CYC OPTIMIST RACE TEAM

# 2017 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.

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.

**WEEKLY TRAINING**

It is expected that training will start on Monday, May 8 and run until Monday, August 28. Training sessions begin at 6:00 pm and run until 9:00 pm. Please ensure that your child 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 Optimist Race team and members are expected to attend in order utilize the skills they have learned. Racing will be coached every Thursday in July and August as part of the regular training program. 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.

**COMBINED SESSIONS**

During May and June, the Race Team from Glenmore Sailing Club will join us at our weekly training sessions as the Reservoir water levels are typically lowered during this period. The benefits of this combined training are:

* Larger training groups can be broken in to smaller groups based on skill level for appropriate training
* Access to additional coaches and resources
* Coordinated skill progression between the groups early in the season when there are many local training camps and regattas
* Team building, friendship and camaraderie

**LOG BOOKING**

Members of the Optimist Race Team 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 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 our Director of Youth Sailing. This will ensure proper organization and communication.

* May 13/14 - Training Camp #1 – Calgary Yacht Club
* May 20/21 - Training Camp #2 – Wabamun Sailing Club
* May 27/28 – Training Camp #3 – Calgary Yacht Club
* June 3/4 - Ice Breaker Regatta – Calgary Yacht Club
* June 10/11 – Founders Regatta – Wabamun Sailing Club
* July 8/9 – Prairie Winds – Newell Sailing Club
* July 22/23 – Midsummer Regatta – Glenmore Sailing Club

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

**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 Director of Youth Sailing may be able to help coordinate car pools if necessary.

**BOAT TRANSPORTATION**

Athletes and parents are responsible for transporting boats to and from events.

**ACCOMODATIONS**

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 after April 7th to complete this this process.  Please ensure that you advise the Parks staff that you are booking a site currently held for the Newell Sailing Regatta.

 A total of 15 Sites have been placed on hold effective the night of Thursday, July 6th with checkout on the morning of Sunday, July 9th.

These sites need to be booked and paid for prior to Thursday June 22nd, (two weeks prior to the event).  Any sites not booked and paid for will be released on this date for sale to the general public.

Check-in time at the campground is 4:00pm and checkout time on Sunday the 9th 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.

**PROGRAM COSTS**

The program fee includes:

* 17 weekly training sessions beginning on or about May 8
* Coaching at TNR beginning July 6 and ending August 31
* Coaching at three May training camps
* Coaching at 4 regattas within Alberta

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

**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.**

**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
* Toque
* 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 – Manager/Youth Coordinator – manager@cyc.ab.ca

Garry Chan – Director of Youth Sailing – garry.chan@shaw.ca