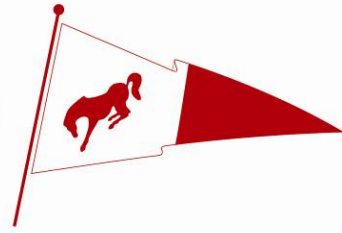


Glenmore Sailing Club



**2018 YOUTH RACE TEAM
PARENT INFORMATION
PACKAGE**

GLENMORE SAILING CLUB YOUTH RACE TEAM

INTRODUCTION

At the Glenmore Sailing Club, we are committed to excellence both on and off the water. The goals of the Youth Team program include:

- 1) Exposing athletes to fun, healthy, outside physical activities. Youth Team sailors gain confidence, independence, and teamwork skills, through structure training sessions and regatta events. Experiencing and enjoying the outdoors is a natural part of sailing.
- 2) Gain knowledge and hone skills needed for the athletes to race competitively at a regional and even national level. Athletes regularly compete at sailing regattas in Alberta and British Columbia.
- 3) Develop a life long love of sailing. We keep the activities fun and encourage continual learning about all aspects of sailing.

The Youth Team is essentially divided into two groups. The junior race team, or Optimist Team, is for athletes aged 5 to ~ 13 years old with some sailing experience via via Sail Canada programs. The Optimist Team provides entry level sailors the opportunity to take the leap into racing at a young age. We encourage a fun and safe learning environment. If you have any questions regarding whether your child has enough experience to join the team, please feel free to contact the head coach. If your child does not meet the requirements, we will be happy to accept them into many of our other programs, or provide them with one-on-one instruction prior to joining the team. The junior kids sail the Optimist Dinghy.

The Senior Team is for athletes aged 13 to 18-year-old. The Senior Team provides advanced high-performance sail training in the Laser Dinghy, the 29er Sailing Skiff, and the San Juan 21 Keel Boat. The prerequisites for the Senior team are CanSail 3, or equivalent.

Depending on the age, physical size/strength, maturity, and skill level of the child, they will be put into the appropriate group. Placement in the appropriate group will be the responsibility of the Head Coach and Junior Coordinator.

2018 SAILING

TRAINING PRACTICES

Training starts on Monday May 8th and runs until Wednesday August 29th. Sessions begin at 18:00 and run until 21:00. They are held on every MONDAY AND WEDNESDAY. As a coaching staff, we are aware that many parents work during the day and that it may be difficult to make it on time. However, we ask that you do your best to make sure that your child is rigged and changed for a 18:45 briefing. It is important for sailor development that the children rig/de-rig and launch their boats alone (without parent and coach assistance). Your cooperation to make this possible is appreciated.

WEDNESDAY NIGHT RACING

WNR will be a component of the race team program this year. Racing will be coached every Wednesday in July and August as part of the regular training program. Sailors will be racing on the same course as all of the other boats. Sessions will run exactly the same as regular training, with the exception of the racing.

REGATTAS AND TRAINING CAMPS

Coaching will be provided at events where there is interest. Athletes are reminded that the best way to develop racing skills is to take part in racing. **No matter how much experience you have there are local and provincial events that will provide appropriate training opportunities. Please contact the coaching staff to put together a training schedule that is appropriate for your child's stage of development.**

Below is a list of all the events (regattas and training camps) that GSC is willing to support given an appropriate amount of interest and notice of intention to attend from parents. Please begin to think about these events and be ready to provide the coaching staff with a list of what you will be able to attend. More dates will be released when they are made available by the Alberta Sailing Association and Sail Canada.

- ASA Training Camp No. 1: Calgary Yacht Club May 12-13, 2018
- ASA Training Camp No. 3: Calgary Yacht Club May 26-27, 2018
- Icebreaker Regatta: Calgary Yacht Club June 2-3, 2018
- Midsummer Regatta: Glenmore Sailing Club July 21-22, 2018
- Prairie Winds Regatta: Newell Sailing Club July 14-15, 2018
- Sailwest Regatta: Wabamun Yacht Club August 2-6, 2018

- Opti Provincial Regatta: TBA

GSC is also willing to support the following out of province regattas depending on interest level of parents and athletes. There will be coaching costs for these events as they are not included within the base program fee. Fees for the for out of town events will be charged at cost. A cost estimate will be communicated to prior each event.

-WAVES Regatta: Royal Vancouver Yacht Club BC, June 30-July 1, 2018

-Opti CORK: Portsmouth Olympic Harbour, Kingston ON, August 9-12, 2016

-CODA Opti Nationals: Squamish Yacht Club, Squamish BC, August 17-23, 2018

- Pumpkin Bowl, West Vancouver Yacht Club, Mid October, 2018

It is important to note that additional training and racing opportunities (in province and out of province) may be added to this schedule as the year progresses based on parent and participant interest in the program. Some events may also be removed based on interest. If there are any comments or concerns about the program please feel free to contact the coaching staff at any time.

REGATTA INFORMATION ATHLETE TRANSPORTATION

It is the responsibility of both the athlete and the parent to ensure transportation is arranged to and from events. The coaching staff may be able to help coordinate car pools.

BOAT TRANSPORTATION

Athletes and parents may be asked to transport boats to and from events. GSC owns several trailers that are available for club members to use to transport boats to and from events. Parents may be asked to trailer the team coach boat.

ACCOMODATIONS

At most of the Alberta events camping will be available on site or there will be hotels/motels nearby. Information regarding accommodations can often be found on the host club's website or in the regatta's notice of race.

MEALS

The host club often has meals available for purchase but if your athlete has special dietary needs they may want to opt to bring their own food. We also recommend that each athlete has their own dry bag that can be stowed in the coach boat while the athlete is racing. Each dry bag should contain food and water that can be eaten between races.

SUPERVISION

Coaches are NOT responsible for the supervision of athletes once the sailing day is over at events. All minors must be accompanied by a parent or guardian. We encourage parents to split the duties and take turns being the chaperone.

PROGRAM COST

The cost of the program includes coaching at Monday and Wednesday Night Practices in May/June/July/August and IN PROVINCE training camps/regattas that will be arranged based on interest. Please note that this price does not include regatta fees paid to the host club, or transportation, lodgings or subsistence for the athletes and families. Parents will be notified of any charges before an event takes place.

SAILING GEAR

Sailing is an outside sport that requires an athlete to be prepared to be on the water in a wide range of conditions. Athletes must bring all their sailing gear each day as conditions can change quickly. Some basic gear that all sailors should own is:

- PFD (Life jacket)
- A wetsuit
- Closed toe sailing shoes
- Water Proof Jacket/Wind Breaker/Splash Top
- Water Proof Pants
- Hat and Toque
- Fleece Top
- Dry bag which can hold food and drinks for on water consumption
- Sunglasses with a strap
- Sailing Gloves
- UV protective rash guard is a good idea Preparation and layering is the best way to ensure that your child is comfortable on the water and able to fully enjoy their sailing experience.

*Please leave all valuables at home as the clubhouse is open to all members at all time as well as the public for club bookings. GSC is not responsible for damaged or lost personal items.

IMPORTANT CONTACTS

Sarah Forscarini Wilkes: Head Coach Head.instructor@glenmoresailingclub.com

Miguel Klassen: Assistant Head Coach, assistant.instructor@glenmoresailingclub.com

Paula Patterson: Glenmore Sailing Club Junior Coordinator, youth@glenmoresailingclub.com

Glenmore Sailing Club www.glenmoresailingclub.com

Alberta Sailing Association www.albertasailing.com

Sail Canada: www.sailing.ca

Thank You!



An Amateur Sport Grant purchased boats and equipment for our youth sailing program.