



Ontario Sailing Training Centres

Ontario Sailing's vision for our Training Centres is to offer ongoing support to coaches to ensure the continued growth and development of club sailing programs across the province.

Our Training Centres will provide more aligned and centralized training environments in which to provide ongoing mentorship and professional development for club coaches. Ontario Sailing is committed to ensuring there are best practices for all areas of coaching available with specialized resources to better develop coaches and athletes.

There are three levels of Training Centre recognition and support available to suit the needs of a variety of clubs, coaches and athletes. Please carefully review the options available and select the level appropriate to your club to best suit the needs of your coaches/instructors.

Learn to Sail Centre

Example: A Sailing Program that offers at least CANSail 1-4 levels.

Services Provided by Ontario Sailing

- Two on-site mentorship days for up to two coaches/instructors
- Official assessment of coaching skills, including lesson planning & structure, on-water coaching skills, theoretical & technical knowledge. There will be a report after each of the mentorship day to be shared with the coaches and their supervisor/manager to aid in their ongoing professional development.
- Four interactive online professional development opportunities including two sessions of Physics of Sailing, and Racing Tactics and Rules, as well as Safety.
- Email/phone support for participating coaches
- *Recognition of Standing* on Training Centre page of Ontario Sailing website

Club Requirements

- Pay annual Training Centre fee of \$750 + HST to Ontario Sailing
- Be a member in good standing of Ontario Sailing
- Offer at minimum CANSail 1-4 programming (5&6 is not a requirement)
- Employ only Sail Canada registered coaches/instructors



Competition Introduction Centre

Example: A Sailing Program that offers CANSail 5&6 levels to a racing team.

Services Provided by Ontario Sailing

- Two on-water mentorship days for one club coach
- One off-water professional development opportunity for club coach
- One Training Centre training day for club coach to attend
- One Race Coach Package: 10 Athlete Logbooks, Wetnotes, Playbook, Online Coach Resource Access Code, and use of the Ontario Sailing Athlete Development Online Tool.
- Email/phone support for club coach *Recognition of Standing* on Training Centre page of Ontario Sailing Website

Club Requirements

- Pay annual Training Centre fee of \$900 + HST to Ontario Sailing
- Be a member in good standing of Ontario Sailing
- Must employ a CANSail 5&6 Coach for their racing program (minimum trained in 2017, certification required for 2018)
- Offer racing programming from May to the end of September. Coach must submit yearly training plan to Ontario Sailing.
- Athletes travel and compete in local, Grand Prix, and Youth Nationals/Canadian Championships if in Ontario.
- Coach Boats, Equipment, and Coaching tools are maintained in good working order.
- Athletes may use club owned boats, however these must be in good racing condition. Clubs/Schools are recommended to promote athlete owned boats.
- 1:7 coach boat to athlete boat ratio MAXIMUM
- Record and track athlete progress using Ontario Sailing Athlete Development online tool

Competition Development Centre

Example: A Sailing Program that offers High Level Race programming beyond CANSail 5&6 and includes the shoulder seasons.

Services Provided by Ontario Sailing

- Four on water mentorship days for one club coach
- Two off-water professional development opportunities for your coach
- One Training Centre training day for coach to attend
- Club coach invited to Ontario Sailing Team June Camp with Provincial Coaches
- One Race Coach Package: 10 Athlete Logbooks, Wetnotes, Playbook, Online Coach Resource Access Code, and use of the Ontario Sailing Athlete Development online tool.
- Email/phone support for Club Coach only
- Recognition of Standing on Training Centre page of Ontario Sailing Website



Club Requirements

- Pay annual Training Centre fee of \$1400 + HST to Ontario Sailing
- Be a member in good standing of Ontario Sailing
- Must employ a Competition Development Coach for their racing program (Trained in 2017, Certified required for 2018) *Course is running in May 29-June 2, 2017 at National Yacht Club. Applications due to Sail Canada April 18th
- Offer racing programming from April to the end of October. Coach must submit yearly training plan to Ontario Sailing.
- Athletes should travel and compete in local, Grand Prix, Youth Nationals, Canadian Championships. North Americans/US Nationals if close.
- Coach Boats, Equipment, and Coaching tools are in good working order.
- Athlete's should own their own equipment – *Athlete ownership required in 2018*
- 1:6 for single handed and 1:5 for double handed coach boat to athlete boat ratio
MAXIMUM
- Team should consist of Youth Development, PanAm, Olympic, or Para classes.
- Club should facilitate off-season training for athletes and team meetings.
- Record and track athlete progress using Ontario Sailing Athlete Development Online Tool

If you are interested in becoming an Ontario Sailing Training Centre, please email the following information to Cam Lymburner programs@ontariosailing.ca

- 1. The Name of the Club/School you are representing**
- 2. The name, phone number, and email of the contact person with authority to represent their Club/School**
- 3. The level of Training Centre you are applying for**

Ontario Sailing will follow up with all applications to ensure that all services and minimum requirements are met. A written agreement and payment will need to be completed prior to recognition or services being provided. Additional mentorship days may be available upon request at an additional fee.

For any inquiries contact:
Cam Lymburner
programs@ontariosailing.ca
905-572-7245 x 227