

CYC YOUTH RACE TEAMS

2020 SAILING

The Calgary Yacht Club is the largest educational, training and competitive centre for youth sailing in Alberta. Committed to the development of young sailors, the Club runs a comprehensive program led by qualified and dedicated coaches where the focus is on participation and fun as much as it is on skill development and race training. The program aims to develop life-long sailors and a love of the sport. For those who are keen, there is an opportunity to hone your skills to be able to represent Alberta at future Canada Summer Games.

Operating on two evenings per week throughout the season, the program provides participants with equipment, coaching, and logistical support while introducing them to the competitive aspects of dinghy sailing.

Youth sailors can expect social, fitness and educational activities to build the team dynamic and learn about sailing.

As a member of the Youth Race Team, your sailor must be a member of the club. A Junior membership is available but consider the Family membership which will allow your family full access to the club and its amenities for less than \$1.50 per day.

WEEKLY TRAINING

It is expected that training will start the week of May 3 and run through the last week of August. Training sessions begin at 6:00 pm and run until 9:00 pm. ***Please note that these nights are subject to change based on interest and available resources.**

- **Monday Night – 420's and Tactical Training**
- **Tuesday Night – Lasers, 29ers**
- **Wednesday Night – Optimists**

Please ensure that your sailor is changed and rigged for a 6:45 briefing. It is important for sailor development that your child rigs/de-rigs and is able to launch their boat without parent or coach assistance.

THURSDAY NIGHT RACING

TNR is an important component of the race team and members are expected to attend in order utilize the skills they have learned. Sailors will be racing on the same course as the other boats. It is expected that parents participate on the Race Committee on occasion. No experience necessary as training will be provided. Volunteering on Race Committee is a fantastic way to get a close-up of the action and participate in your child's development as a sailor.

LOG BOOKING

Members of the Race Teams will each be given a Log Book at the beginning of the season in which to record each training session. This will allow the sailor and coach track their progress. At the end of each evening, there will be a 15 minute debrief at which time sailors are invited to log book.

REGATTAS AND TRAINING CAMPS

Athletes are reminded that the best way to develop racing skills is to participate in racing. There are many local, internal and provincial events that will provide appropriate training opportunities.

Below you will find a list of the training camps and regattas that CYC is prepared to support for the ongoing development of our sailors. We ask that you consider in advance which events you expect to attend and provide a list to the coaches or Club Manager. This will ensure proper organization and communication.

- May 9/10 - Training Camp #1 – TBD
- May 16-18 - Training Camp #2 – Wabamun Sailing Club
- May 23/24 – Training Camp #3 – TBD
- May 30/31 - Ice Breaker Regatta – Calgary Yacht Club
- June 13/14 – Founders Regatta – Wabamun Sailing Club
- June 20/21 – Driftwood Regatta – Glenmore Sailing Club
- July 11/12 – Prairie Winds – Newell Sailing Club
- September 5 – 7 – Alberta Provincials – TBD

Please note that other training and racing opportunities, both in and out of province, may be added to the schedule based on parent and participant interest.

Out of Province Regattas (additional costs apply - not recommended for first year sailors)

- June 20/21 – WAVES – Royal Vancouver Yacht Club
- July 31 – August 3 – Sailwest – Gimli Yacht Club
- August 6 – 9 – Opti Cork – Kingston Yacht Club
- August 10 – 14 – Cork International – Kingston Yacht Club
- August 20 – 26 – Opti Canadians – Chester Yacht Club (NS)
- August 27 – 30 – Sail Canada Youth Championships – Royal St. Lawrence Yacht Club (QC)
- September 26/27 – Fall Dinghies – Royal Victoria Yacht Club
- October 17/18 – Pumpkin Bowl – West Vancouver Yacht Club

REGATTA INFORMATION

ATHLETE TRANSPORTATION

It is the responsibility of both the athlete and the parent to ensure transportation is arranged to and from events. If you expect to attend an “in province” regatta, we require 2 weeks’ notice to ensure there is room for your boat on the trailer. 30 days’ notice is required for “out of province” regattas.

BOAT TRANSPORTATION

Athletes and parents are responsible for loading and transporting boats to and from events. It is imperative that sailors are in attendance for loading boats which will usually occur after Thursday Night Racing.

ACCOMMODATIONS

Camping is available onsite at most Alberta events or there will be hotels/motels nearby. Below, you will find the necessary information for the two out of town regattas we expect to participate in.

Founders Regatta – Wabamun Sailing Club - There are several options for accommodation. Camping is available onsite or alternately at the Provincial Park located in close proximity.

Other options are available here: <http://wabamun.ca/visitors/accomodations/>

Prairie Winds Regatta – Newell Sailing Club - To book a campsite for this regatta, participants need to call the Reserve Alberta Parks registration line @ 1-877-537-2757. Please ensure that you advise the Parks staff that you are booking a site currently held for the Newell Sailing Regatta.

Check-in time at the campground is 4:00pm and checkout time on Sunday is 2:00pm.

MEALS

The host club generally has meals available for purchase but if your child has special dietary needs, they may opt to bring their own food. Be sure to check the Notice of Race for information on the availability of meals and whether pre-purchase is necessary. It is recommended that each athlete has their own dry bag with snacks and water that can be stowed on the coach boat for consumption between races.

SUPERVISION

Coaches are NOT responsible for the supervision of athletes once the sailing day is over. All minors must be accompanied by a parent or guardian unless other arrangements have been made.

PROGRAM COSTS

The basic program fee of \$749 includes:

- 17 weekly training sessions beginning on or about May 3
- Coaching at three May weekend training camps
- Coaching at 5 Regattas within Alberta
- Team Sweatshirt

The Tactical Training fee of \$50 includes:

- Monday evening training for senior race team members focusing on strategy and tactics on the race course. (stat holidays excluded)

The program fee does NOT include:

- Regatta fees including registration and meals paid to the host club
- Boat transport**
- Coaching at any regattas outside of the events listed above
- Athlete transportation to out of town events
- Membership Fees

Other training and racing opportunities may be added to the schedule based on parent and participant interest. Participation in these events would come with an additional cost.

FUNDRAISING

In order to assist with the cost of travel to the various regattas, we hold a fundraising event before the sailing season. This is a themed event where the kids and coaches are involved in the planning and execution as a team building exercise. All funds raised are set aside to pay **boat transport and other expenses that the team may incur when travelling. Other fundraising initiatives may take place throughout the season to top up the fund, but rest assured, they will all be fun!

RACE COMMITTEE

The best place to watch your child sail is on the Race Committee for the Thursday night series or at regattas. The club offers training as Assistant Race Officer (works with the RO on the barge), Mark Layer (must have PCOC) and Rescue Boat (must have PCOC).

SAILING GEAR

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

- Life Jacket
- Wet Suit (optional)
- Closed toe sailing shoes
- Water Proof Jacket/Wind Breaker/Splash Top
- Water Proof Pants
- Hat (summer) /Toque (spring/fall)
- Fleece Top
- Dry Bag
- Sunglasses with a strap
- Watch with a countdown timer
- Sailing Gloves
- UV protective rash guard
- A water bottle that can be clipped onto the boat (mandatory)

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 or bring a lock for the lockers. CYC is not responsible for damaged or lost items.

IMPORTANT CONTACT INFORMATION

Laurie Dunn – Club Manager/Youth Coordinator – manager@cyc.ab.ca

Brianna Brand – Coach – (587) 580-7375 – briannaabrand@gmail.com

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Tyson Duff – Director of Youth (780) 214-1262 – ttwduff@gmail.com