



St Vincent and the Grenadines Sailing Association

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High Performance Training Requirements

Between the Athlete (ILCA 6 and 7) and the Sailing Association

This Performance Training Agreement outlines the responsibilities and expectations required of the athlete in order to participate in the Sailing Association's Performance Programme. By signing this document, the athlete agrees to uphold the standards, behaviours, and commitments necessary for high-performance development.

1. Training Requirements

- 1.1 The Athlete shall attend a minimum of three (3) on-water training sessions per week, for forty-two(42)weeks per year.
- 1.2 The Athlete acknowledges that the SVG NOC requires a minimum of twelve (12) hours of total training per week for athlete support and agrees to document proof of such hours if requested.
- 1.3 The Athlete shall arrive early to all sessions to ensure training starts on time; the standard being: *"If you are on time, you are late."*

2. Nutrition & Fitness Responsibilities

- 2.1 The Athlete shall maintain a daily nutrition diary.
- 2.2 The Athlete shall maintain a fitness training diary and complete a minimum of three (3) hours of fitness training per week.
- 2.3 The Athlete shall participate in all scheduled fitness tests and must demonstrate ongoing improvement.

3. Compliance & Anti-Doping

- 3.1 The Athlete shall submit to urine drug testing if required by the Association, national governing bodies or relevant authorities.
- 3.2 The Athlete shall ensure all fees and financial obligations to the Association are paid in full and on time.

4. Knowledge & Programme Participation

- 4.1 The Athlete shall attend all theory sessions organized by the Association to expand sailing knowledge and tactical understanding.
- 4.2 The Athlete shall actively support and contribute to sailing development at their home club.

5. Planning Requirements

5.1 The Athlete shall create and maintain a long-term performance plan, updating it as necessary.

5.2 The Athlete shall create and maintain a short-term detailed plan that includes, but is not limited to:

- a. School commitments
- b. Rest periods
- c. Local regattas
- d. Regional regattas
- e. International regattas

5.3 The Athlete shall review and update these plans regularly, ensuring they remain aligned with performance goals.

6. Giving Back to the Club

The Performance Programme exists within a community and athletes are expected to contribute to the strength, growth and sustainability of their home club.

6.1 The Athlete shall assist the club when needed, including but not limited to:

- a. Helping prepare or pack up equipment
- b. Supporting club events, regattas, open days and training activities
- c. Offering general volunteer assistance when requested

6.2 The Athlete shall contribute to mentoring and supporting younger sailors, including:

- a. Assisting in coaching introductory or junior sessions
- b. Helping younger sailors with rigging, safety and basic skills
- c. Acting as a positive role model in behaviour, sportsmanship and discipline

6.3 The Athlete understands that giving back to the club is a key responsibility and an essential part of representing the Association and the sport of sailing.

7. Financial Planning & Fundraising

6.1 The Athlete shall assist with fundraising activities organized by the Association.

6.2 The Athlete shall create a budget outlining expected expenses for training and competition.

6.3 The Athlete shall identify and implement methods to raise the necessary funds to support the budget.

8. Review of Requirements

7.1 The Athlete acknowledges that this Agreement may be updated.

7.2 The Athlete agrees to review this document regularly and comply with all updates communicated by the Association.

9. Term & Termination

9.1 This Agreement shall remain in effect for the duration of the Athlete's participation in the Performance Programme.

9.2 Failure to meet the obligations outlined herein may result in suspension or removal from the Programme at the discretion of the Association.

10. Acceptance

By signing below, the Athlete agrees to the terms and conditions of this Performance Training Agreement and commits to fulfilling all responsibilities to the best of their ability.

Sailor Acknowledgment

Sailor Name (Print): _____

I acknowledge that I have read and agree to follow all expectations outlined in the performance training requirements:

Sailor Signature: _____

Date: ____ / ____ / ____

Parent/Guardian Acknowledgment

Parent/Guardian Name (Print): _____

I acknowledge that I have read the performance training requirements::

Parent/Guardian Signature: _____

Date: ____ / ____ / ____