2012 NSST Selection Criteria & Benefits

The NSST Selection Criteria is based on the NSST Boat Progression Model and the CYA Long Team Sailor Development Model. Athletes must be at the Learn to Train level or higher in order to qualify for the NSST. These criteria and benefits are subject to revision.

The team will consist of athletes who meet the following criteria.

A Team – Train to Compete Stage
These athletes are competing for spots on the National Team. They have a year round training program and they are sailing Olympic Classes.

Selection Criteria will be based on the following events and your yearly training program:

- Competed in Miami OCR
- Competed at NQR
- Top 60% at Mid Winters (Lasers & Radials)
- Top 60% at North Americans
- Top 30% at CORK OCR

If selected and eligible in the Canada Summer Games year these athletes will be expected to compete for Nova Scotia.

B Team – Learn to Compete Stage
These are established youth competitors. Athletes are following a year round program. They are competing in one of the established Canadian Youth Classes and/or Canada Games classes.

Selection Criteria

- Laser and Radial sailors must attend two of the following three regattas and hit percentage targets:
  I. CORK International (Kingston)- top 40%
  II. Youth Nationals (Nova Scotia-SMSC)- top 40%
  III. NQR (Nova Scotia - SMSC)- top 60%

- 420 sailors must attend two of the following three regattas and hit percentage targets:
  I. CORK International(Kingston)- top 40%
  II. Youth Nationals (Nova Scotia-SMSC)- top 50%
  III. Mid-Winters 2010 (Florida)- top 50%

Opti sailors to be selected based on year end meeting with Race Coach and Athlete.

Development Team – Learn to Train Stage
This team is made up mostly of Youth athletes who have competed in the top tier on the provincial level. Youth aged athletes (18 and under as of Dec 31, 2011).

Selection Criteria

- Laser & Radial Sailors must meet the standard listed below in 2 of the three identified regattas.
  I. Sail East- Top 40%
  II. St. Margaret's Bay- Top 40%
  III. ARK Regatta- Top 40%

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- 420 sailors must be in the top 50% at one of the two regattas and top 50% in the NSYA 420 Circuit*
    I. Sail East
    II. Bay Wind Regatta

*2011 NSYA 420 Circuit to include; St. Margaret's Bay Regatta, Bros d'Or Regatta and Youth Nationals. Athlete must compete in all 3 to be eligible for overall championship

Those athletes who do not meet the above criteria for any level may, under special circumstances, apply to the team. All applications will be read and considered by the NSST coach.

*This criterion will give the athlete the opportunity to apply to the 2012 Nova Scotia Sailing Team, and they will not be named to the team until their program is approved.

Benefits

What each stage qualifies for on the 2012 NSST

A Team

- Program planning and goal setting with NSST Coach
- NSST Coach helps you to co-ordinate working with other coaches and training groups (CST, out of Province, etc)
- Coaching during week, to be planned with NSST Coach in advance (class specific camps)
- Funding to go to National and International competitions
- Fitness Test and personalized program
- Training two nights a week in the gym
- Psychology and Nutrition sessions
- Coach support at regattas (i.e. Miami and NQR)
- Free team Jacket and team apparel

B Team

- Program planning and goal setting with NSST Coach
- Training camps with NSST Coach including winter camp in Florida
- Tuesday and Thursday evening coaching on water (May & June, September-November), with possible weekends
- Fitness test and personalized fitness program
- Training two nights a week in the gym
- Invitation to nutrition and sport psych seminars
- Opportunity to access sport psychologist services and nutritionist
- Coach support at events outside of the Province and Country at identified events
- Opportunity to purchase team apparel
- Opportunity to apply for travel funding.

Development Team:

- Program planning and goal setting with NSST Coach
- Spring and Fall training Camps
- Invitation to nutrition and sport psych seminars
- Opportunity to purchase team apparel