



LOWER VANCOUVER ISLAND YOUTH SCHOOL SAILING LEAGUE

Spring 2014

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ROYAL VICTORIA YACHT CLUB

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2 CONTACTS

Royal Victoria Yacht Club	Stephen McBride (Program Coordinator) 250-591-6113 sailing@rvyc.ca
Sidney North Saanich Yacht Club	Steve Lipscomb 250-656-4600 info@snsyc.ca

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Sidney North Saanich Yacht Club

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Royal Victoria Yacht Club

3 WHAT IS SCHOOL LEAGUE?

School league is a new program that aims to get students from grade 5 to 12 sailing for their school in boats that adhere to the Long Term Sailor Development (LTSD) model. Athletes between grades 5 and 7 sail Optimists which are single handed boats that are easily depowered. Athletes between grades 8 and 12 sail double handed dinghies, either a Club 420 or a Flying Junior (FJ). These boats take team work and need more weight to be sailed effectively.

School league is a nine week program that is open to all levels of experience. In the first three weeks the coaches will focus on following the CANSail curriculum with the following six weeks focused on building racing skills; as well as the CANSail curriculum. At this point the coaches have the flexibility to choose the training their team will be doing. The program will start on Saturday April 5th 2014 and includes two regattas. The first regatta is on Saturday May 10th and the final regatta, which wraps up the season, is on Saturday June 7th. Please note regattas may be postponed due to inclement weather.

4 LONG TERM SAILOR DEVELOPMENT MODEL

Sail Canada has recently revamped their national instructional sailing program. CANSail is built to follow the Long Tern Sailor Development Model, which is based off the Long Term Athlete Development model that most sports follow. The LTSD stresses the importance of stage appropriate skill development and equipment. The programing now allows for transition opportunities for sailors throughout their development, allowing for lifelong participation.

5 SUCCESSES FROM 2013

2012/2013 was the premier year for the Lower Vancouver Island Youth Sailing League and was a great success. It was hosted by Sidney North Saanich Yacht Club, Salt Spring Island Sailing Club and Royal Victoria Yacht Club. With participation from the following schools:

- St. Michaels University School
- Pacific Christian School
- Oak Bay High School
- Glenlyon Norfolk School
- Gulf Islands Secondary School
- St. Andrews Regional School
- Reynolds Secondary School
- North Saanich Middle School
- Saltspring Island Middle School
- Spectrum Community School
- Parkland Secondary School
- Bayside Middle School
- Cedar Hill Middle School
- Central Middle School
- Stelly's Secondary School

The regattas were sponsored by:

- Trotac Marine LTD.
- Royal Victoria Yacht Club
- Atac Sportswear
- Sidney North Saanich Yacht Club
- Multinational Boat Source

Between both seasons we had 183 participants. As well as renewed interest from participation schools along with growth into new schools in Spring 2014.

6 COST BREAKDOWN

The program costs \$197.00 (+ applicable taxes and fees). This fee covers CANSail certified coaches (50+ hours of coaching and racing), administration, resources (sailboats, coach boats, and club facilities), two regattas and team pinnies. As well as registration, through Checklick, into the national sailor database. The cost breakdown is as follows:

- Base cost of \$197.00
- Applicable taxes are 5% (if 15+)
- Fees:
 - 4% credit card processing fee (only applicable if paying by credit card)
 - \$2.00 convenience fee per registrant.

7 SCHOOL LEAGUE RULES

- A maximum of two practices per week
- Boats that follow the LTSD for the athletes stage and age
- No spinnaker or trapeze
- To encourage participation, you may sail for a different team if your school is unable to field a team.
- Teams must consist of a minimum of six participants for High School teams and three for Middle School teams
- A full roster consists of 12 participants for High School teams and seven participants for Middle School teams
- Racing rules follow the Racing Rules of Sailing 2013-2016, the Lower Vancouver Island Youth Sailing League rules and guidelines, the Sailing Instruction and the Notice of Race.

8 CLUB RESPONSIBILITIES

- Each club will provide boats that follow the LTSD.
- CANSail trained coaches
- Coaching regardless of the weather
- Event organization
- Registration administration
- Checklick (Sail Canada database that tracks every athletes level of completion in CANSail) entries
- Clubs provide primary discipline (strike 1)

9 SCHOOL RESPONSIBILITIES

- A responsible teacher or parent coordinator.
- Transportation of athletes to and from practices and regattas.
- An appointed adult representative at every practice (unless confirmed by the school, club and coach).
- Schools provide emergency contacts.
- Schools decide whether they will register each athlete online, collect all the registration fees and provide a lump payment or have each athlete register online individually.
- Schools will provide secondary and tertiary discipline (Teacher-strike 2 and Principal-strike 3)

- Clubs have a zero tolerance to bullying policy, and reserve the right to remove a student from the program if bullying has occurred.
- Coaches will be the primary responders during on-water emergencies with any volunteers providing supervision and support, if necessary.
- We will provide training for volunteers (must be available for both regattas and a couple practices) for Pleasure Craft Operator Card and Boat Safety.

10 DIFFERENCES BETWEEN ISLAND LEAGUE AND SCHOOL LEAGUE

As School League and Island League are new programs as of 2012/2013 there has been some confusion between the two. Here are the differences. School league is a club sport that draws teams from middle and high schools. A school representative (either a teacher or a school appointed parent) is required at every practice. While the Island league (Vancouver Island Youth Sailing League) draws its participants from the community and its teams are region based (e.g. Oak Bay, Victoria, Saanich, Peninsula...). Although the participants may be the same, it is not a school based activity. It is a great way for school based athletes to get additional training in the off season.

11 FREQUENTLY ASKED QUESTIONS

<i>Do I need prior sailing experience?</i>	No, the program is set up for athletes who have no prior sailing experience; as well as experienced sailors.
<i>What should I wear?</i>	Layering is the best protection against the wind and cold. Ensure none of the layers contain a high composition of cotton. Good materials to wear are: wool, lycra, waterproof clothing, neoprene, etc. It is always a good idea to bring a toque and gloves. Remember you are participating in a sport, don't wear loose clothing it can become a hazard. Shoes must be closed toed, preferably neoprene booties as they stay warm when they are wet.
<i>What if I can't swim?</i>	You do not need to be able to swim. Lifejackets will be provided to everyone who does not have their own. The coaches are experienced in how to fit an athlete with an appropriate lifejacket. The team coach will always be on the water to assist if an athlete ends up in the water and is in need of assistance.
<i>What equipment is provided?</i>	The yacht clubs will have slightly different equipment available. However, they should all be able to provide: <ul style="list-style-type: none"> • Well-fitting transport Canada approved lifejackets • LTSD appropriate sail boats • First Aid supplies • Safety Equipment As per a normal instructional sailing program.
<i>Where do I register?</i>	http://www.esportsdesk.com/leagues/eventsV2.cfm?clientid=5650&leagueid=22468



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