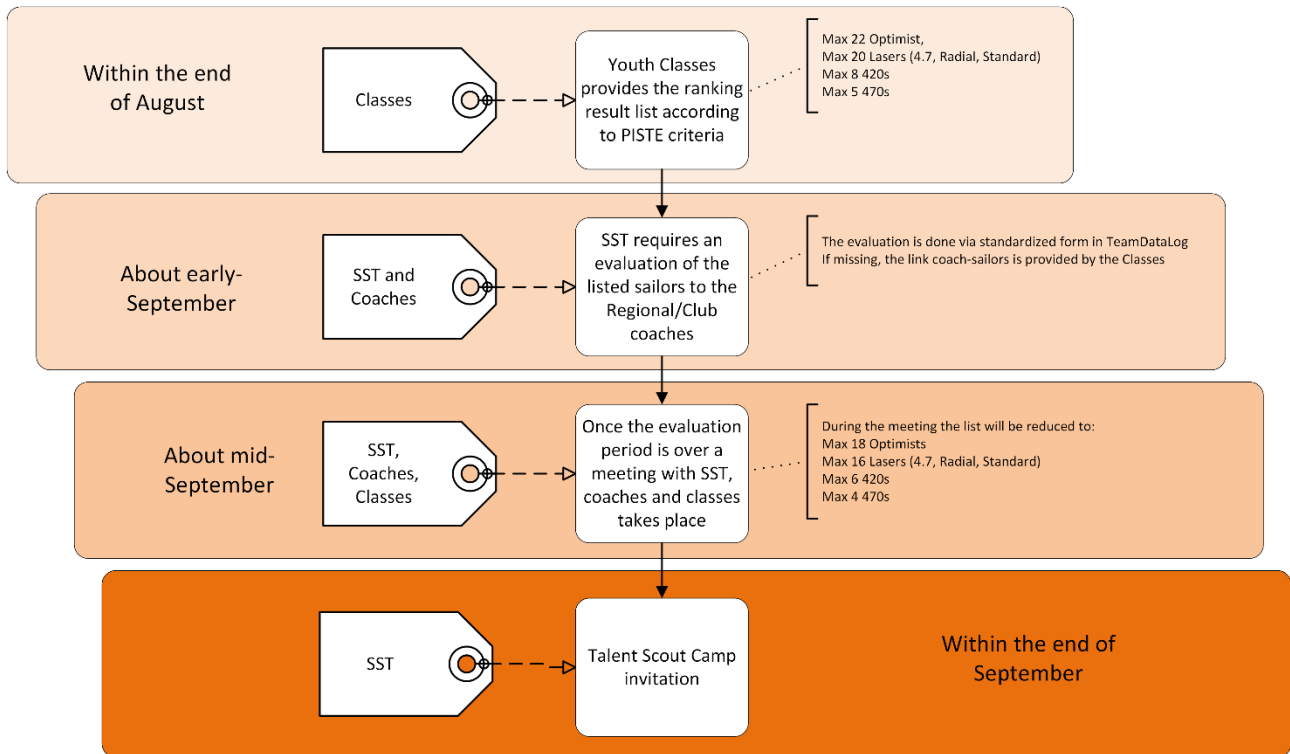
It was recently updated introducing the C-Kader and then approved by Swiss Olympic. The Kaderstruktur represents the architecture of the Swiss Sailing local, regional and national and the Swiss Sailing Team coaching domain and organization.

2. SST Performance Pathways: the following flowchart represent the possible pathways that sailors can follow during their youth sailing carrier in Switzerland with the support of Swiss Sailing Team.



3. SST Talent Pool Selection Process: the process to be selected in the SST Talent Pool has to comply with the PISTE system (Prognostische Integrative Systematische Trainer-Einschätzung) of Swiss Olympic. This method is fully implemented by SST and since the Talent Scout Camp 2014 all the results of the tests are available for the sailors and coaches

on [TeamDataLog](http://www.teamdatalog.ch). The participation at the TSC is mandatory in order to be selected to the Talent Pool. The Talent Scout Camp is usually scheduled at the begin of October each year, the early dates for the following year are presented at the Coach Meeting (for example at the Coach Meeting 2014, the approx. dates for the 2015 were released). The official dates are published in spring on the SST website (www.swiss-sailing-team.ch) and listed in the SST newsletter.



4. SST Talent Pool Selection Criteria: the attachment #2 presents the Selection Criteria for the Talent Pool. The document can be downloaded as well from the SST website under the section Download (www.swiss-sailing-team.ch/downloads). SST, in accordance with Swiss Sailing and Swiss Olympic, uses the following main evaluation criteria for the talent recognition:

- Performance, technical skills & knowledge
- Commitment and sport behaving
- Results of the fitness tests: strength, endurance, hiking test, flexibility and balance
- The sailing curriculum of the athlete (implemented in TeamDataLog from Jan. 2015)
- Interview about long term targets and background
- Determination of the biological state of development

5. SST Youth Team Selection Criteria: the selection of the SST Youth Team members is based on the same criteria as above, but the race results are determinant to access that group. The sailors that achieved the results target listed in the “Kaderreglement” / “Règlement du Cadre” 2015-2016 (an extract below and it’s available at www.swiss-sailing-team.ch/downloads) don’t need to take part to the Talent Scout Camp, but their results will be reviewed by the SST Selection Committee, which can confirm or deny the membership.

Zielalter		16	17	18	19	20	21	Definition Rangliste
Förderjahre		1	2	3	4	5	6	
Radial M	JuEM {U19}	GOLD Fleet (Top3 Silver)	1-30	1-20	-	-	-	Rangliste Europa
	JuWM {U19}	GOLD Fleet (Top3 Silver)	1-35	1-25	-	-	-	Rangliste Herren
	ISAF JuWM	1 - 30	1-20	1-15	-	-	-	
Radial F	JuEM {U19}	GOLD Fleet (Top3 Silver)	1-30	1-20	-	-	-	Rangliste Europa
	JuWM {U19}	GOLD Fleet (Top3 Silver)	1-35	1-25	-	-	-	Rangliste Frauen
	ISAF JuWM	1 - 30	1-20	1-15	-	-	-	
	JuEM {U21}	-	-	-	1-25	1-15		Rangliste Europa
	JuWM {U21}	-	-	-	1-30	1-20		Rangliste Frauen
Standard	JuEM {U21}	-	-	1-35	1-25	1-15		Rangliste Europa
	JuWM {U21}	-	-	1-40	1-30	1-20		Rangliste Herren
420er	JuEM {U19}	GOLD Fleet (Top3 Silver)	1-15	1-10	-	-	-	Rangliste Europa M/W
	ISAF JuWM	1-25	1-15	1-10	-	-	-	
	WM	GOLD Fleet (Top3 Silver)	1-30	1-20	-	-	-	Rangliste Junioren M/W
470er	JuEM {U22}	-	GOLD Fleet (Top3 Silver)	GOLD Fleet (Top3 Silver)	1-30	1-15	1-10	Rangliste Europa (M/W)
	JuWM {U22}	-	GOLD Fleet (Top3 Silver)	GOLD Fleet (Top3 Silver)	1-30	1-20	1-15	Rangliste M/W

6. ISAF Youth World Selection Criteria: SST publish on the website (www.swiss-sailing-team.ch) the regulation each year between mid-December and the end of January, depending by the period of the championship and the relative publication of the Notice of Race by ISAF on the official website (www.isafyouthworlds.com). The sailors that intend to participate to the selection have to subscribe the above mentioned regulations, satisfy the eligibility code for that specific race and keep their own [TeamDataLog](#) account updated in Planning and Reporting during the season.

The sailors that will fulfil the criteria will be entitled to represent Switzerland at the ISAF Youth Sailing World Championship.

General description of the SST support for Talent Pool and Youth Team members:

- Talent Pool (depending on budget and SST strategy):
 - coach support for training over winter semester period (November-May) with a maximum of 35 days/season (Swiss Olympic Ethic Charta compliant – attach. #3),
 - advice in long term performance development,
 - [Swiss Olympic National Talent Card](#),
 - [Antidoping formation](#), [Cool & Clean education](#),
 - access to TeamDataLog
- Youth Team (depending on budget and SST strategy):
 - coach support for training over winter semester period (November-May) with a maximum of 40 days/season (Swiss Olympic Ethic Charta compliant – attach. #3),
 - individual training and racing planning,
 - access to performance diagnostic (partial),
 - access to team logistic and rib service (when available)
 - SST Team wear,
 - [Swiss Olympic National Talent Card](#),
 - Army management, [Antidoping formation](#), [Cool & Clean education](#),
 - access to TeamDataLog ([sign up](#)).

BEING A BETTER SAILING PARENT

1. INTRODUCTION

Sailing is a lifetime sport. It builds self-confidence and self-esteem. It teaches self-discipline, self-reliance and respect for others. But, above all, it provides a good way of performing physical exercise whilst having fun.

However, there's a big difference between learning the basics to sail at recreational level, and competing successfully at a high level. Competitive sports like Sailing usually teach the youngsters to work hard, to learn to manage stress, to perform under pressure, and test emotional and physical balance. However, they can also impose pressures which are damaging if handled wrongly. Sometimes competitive junior Sailing can be especially difficult for both parents and children because there are many factors which affect this competitive environment which are usually new for everybody.

For parents, competitive Sailing can become a complex experience, especially if they themselves have not played at a competitive level before. For youngsters, problems occur because too often, the demands that competitive Sailing place on them seem to lie beyond their control and abilities. You, as a parent, want to help your child to manage this new situation, as you do in other aspects of your child's life: school, friends, family, etc. You want your child to be happy, to have fun and to learn to play Sailing to a reasonable level. No doubt that's why you encouraged them to be involved in the sport in the first place.

You know that it is not easy to be a good parent and, it is even harder to be a good parent of a Sailor. To know what is best to do to help your child and also when and where to do it, is not easy.

There are a lot of questions to ask but it is difficult to know who to ask and for the most part, there are no clear answers or guidelines to follow. Many problems occur because parents are unsure as to how they can best help their child and so use their natural instincts. In doing this, they go wrong far more often than they go right.

The reality is that parents have a very important role to play in their child's Sailing activity, whatever the level of participation.

Parents need, however, to be trained and prepared for the role they have **to play in this team**.

Hence the reason for this document which has been written to help you, the parent, to perform better within the highly complex and sometimes, confusing world of competitive Sailing. It is written to inform and to provide guidelines on how to best help your child so as to ensure that you, as well as your child, enjoy your involvement in Sailing. We hope that you find the information useful in your Sailing parent role wherever in the world it may be.

2. PARENTS AND SAILING AS A SPORT

- Focus mostly on performance instead of focusing only on Sailing results or outcomes.
- Reward effort/hard work ahead of success. **AVOID** rewarding only results.
- Promote the perspective that Sailing is only a sport emphasising its value as a preparation for life. **AVOID** making Sailing bigger than life by for instance, placing more importance on Sailing than schoolwork.
- As a Sailing parent, try to understand and have empathy with the emotional pressures and the complexity of the sport itself. **AVOID** underestimating the stresses of a sport like Sailing.
- Give your children tasks and responsibilities, which will build in time self-confidence and independence. **AVOID** making them overly dependent on you.
- Ensure that the Sailing competitive experience is a positive one, principally from the perspective of developing the person. Emphasise the important elements of sportsmanship,

ethics, personal development, responsibility and a positive attitude towards others and by doing so, share with your child a healthy interest in a great sport. **AVOID** allowing training and competition to become a negative experience for you or your child.

- Realise that children not only have the right to participate in Sailing but also, to chose not to participate.
- Let your child know you care and are there if they need you to help them. **AVOID** becoming over involved in your child's Sailing.
- Be prepared to listen and learn. **AVOID** thinking that you know everything about Sailing.

3. PARENTS AND THEIR SONS AND DAUGHTERS

- Be ready to help emotionally and offer encouragement especially when your children face hard times. **AVOID** using punishment and withdrawal of love, affection and warmth to get your children to try harder or perform better.
- Make your child feel valuable and reinforce his self-esteem especially when he loses. **AVOID** criticising your children's results.
- Clearly state that your child is playing and you will be there encouraging him if he wants you to be. **AVOID** saying, "We're playing today", as if you were going to be on afloat too.
- Recognise your child's achievements in Sailing but keep their feet firmly on the ground by keeping sporting results in perspective. **AVOID** placing them on a pedestal.
- Emphasise that, "Win or lose, I love you just the same". **AVOID** getting upset or treating your child differently when he loses.
- Ask questions such as, "How was the wind?", "How did you sailed?", "Did you enjoy it?", which show you care about your child and their performance/enjoyment rather than the result. **AVOID** asking, "Did you win?" after your child comes back from a race.
- **AVOID** over training and burnout. Do not forget that your child is still growing.
- Be supportive (financially and otherwise), reinforcing that you are happy to support your child's involvement in Sailing. **AVOID** fostering guilt by making your child feel that he owes you for the time, money and sacrifices you have made.
- Try to encourage your child to be independent and to think for himself. **AVOID** coaching.
- Following a loss by your child, keep the loss in perspective by emphasising that it is only a Sailing race. However bad the result was, the world has not come to an end and the sun will come up again tomorrow. **AVOID** verbally or physically abusing your child, particularly following a loss.
- Try to be honest and consistent when communicating with your child about his Sailing. **AVOID** lying.
- Encourage your child to take responsibility for their success or failure and to face up to the reality of the race and their actions. The main objective should be, whatever the conditions, to help them to focus on trying their best. Then they will always be "true winners". **AVOID** making excuses for your child ("the wind was too light/strong", "the opponents were lucky", blame the umpires/judges etc.).
- Show your interest in your child's Sailing by attending events occasionally. However, **AVOID** attending every practice and every match.
- Let the coach decide how much your child should practice. **AVOID** criticising your child for failure to play more Sailing, or forcing him to train. Remember when it comes to training, quality is more important than quantity.

- Understand the risks and look for the signs of stress (sleeplessness, hypercriticism, cheating, etc.). **AVOID** being insensitive to your child's expressions of insecurity and anxiety, resulting from their involvement in competitive sport.
- The only expectation that you should have from your child's involvement in Sailing is that sailing will help your child to become a better person and athlete. Anything else will be a bonus. **AVOID** assuming or expecting that your child will become a successful professional sailor and avoid denying that too.
- Encourage your child to play other sports, to build relationships and to participate in other activities. **AVOID** forcing your child to focus entirely on Sailing.
- Compare your child's progress with his own abilities/goals. **AVOID** comparing your child's progress with that of other children.
- Try to motivate your child in a positive and caring way (eg. positive reinforcement). A ratio of 3:1 positive comments to each negative one is a good guide for giving effective feedback to your child. **AVOID** harassing or using sarcasm to motivate your child.
- Ensure your child respects the principles of good sportsmanship, behaviour and ethics. **AVOID** ignoring your child's poor behaviour (cheating, using abusive language or treating others with disrespect) or overlooking critical areas of your child's development at the expense of Sailing. If this type of behaviour occurs, get involved quickly and be prepared to act if his behaviour is unacceptable.
- Reward your child for what he is as a human being not as a Sailing player. **AVOID** tying special privileges, prizes, external rewards, etc., to winning in Sailing.
- Understand that you and your child need to share other interests and will often need a break from Sailing. **AVOID** arguing or spending too much time speaking about Sailing with your child.
- Your child's welfare and wellbeing is the most important thing. **AVOID** letting your child's Sailing become more important to you than your child.
- Realise that sailors usually need some space when they lose. A pat on the back or an unemotional word of encouragement is often sufficient. You can discuss the race when they are less emotional. **AVOID** forcing your child to talk with you too shortly after a loss.
- Take injuries seriously and if in doubt consult a doctor. Don't ignore aches and pains and **never** force your child to play when injured.
- Let your child know that you are ready whenever possible to provide transportation for them to competitions and trainings. **AVOID** insisting on accompanying your child to every event.

4. PARENTS THEMSELVES

- Try to look positive, content, determined, calm and relaxed during matches. **AVOID** showing negative emotions by looking nervous or disgusted on the boat park when, for example, your child makes a silly mistake.
- Keep your sense of humour and try to have fun through your child's Sailing. **AVOID** acting negatively or appearing overly critical. Know that it takes emotional control to be a good Sailing parent.
- Stick to your parental role. **AVOID** trying to be your child's coach (i.e. become too involved in strategy, technique, etc.).
- Live your own life apart from Sailing. Remember you have personal needs too. Do not totally neglect them. **AVOID** trying to live out some of your unfulfilled dreams through your child's Sailing.
- Recognise and be generous in your applause of the performance and effort of your child's opponents. **AVOID** ignoring or criticising your child's opponents.

5. PARENTS AND THEIR CHILDREN'S COACH AND OTHERS

- Have respect for your coach's expertise. **AVOID** criticising the teaching methods of your child's coach.
- Ensure that the coach is keeping the right perspective by being positive, encouraging and promoting good life values (see Swiss Olympic Ethic Charta). Ensure that your child's coach has signed up to the Swiss Olympic Ethic Charta. **AVOID** allowing the coach to be too pushy, negative or results-oriented, or to enrol your child in excessive training, etc.
- Establish clear lines of communication and try to meet regularly with your child's coach to ask about your child's progress and to discuss shared goals and the emotional development of the child. **DON'T** avoid meeting or communicating with the coach.
- Prior to hiring a new coach for your child, ensure that any previous coach - student relationship has been ended in a professional and ethical manner.
- Understand that your child's coach is a qualified professional who can help your child in many areas, both Sailing and others, and also help you to understand and to know more about Sailing. Assist the coach by helping them through your experiences to gain insights into and a better understanding of your child's personality and feelings. **AVOID** considering the coach as merely an employee or somebody who has only professional goals.
- Be generous in recognising the good races of your child's opponent. As you can help one another, work to build good relations with other parents. **AVOID** developing poor relations with other parents and making enemies with your child's opponent's parents.
- Try to keep a balance between Sailing and the interests of the other members of the family. **AVOID** overlooking other children in the family.

QUESTION & ANSWER (general answers, special cases may always happen)

- ✓ **Expectations of SST:** we expect that the sailors selected for the Talent Pool or Youth Team are performing at their best in training and races, that they are committed to improve constantly and keen to compare, learn and exchange, eventually they have to be organized.
- ✓ **Targets to reach:** top performance sailing technique, athletic attitude (sport behaviour, mentally and physically), training routine (planning/reporting, communication of feelings, boat preparation, etc...), theoretical knowledge (Racing Rules of Sailing, strategy, tactics, weather, etc...), independency and team player.
- ✓ **Official team language:** English, translation to German, French and Italian are available depending by the team composition (coach, sailors).
- ✓ **What SST is offering:** SST takes in charge the coaching service with high quality experienced professionals. SST is paying the salary, the expenses and the motorboat for the coach (with an exception for the Opti TP Silver Team where not all the costs are fully covered).
- ✓ **How much cost TP?:** there are no participation fees for the Talent Pool (except maybe for Opti TP Silver Team) and Youth Team members. Sailors have to cover their own costs for logistic, accommodation, food and travel. If a sailor is invited as sparring partner of the Team, a participation fee may applies.
- ✓ **Who take care of logistic ?:** for the Opti TP (Gold and Silver) Teams it's directly managed by the Opti Class. For all the other teams SST is taking care of the coach logistic and motorboat. The accommodation is booked as well by SST, but sailors have to manage the booking of travel and race entries (if any).

- ✓ **What's the role of the parents?:** the parents are welcome to cooperate for the sailors' boats logistic. Moreover, they are welcome to be present during the training for supervising the sailors during their free time. Each parent of a sailor in the TP or YT can find the contacts of the parents of the other team members inside TeamDataLog (section "Forms").
- ✓ **What's the role of Clubs and SwS Region?:** each Sailing Club or SwS Region, with at least a sailor in the TP or YT, is welcome to support their sailors providing the use of trailers, van, motorboats or other available equipment.
- ✓ **Training program:** the training program of the TP is presented at the end of the Talent Scout Camp during the Meeting with the Parents. All the communication about planning is done via TeamDataLog thereafter. SST is trying to deliver training dates very early, but then sometimes a change of the plan will be required. Training plan of YT is done directly with the team members.
- ✓ **Absences:** the sailors can miss only one single camp/race of the SST seasonal program. The sailors part of TP or YT shall take part to the international championships (Worlds and Europeans).
- ✓ **Ethic:** SST coaches subscribe the Swiss Olympic Ethic Charta and each sailors commit to the Cool&Clean commitments.

USEFUL LINKS

- Swiss Olympic:
 - [Jeunes talents sportifs en route vers le succès](#)
 - [Junge Sporttalente auf dem Weg an die Spitze](#)
 - [Réseaux sociaux: être au top en toute sécurité](#)
 - [Fit und sicher auf Facebook & Co](#)
- Cool & Clean:
 - [Commitments \(D\)](#)
 - [Commitments \(F\)](#)
 - [Commitments \(I\)](#)
 - [Cyber-mobbing \(D\)](#)
 - [Cyber-mobbing \(F\)](#)
 - [Cyber-mobbing \(I\)](#)
- Antidoping.ch:
 - [Athletes' Rights and Responsibilities](#)
 - [Education, instructional material](#)
 - [Android](#) and [iPhone](#) apps to know if your medication contains prohibited substances according to the "Prohibited List" issued by the [World Anti-Doping Agency](#)
 - [World Anti-Doping Agency - The Doping Control Process for Athletes](#)

SOURCES and CREDITS

As an informal guide this paper contains texts elaborated by other documents too. The aim is to offer to the reader a general overview about Swiss Sailing Team support and guide lines during the years of competitions in the youth categories, including the fundamental role of the parents in the long-term development of a sailor.