



20th October 2022

To: All 420 class members

### **2022/2023 Performance Group Applications**

Following the success of last winter's Performance Group I'm delighted to invite you to apply for this winter's Performance Group.

The structure of the Performance Group is designed to take selected sailors who show the required aptitude, potential and performance, develop and mould them to support the class endeavor to build world Class sailors.

The Performance Squad program encompasses on water, online and classroom development looking at a skills based matrix, sailing tactics, race strategy and fleet management as well as partnership communications, International event attendance and behavior. The selected sailors train together under the same coach at each session with regular reviews online or in 1-2-1's , including online sessions. Each session is linked to drive a natural pathway forward whilst maintaining look back check points driving towards continuous improvement in all areas of the sport.

Performance squad sailors from the 2021 cohort represented the class at the Junior Europeans and Worlds as well as delivering high performance results at the Youth Nationals and National championships as well as pairings moving on to youth squad selection.

If you would like to be part of this year's Performance Group please review the Selection Policy and complete the Application form. The key dates to be aware of:

- Applications to be submitted by Wednesday 26th October 2022
- Selected boats notified by Friday 28th October 2022
- Boats will be required to accept / decline their place by Sunday 30th November 2022 and pay the full amount for training (£775 per boat) to confirm their place in the team via the class event page (link will be supplied).

If you have any questions or would like to discuss this further please do not hesitate to contact me.

Kind Regards

**Gareth Greenfield**  
**420 Class Vice Chair**