

Nova Scotia Sailing Team

2012 Team and Coaching Plan



nova scotia sailing team

NSST Mission

- To prepare Nova Scotia Sailors so they are in a position to earn an invitation to the Canadian Sailing Team
- Goals:
By 2016: To have at least 8 Nova Scotians on the CST.
To have representation on the CST with athletes from each of the South Shore, Metro, and Cape Breton



Coaching Staff

- **Craig Guthrie, Provincial Sailing Head Coach**

Works closely with club race coaches to improve programs and develop their coaching skills
Liaises regularly with CSCA/RNSYS Coach.



- **Agustin Ferrario, CSCA& RNSYS Coach**

Oversees RNSYS HP Racing program.
Main responsibility: Preparing athletes for the Canadian Sailing Team
Liaises regularly with Provincial Sailing Head Coach.



- **Brian Todd, CYA Coach**

Works with CST athletes in area
Sets up CST Training camps that NSST athletes may be invited to



CYA Long Term Sailor Development Model

In 2010 the CYA developed their Long Term Sailor Development Model with assistance from Sport Canada You can find it here <http://sailing.ca/ltad/en.html>

The model aligns the pathways for persons to enter our sport, develop through to international racing excellence and remain active in sailing for life.



The CYA LTSD Model addresses five aspects to improve the sport. One of which is

Establishing a Competition Structure appropriate for developmental stage and age of sailors

The 2012 NSST has been designed with this model in mind



Establishing a Competition Structure appropriate for developmental stage and age of sailors

Benefits

- Optimal sailor development is the prime consideration
- Regatta formatting appropriate for maturation levels
- Competition schedule addressing frequency and location of regattas appropriate for the maturation levels
- A renewal of the event hosting selection



Why are we using this plan?

- The current model is aged
- A large portion of our sailors leave our sport after Learn to Sail programming
- 80% of age group champions 'disappear' from sport horizon before the optimal age of top achievement
- The competitive system currently includes programs and events with formats inconsistent with the core principles of athlete development



9 Stages of CYA LTSD

- Active Start
 - Fundamentals & First Contact
 - Learn to Sail Fast
 - **Learn to Train**
 - **Learn to Compete**
 - **Train to Compete**
 - **Train to Win**
 - **Winning for a Living**
 - Sailing for Life
- } Club Levels
- } NSST Levels + HP Club Levels
- } **CST Levels**



Learn to Train stage NSST C-Team athletes

As the Sailor grows, refine established sailing and racing skills in single handed boat, double handed boat and board.

2012 Events: ARK, St. Margaret's, Sail East, Bras d'Or Regatta, 420 Circuit.

Benefits: Program Planning with Provincial Head Coach & HP Club Coach (if available), Spring & Fall Training Camps, Eligible for NSST Funding

Athletes must register in a Club Racing Program.

Fee: \$250



Learn to Compete Stage NSST B-Team athletes

Sailors pursuing a performance pathway transition to Olympic and Paralympic classes. Refinement of all advanced skills.

2012 Events: ARK, St. Margarets, CORK, NQR/National Championships, Class Championships
Eligible for NSST Funding

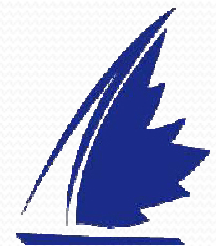
Athletes must register in a Club Racing Program.

Cost: \$400



Learn to Compete Stage NSST Program

- Benefits:
 - Program Planning with NSST Coach & HP Club Coach (if available)
 - Fitness Testing & Strength Training Program
 - Spring & Fall Training Camps
 - Invitations to Podium Performance Sessions
 - Support at National Regattas
 - One summer (July or August) Training Camp
 - Shoulder Season on water coaching.



nova scotia sailing team

Train to Compete Stage

NSST A-Team athletes

Sailors develop annual and multi-year campaigns with training focused on best ever performances at major events in Olympic/Paralympic Classes.

These athletes will train year round with the Provincial Head Coach and the CSCA Coach. Athletes must be members of a Club HP program.

At present there are no athletes at this level. Just below the CST.

Fee: TBD





Expectations

- All athletes will be expected to follow a dry-land training program through the winter and begin on-water training no later than mid-April.

Canada Games Centre is where dryland training will take place.

Day pass or membership is required.

Less than \$6 per visit.

- ***There will be an attendance requirement for both dryland and on-water aspects of the program***

Train to Win & Winning for a Living Stages

Multi-year campaigns with training and racing focused on top ranked performances at major events.

Full time racing campaign with consistent medal performance at all major events.

All NS Athletes named to the Canadian Sailing Team



2013 Canada Summer Games

To be held in Petit Lac Magog, Quebec (150 km east of Montreal)
Sherbrooke, Quebec is the host city

Classes Date of Birth between: January 1, 1993 - December 31, 1996

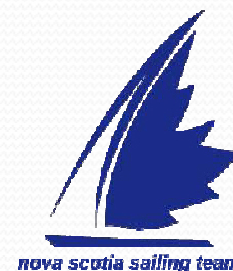
Under 21 (no younger than 17) Male category

- Single-handed - Laser
- Double handed – 29er

Under 21 (no younger than 17) Female category

- Single-handed –Laser Radial
- Double handed – 29er
- Para Sailing Mixed category
- 2.4mR **Athletes born in 1979 or later***

Trials Info to be released by August 2012.





2012 Florida Camps

March 10 – 18, Public School Break

March 10 - 25, Private School Break

Details to be circulated.



2012 Regattas

Sail East – Likely PEI

Canadian Youths – Vancouver

Nationals – Vancouver

Laser NA's – July 26-29 Oregon

Laser Mid-Winters – February 23-26 Clearwater

Laser Canadians – June 21-24 Toronto

420 Orange Bowl – December 26-30, Miami

420 Mid-Winters – February 18-20 Jensen Beach, Florida

420 North Americans – July 20-23, Massachusetts

Resources

- Colin Guthrie, renowned Sport Psychologist
- Leo Thornley, Sport Scientist
- Scott Willgress, Strength & Conditioning Coach
- Paul Tingley, 2008 Paralympic Champion, 2010 World Champion
- Lisa Ross, 2 time Olympian
- Numerous retired Olympic sailors
- Andreas Josenhans



Next Steps

- Athletes need to submit written application for the team no later than **November 1, 2011**. Applications received after this time may not be considered.

