

# Youth Sailing Team 2025



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## INTRODUCTION TO THE GLENMORE SAILING CLUB YOUTH SAILING TEAM

The Glenmore Sailing Club is committed to excellence both on and off the water through tailored youth programming that encourages a fun and safe learning environment. The goal of the youth sailing team is to provide youth with an impactful sailing experience and the opportunity to take the leap into racing at a young age.

If you have any questions regarding whether your youth has enough experience to join the team, please contact the Head Sailing Instructor. If your youth does not meet the requirements, we will be happy to accept them into many of our other programs for some instruction prior to joining the team.

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GSC's youth program consists of 2 'teams', reflecting where possible the [Long Term Sailor Development](#) framework.

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## 2024 FUNdamental Team (FUN)

*LTSD – FUNdamentals and Learn to Sail Fast*

The FUNdamental Team is for sailors with little to no sailing experience and is perfect for those wanting to gain confidence on the water in a fun and engaging environment. The FUN program utilizes the Optimist, C420, and ILCA classes of sailboat to develop fundamental sailing and introductory racing skills.

This program is aimed for youth:

Between the ages of 5 and 14

Interested in learning how to sail and may want to try racing.

## FUN TRAINING

Training runs from the 9<sup>th</sup> of May until the end of August, with the potential to continue into the fall. FUN training will consist of Thursday evening training that will run from 6:00pm-9:00pm, in addition to GSC regattas. FUN sailors interested in racing will be provided opportunities to participate in Wednesday Night Racing and other events throughout the season.

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 6:15pm briefing. It is important for sailor development that the youth rig/de-rig and launch their boats alone (without parent and coach assistance). Your cooperation to make this possible is appreciated.

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## **2024 YOUTH TEAM**

*LTSD – Learn to Train and Learn to Compete*

The Youth Team is for sailors with previous racing or sufficient recreational experience. Youth Team is intended for those wanting to sail lots while advancing their skill in a fun and engaging environment. The Youth Team utilizes the Opti, ILCA, C420, and 29er classes of sailboats to refine boat handling skills and build on fundamental sailing technique. Additional focus will be on expanding intermediate racing abilities.

This program is aimed for youth:

With a minimum of CANSail 2

Interested in expanding and advancing their racing skills and developing their personal athletic ability.

## **YOUTH TEAM TRAINING**

Training runs from the 7<sup>th</sup> of May until the end of October. Training will consist of Tuesday evening training that will run from 5:45pm-9:00pm, in addition to Wednesday Night Racing and GSC regattas. Other in- and out-of-province regattas and training camps will be subject to additional coaching fees. Boat unloading will be done

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 6:10pm briefing. It is important for sailor development that the youth rig/de-rig and launch their boats alone (without parent and coach assistance). Your cooperation to make this possible is appreciated.

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## **TEAM PLACEMENT**

Admittance and advancement to each team will be dependent on meeting the requisite skill requirements and will be at the discretion of the coaching staff. A framework that outlines what is needed for each level will be provided so that athletes can follow along and so that the evaluation criteria is transparent. All sailors will continue to be evaluated for their CANSail skills throughout the season regardless of their team placement.

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## **WEDNESDAY NIGHT RACING**

Wednesday Night Racing is a fundamental component of the Youth Team program. Racing will be coached every Wednesday during the spring and summer as part of the regular training program. WNR will transition to Sunday afternoons in the fall. All classes will be racing on the same course, so sailors must be comfortable navigating around larger boats (we will help with this!). FUN sailors will have the opportunity to participate in WNR at the coaches' discretion

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## **REGATTAS AND TRAINING CAMPS**

Regattas and training camp opportunities are the most effective way to develop fundamental and racing skills in our sailors. Athletes are highly encouraged to attend as many events as possible. Our coaching staff works closely with the Alberta Sailing Association (ASA) to provide our youth teams with as many opportunities as possible. Regardless of experience, there will be local and provincial events that will provide appropriate training opportunities for each sailor. The events listed below are events that GSC will provide support.

## **NOTICE OF INTENT/ COMMUNICATION**

Athletes who would like to attend any regattas or training camps must notify coaching staff by the prescribed deadlines. This ensures there is adequate time to prepare logistics including gear and coaching staff.

Out of town event: At least 14 days prior to event date.

Communication will be done using a weekly email. Weekly emails will include important information for the upcoming week, as well as details and information for upcoming regatta. Parents are asked to respond to emails concerning attendance to each event

Day to day communication will be done using a whatsapp group created at the start of the season.

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## **ATHLETE TRANSPORTATION**

It is the responsibility of both the athlete and their guardian to ensure transportation is arranged to and from events. The coaching staff may be able to help coordinate carpools.

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## **BOAT TRANSPORTATION**

Athletes are responsible for loading and unloading their assigned boat and equipment for each event they attend. Boat loading logistics and times will be coordinated by coaches. Although coaches will be checking in throughout the loading process and events, athletes are responsible for any gear that they are assigned. Parents may be asked to help trailer the boats.

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## **ACCOMMODATIONS**

Many Alberta events will have camping available on site, otherwise hotels/motels will be located nearby. Most of this information can be found on the host club's website and/or in

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the regatta's Notice of Race. The information packs provided for each training event will also include further details.

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## MEALS

At most events the host club will provide meals available for purchase. 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, and be clearly labelled with the athlete's name. GSC coaches will also provide some snacks for athletes attending events.

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## SUPERVISION

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

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## CODE OF CONDUCT

Sailors and parents/guardians are required to sign and agree to the GSC and Sail Canada codes of conduct during registration. All sailors must comply with the codes regardless of age. Youth team members and accompanying parties are expected to conduct themselves in a manner appropriate for the setting any time they are representing GSC.

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## FUNDRAISING

Fundraising opportunities will be communicated to youth team members as they arise throughout the season. Proceeds will be used to offset boat transportation, coaching and regatta fees, or to fund additional training opportunities for the YST.

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## PROGRAM FEES

### General Registration Fees

FUN –	\$880	+ taxes
		+ Non-GSC event coaching fee*
		+ Out-of-province event fee*
Youth Team –	\$980	+ taxes
		+ Out-of-province event fee*

\*Per sailor per event

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## **WHAT IS INCLUDED**

### **All**

- Use of GSC boats and equipment
- Coaching at WNR and 3 GSC regattas
- Coaching at any additional GSC training camps
- Team gear (specifics TBD)

### **FUN**

- 17 weeks of instruction during the summer – 1 night/week
- Possibility to continue into fall

### **Youth Team**

- 17 weeks of training during the summer; +9 weeks of fall training – 1 night/week
- Opportunities for additional in- and out-of-province training camps/regattas
- Boat transportation for GSC Supported events

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## **GSC FEES DO NOT COVER**

- GSC Membership (needed to register for Youth Team)
- Regatta or meal fees paid to host club

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Accommodations (we may be able to arrange for billeting)

Boat transportation for out-of-province events

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## **SAILING GEAR**

Sailing in Alberta requires athletes to be prepared to train in a wide range of conditions. Athletes must be proactive and bring gear that can be utilized as conditions change.

Some basic gear that all sailors should own is:

PFD (Life jacket)

Wetsuit

Closed toe sailing shoes or booties

Waterproof Jacket/Windbreaker/Splash Top

Waterproof Pants

Hat and Toque

Fleece Top

Dry Bag with adequate space for snacks and extra gear.

Sunglasses; Glasses Strap

Sailing Gloves

UV Protective Rash Guard

Base layers

Being prepared with multiple layers is the best way to ensure that your sailor is comfortable on the water and able to fully enjoy their sailing experience. Sailors should also ensure they bring a towel and change of clothes to all training sessions and events. It is the responsibility of each individual sailor to come to training with the appropriate gear; sailors will not be permitted to sail if they are not wearing adequate clothing for the conditions.

\*Please leave all valuables at home; the clubhouse is open to GSC members and the public through private bookings. GSC is not responsible for damaged, lost, or stolen personal items.

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## CONTACT INFORMATION

**Youth Coordinator:** Sarah Garlough

[youth@glenmoresailingclub.com](mailto:youth@glenmoresailingclub.com)

**Sail Canada:**

[www.sailing.ca](http://www.sailing.ca)

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## Race Team Events 2025

### SPRING AND SUMMER EVENTS



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Event	Host	Dates	Notes
Spring Dinghies	Royal Victoria Yacht Club	May 2-4	
ASA Training Camp #1	Glenmore Sailing School	May 10-11	
Training Camp #2	Glenmore Sailing Club	May 24-26	
Ice Breaker	Calgary Yacht Club <i>Chestermere</i>	May 31-June 1	
Founders Regatta	Wabamun Sailing Club <i>Wabamun, Alberta</i>	June 7-8	
Driftwood Regatta	Glenmore Sailing Club	June 14-15	
Waves Regatta	Royal Vancouver Yacht Club	June 21-22	
GSC Training Camp	Glenmore Sailing Club	June 24th - 27th	Province wide training camp Held at GSC
Prairie Wind Regatta	Newell Sailing Club <i>Brooks, Alberta</i>	July 12-13	
Midsummer Regatta	Glenmore Sailing Club	July 19-20	
Sail West Training Camp	Gimli, MB	July 17-18	
Sailwest	Gimli, MB	July 19-20	
Training Camp	Calgary Yacht Club	Aug 1-3	
Alberta Provincials	TBD	Aug 31- Sept 2	Likely Wabamun Sailing Club

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## SUMMER OUT OF PROVINCE EVENTS ( Not included in GSC FEE)

Events	Host	Date	Notes
Canadian Youth Champs	Portsmouth Olympic Harbour <i>Kingston, ON</i>	August 6-9 Will most likely have training event prior to event	
Opti Cork	Portsmouth Olympic Harbour <i>Kingston, ON</i>	August 1-4	

## FALL EVENTS

Events	Host	Date	Notes
Fall Regatta	Glenmore Sailing Club	September 20-21	
Fall Dinghies	Royal Victoria Yacht Club	September 28-29	
Pumpkin Bowl (Opti)	West Vancouver Yacht Club	October 19-20	
Pumpkin Bowl (ILCA, 29er)	West Vancouver Yacht Club	October 26-27	