

WAEGWOLTIC LEARN TO SAIL 2015



Parental Guide
Waegwoltic Club
6549 Coburg Rd, Halifax
Nova Scotia
B3H 2A6
(902) 429-2822

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Welcome!

Welcome sailors and parents! We are very excited about our plans for the upcoming sailing season. For those of you who are new to sailing, The Waegwoltic Sailing Program models itself on the CANSail program that was developed by **Sail Canada** (formerly known as the Canadian Yachting Association, CYA) which is the national sporting organization for sailing in Canada. They provide us with the technical resources, materials, and national standards from which we design and deliver our sailing and safe boating courses. All our instructors and coaches have received training and certification based on Sail Canada's national standards and are registered instructors and coaches with Sail Canada.

CANSail

CANSail was implemented in 2012, and is designed to be a set of progressive learn to sail standards focused on providing sailors with a solid foundation of core skills. It allows sailors to learn and progress in any type of boat and consolidates key skills and solid experiences before adding complex skills. The CANSail philosophy promotes an active and hands on philosophy to teaching sailing. Material is taught through games and activities, as well as hands on demonstrations and role plays. The idea is to get sailors moving and active, and away from lecture style teaching as much as possible. This creates a fun and inclusive atmosphere for both instructors and sailors. Instructors have fun teaching, and thus sailors have more fun learning.

CANSail also treats sailing as a sport. As such, there is an increased emphasis on physical literacy and health. Sailors will participate in warm ups and games which should focus on physiological goals. This new emphasis on sailing as a sport, also places a higher emphasis on racing. That said, not all sailors want to race. This is perfectly normal. Not every child who signs up for soccer wants to join the World Cup. That said, they still learn fundamental soccer skills and they still play soccer for fun. That is the theory behind CANSail as well. Not every sailor will want to race, but they will still learn fundamental sailing skills and they will still play. Sailors will learn strong technical skills and will play, scrimmage, and have fun in our sport. So let's keep everyone, racer or non-racer, coming back.

CANSail Levels

Wet Feet



Programming Specific to Ages 5-8 in an Optimist Dinghy or Echo.
Active Start to the Long Term Sailor Development

CANSail 1
CANSail 2



Fundamental Skill Acquisition in Any Type of Dinghy (Single/ Double Handed)
Fundamental Stage of the LTSD

CANSail 3
CANSail 4



Applied Skill Acquisition in Any Type of Dinghy (Single/ Double Handed)
Learn to Sail Fast! Stage of LTSD

CANSail 5
CANSail 6



Applied Skill Consolidation in Any Type of Dinghy (Single/ Double Handed)
Learn to Train Stage of the LTSD

Chutes & Wires 1&2: Specialized Double Handed Performance Consolidation.

Boats and Classes

This booklet has detailed information on our programs and policies at The Waegwoltic. Please take the time to review the information provided here. If you have any questions or concerns regarding any aspect of the sailing programs at the Waeg, please contact Sarah Flanagan, the Head Instructor at sailing@waegwoltic.ca

Our course offerings are structured to meet the demands of today's sailor. Please review the chart below which illustrates the various sailing programs and some more general information of each. Sailors may be moved between programs based on individual sailor's skill progression, program sizes, and/or availability of boats. If you are unsure of which group to register for, indicated so on the registration form and the Head Instructor will assign a program based on the sailor's previously demonstrated skills. If you would like to discuss the programs and options in more detail, please contact the Head Instructor of the Waegwoltic CANSail Program.

If your child has never sailed before, they will likely start at **WetFeet**. This program runs on Saturdays and is designed for 5-8 year olds. The program introduces young children to sailing and safety in a fun, activity-oriented environment. Participants will become confident around boats of all sizes while learning about the water around them. If your child is new to sailing, but is 8 or 9 years old, they will start in **Basic Sailing** and work on **CANSail 1&2**. They then progress to **CANSail 3&4** which teaches advanced techniques. **CANSail 5&6** begins the stages of **Training to Compete** in the LTSD, where sailors are introduced to more intensive racing, and the refinement of boat handling techniques.



Echos



Optimists

The Basic Sailing CANSail 1&2 is the foundational class for children starting off with no or some sailing experience. The focus of this class is to get out on the water, become familiar with boats and sailing terms, be introduced to and acquire fundamental sailing techniques, and of course have fun! All classes are taught under close supervision of four CANSail 1&2 instructors, with a strong emphasis on having a great time. Successful completion of this class (CANSail 1&2) will allow sailors to join the **Opti Race Team**, or **Advanced Sailing**. The program uses Echos, a double-handed (two person) sloop boat) that allows for interaction among sailors, and a fun learning environment!

The **Advanced 420 CANSail 3&4** builds upon the boat-handling skills acquired in Basic Sailing. The fundamental boat-handling skills learned in the Echos is refined as sailors begin to learn more advanced techniques. Sailors are also introduced to new skills that will benefit them if they pursue racing. Students will sail more advanced boats, Club 420s. Sailors will learn more about the effects of sail shape, and thus learn to sail faster under a variety of conditions, learn boat maintenance, and seamanship skills.

The **Optimist CANSail 3&4 (5&6)** group builds on the „CANSail 1-2 Echo experience. The fundamental boat handling skills that were acquired in CANSail 1&2 are refined and consolidated. This class is excellent for sailors with an interest in competitive racing. Sailors will sail exclusively in Optimists sailboats, and will work towards racing in local regattas. Although based out of the Waegwoltic, the team will train in Bedford, St. Margaret's Bay, and Chester. This is a very exciting and intensive program, which makes for a great introduction to the wonderful world of dinghy racing.

420 Race Team CANSail 4,5,& 6 This class will introduce sailors to double-handed racing in the 420, a great training boat with a large and competitive fleet. Sailors will learn high performance sailing and racing skills, including tactics, nutrition, physical literacy, sail shape, spinnaker, and trapeze. Although based out of the Waeg, sailors will train and compete at locations throughout the maritimes.



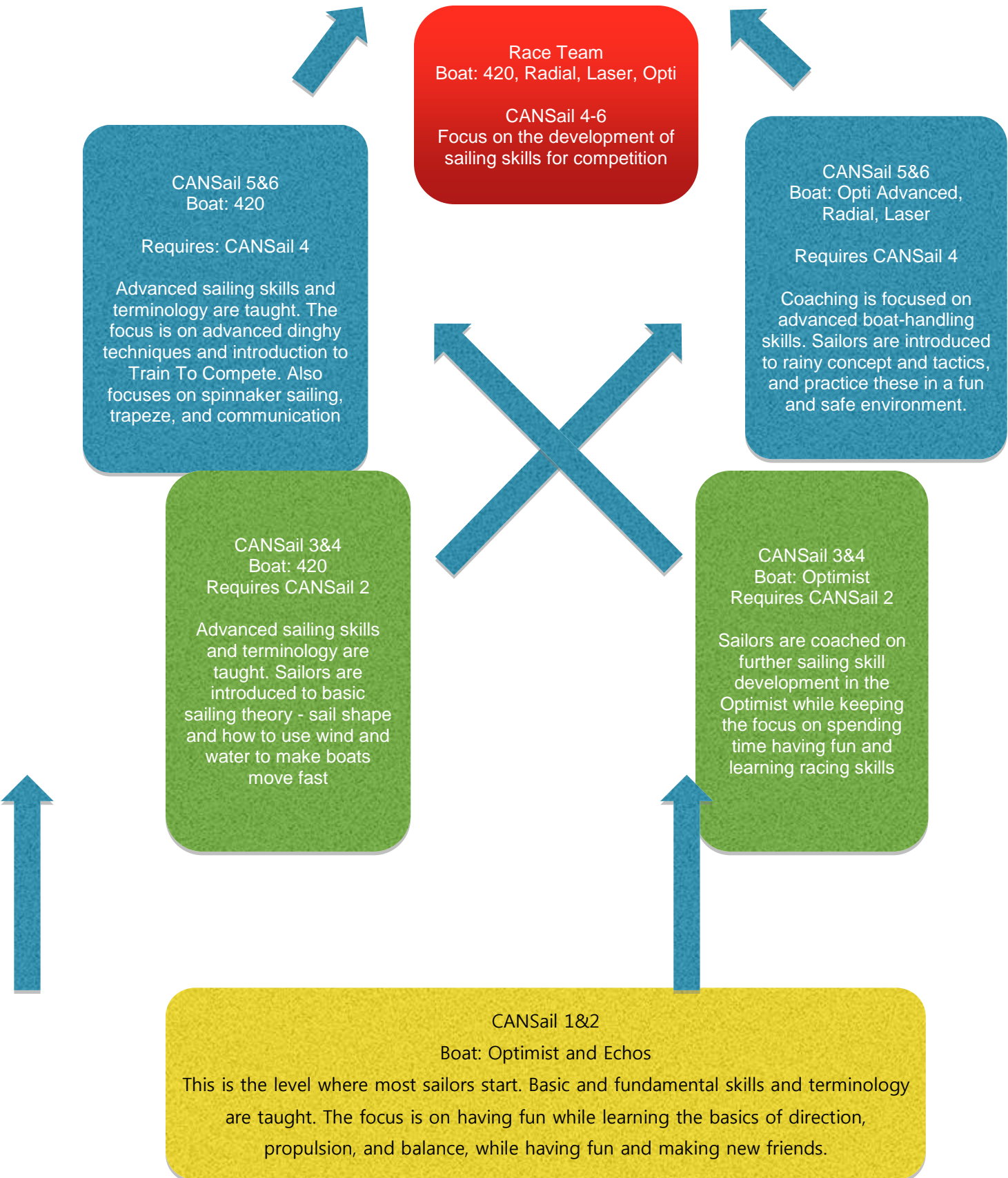
Club 420



Laser Radial

The High Performance Race Team CANSail 5&6 group is focused primarily on refined boat handling, racing tactics, and having fun. Sailors in this group will use, Radials, Lasers, Club 420 and 29er. This is a high-caliber class, designed for racers who display maturity and a high level of competency. It is imperative that sailors are already competent in winds up to 20 knots. This class will have a strong focus on results, and will be taught by an experienced race coach. The team will be working closely with provincial and national teams/ coaches, and will be attending all major regattas (including CORK and Fruit Bowl). **CANSail 5-6** will offer a solid progression of skills for both sailors who want to continue developing skills and those wishing to move on to provincial **Race Teams**. Please note that, due to the elite level of sailing, that this program requires sailors to provide their own boat.

Waegwoltic Club CANSail Programs



What To Expect: A Day of Sailing

It is a bright and sunny day at the start of July, it is warm and sunny, with 12 knots of wind, and high UV. It is important that you ensure your child is always ready for the weather. Backpacks usually should include: bathing suit, shorts, t-shirt or long sleeve shirts, we do not recommend tank tops as they expose more skin to the sun and **we strongly believe in sun-safety**. Waterproof or water-resistant jackets and pants, along with fleece sweaters should also be packed regardless of the weather, as you never know what the weather has in store. Sailors should also wear closed-toed shoes that dry easily, such as crocs. If your child is able to bring a wetsuit, splash jacket, gloves, and sailing boots, they should bring them everyday. Your child should also always have their PFD with them. There are some extra PFDs at the club in the off chance that you forget, but quantities are limited. A healthy lunch should also be packed, along with lots of snacks and a refillable water-bottle. Of course, every sailor should bring along their logbook! We provide cubbies for students to store their belonging, but these are not locked.

9am - The Instructors call everyone into the Sailing Building. Different levels separate into their respective classrooms and the game plan for the day's activities is covered. For younger sailors, the briefing will usually be longer as there is more new information to cover, but this will generally be covered through games and interactive demonstrations. Older levels will likely have shorter briefs and head quickly to the water. All levels will have some physical warm-up during their briefing to prepare them for their day on the water. All programs will rig their boats and head out onto the water once the Instructor(s) have indicated.

10am- Sailors head out onto the water to begin the drills that will solidify the boat-handling technique that was the focus of the briefing. Typically, a class will do about three drills, each becoming increasingly complex. There will be frequent "Control Positions" throughout the session which provides sailors plenty of time to rehydrate, apply sunscreen and go over the techniques they are performing.

12pm- After a morning of fun and learning on the water, everyone heads in for lunch. Sailors de-rig their boats for lunch, change out of their sailing clothes and meet at the Sailing Building. Instructors may want to briefly address the lesson prior to lunch beginning. All children are to remain in the Sailing Building until they sign off with their instructor, which includes signing a lunch sheet with their name and where they are going. Instructors will keep track of the location of all students during lunch, and will ensure that all are present when lunch ends, typically around 1:00 pm. Lunch will typically be held from 12pm-1pm; however, this can vary.

1pm- Sailors return after lunch and head back into their programs. Instructors go over the plan for the afternoon, reinforcing the key techniques being learned that day. Sailors head back onto the water for an afternoon of drills. Drills in the afternoon

tend to work on reinforcing techniques introduced in the morning through game play on the water.

3:35- Sailors head back to the Sailing Building to de-rig their boats. Once boats are fully de-rigged, sailors gather with their instructors and discuss how the day went. During this time sailors fill out their logbooks, noting the settings on their boat, the weather, the drills covered, what went well, what needs improvement. Once the de-brief is over, sailors are free to go at 4pm. There is a schedule for “Shed Duty” which is when sailors take scheduled turns cleaning the facility we teach in so that it is a clean and fun space to learn. Days where sailors have “Shed Duty” means they will be finished at 4:15. Instructors will be stationed outside of the Sailing Building to supervise sailor end of day pick up.

Foul Weather Days

Sailing is an extremely complex sport to master, and it’s important that students feel comfortable in their own skills and within the boat. It is also important that sailors learn to respect and appreciate the power of the environment in which they sail. Wind, waves, and current are some of the aspects that make sailing so exhilarating, but they can be factors that can make sailing quite frightening for the inexperienced sailor. Maintaining a fun and safe learning environment is our main priority, and as such, when wind speeds exceed 12 knots for Basic Program, 15 knots for Advance, 20 knots for Opti and 420 Race, we will not be going out on the water. If there is excessive rain, we will also not be going out on the water. On these days, we will play sailing related games as well learning sailing land-lessons, such as what to wear when sailing, rules of the road, and reading the wind.

Sailing Safety Policies

1. CCG approved lifejacket or PFD must be worn at all time when on or near the water.
2. Sailors must wear clothing appropriate for weather conditions and have layers and changes of clothing. Sailors are required to wear a minimum of a t-shirt, and must always wear a shirt with sleeves. Sailing exposes sailors to a variety of elements, some such a UV rays or cold, which can be dangerous. Sailors therefore need to come prepared. If you need assistance ensuring your sailor is properly dressed, please speak with the Head Instructor. If a sailor comes ill prepared on more than three occasions, a meeting will be organized with the parents to ensure a safe environment for their sailor.
3. Closed toe shoes **must be worn at all times**. Sandals and flip-flops are not permitted.
4. Waterproof sunscreen is required (SPF 30 or greater).
5. UV sunglasses and hats or visors are recommended.
6. Sailors must be able to swim 25 meters wearing sailing clothing and equipment.
7. Wetsuits and other dinghy gear are recommended.
8. All sailors must respect the Waegwoltic Rules and Regulations, Sail Canada's Code of Conduct, and the NCCP Code of Ethics.
9. There is a very strict no bullying policy that is rigorously upheld. This policy does not tolerate any form of bullying based on ability, age, race, sex, gender, sexual-orientation, religion, or socio-economic status. Non-compliance of this regulation will result in a revision of a sailor's registration, possible suspension, and the possibility that the sailor will be asked not to return to the program.
10. If you will not be attending, please let an instructor know the morning of, or a day ahead. We try to be as accommodating as possible to our sailors, and as such are happy to work out a schedule to allow sailors to attend doctor or dentist appointment etc. That said, for a sailor to leave the supervision of the Sailing Program, a note must be given to your sailor's coach the day on that day.
11. Sailors must respect their coaches, their peers, and the members of the Waegwoltic Club. Fun and safe learning environments are essential to the CANSail curriculum. Sailing is a difficult sport to master and having a respectful and supportive environment is crucial. As such, the Waegwoltic Sailing Program does not tolerate disrespectful behavior from sailors directed towards its staff, its students, or its members.
12. Sailors must respect the Waegwoltic Sailing Program's equipment and facility. Like hockey, skiing, and cycling, sailing requires equipment that is expensive. The Waegwoltic strives to provide sailors with the best gear and boats so that all sailors have the opportunity to learn the joy of sailing. The program's instructors also put in a lot of effort to maintain equipment so that it will last and provide the best sailing available. We ask that sailors respect the equipment, caring for it as best that they

can. We also ask sailors to respect the wonderful facility that is provided for the program, helping to keep it tidy, clean, and a fun environment.

13. The Waegwoltic Sailing Program does not tolerate any foul language, this includes any derogatory language as well as curse words.
14. While capsizing in the arm is a safe and unavoidable scenario, we ask that sailors not jump off of docks or on the net surrounding the docks. This is for numerous safety reasons. The docks are surrounded by sail boats and motor boats both of which can be dangerous if a sailor is in the water.
15. If your sailor is taking any medication, please ensure that the Head Instructor is notified. Such information will be kept strictly confidential, but the program wants to ensure that in such a wet and damp environment that medication is kept safe, and that instructors understand its usage in the event of an emergency.
16. We have a strict no electronics policy. This policy is in place for several reasons. Firstly, such devices are distracting. The Waegwoltic Sailing Program strives to encourage sailors to live a fun and active lifestyle, one that involves more time on the water and less time in front of a screen. Devices such as mobile phones, ipads, and ipods are a distraction during lessons and negatively impact the sailing experience. Secondly, the sailing building is not a secure building, and as such we cannot guarantee the safety of such sought-after devices. Finally, the sailing building is wet. Sailors have the tendency to bring in half the ocean when they get in, and such an environment is not ideal for expensive electronic devices. We have a phone in the building that sailors can use in the event that they need to call their parents and guardians. If you want your child to have a cellphone during the day, that is fine, but your child's cellphone must not be used during sailing hours, and the program takes no responsibility to any loss or damage of the device. Instructors are to confiscate for the day any electronic devices that are out during the hours of 9:00am-4:00pm.
17. Instructors will be on property from 8:30am until 4:30pm each day. Supervision of your child is guaranteed on the Sailing Program area from 8:45-4:15. We understand that parents often drop off their sailors early, or pick them up late, and that it is convenient to often pick sailors up at the gate rather than the sailing building. These practices are fine, but please note that the Waegwoltic Sailing Program and its instructors are not responsible for the supervision of your child if a) they leave the Sailing Program area, or b) if they arrive or leave outside the supervised time-periods listed above.

Penalties and Discipline Enforced by the Waegwoltic

Failure to follow the Waegwoltic Safety Rules may result in a variety of consequences. The Waegwoltic penalty and disciplinary system works on a three-strike policy. First time offenders will be given a verbal warning and a behavioural report form will be written up, and put in the sailor's file. The sailor's second offense will lead to an instructor speaking to the sailor's parents, and a behavioural report form being submitted to the sailor's file. Third offenses will lead to one of the following based on the severity:

- 1) Shed Duty
- 2) Aiding Waegwoltic Staff with Cleaning Duties
- 3) Sailor asked to leave the sailing program for a day
- 4) Sailor suspended from the sailing program
- 5) Sailor expelled from the program

FAQ -How to Prepare For Your Session

Many questions parents and novice sailors have can easily be answered, and hopefully, we can answer them here. If your questions are not addressed, please feel free to contact the Head Instructor at sailing@waegwoltic.ca

Q- "When can my child arrive? When can I pick up my child?"

A-Sailing starts at 9am sharp. It is always wise to be there 15 minutes early so that sailor can change into their gear. There will be a sailing instructor present in the sailing building at 8:30 and will provide a level of supervision; that said however, The Waegwoltic Sailing Program is not responsible for children prior to 8:45am. Sailing ends at 4pm.

Q- "What if my child has to leave early one day, or will be late another?"

A- This is not a problem, just provide a short note, and speak to your child's instructor a day in advance, indicating when your child will be absent. We do not mind making accommodations, that said, this cannot be a daily occurrence.

Q- "What should my child bring to sailing?"

A- This is a great question, here is a sample list of things to bring:

What to Bring:

- CCG approved life jacket or PFD (personal flotation device). This must fit properly and be in good condition. If it is too large, it isn't safe!
- A healthy lunch with plenty of snacks along with a refillable water-bottle.
- Sunscreen, preferably waterproof.
- Sunglasses with 100% UVA and UVB protection.
- A hat or visor with a clip or twine to tie it to your PFD.
- Fast drying, closed-toe shoes.
- A large beach towel and bathing suit.
- - Notepad and pencil.

- While sailors should always own a wetsuit, we understand that beginner sailors might not want to make this investment quite yet, we will therefore provide two lists of appropriate clothing:

Novice Sailors

<u>Sunny Days</u>	<u>Rainy Days</u>	<u>Windy Days</u>
<ul style="list-style-type: none"> • T-Shirt or Long Sleeved Shirt • Shorts, Board shorts are best. • Hat • Sunglasses • Bathing Suit • Sun Screen • Closed-Toed Shoes (Crocks are fine) • Towel • Extra set of shirt and shorts • Running Shoes 	<ul style="list-style-type: none"> • Splash Pants • Splash Jacket • Sweater (Fleece is best) • Warm Pants, preferably not cotton or jean. • Hat • Sunglasses • Bathing Suit • Sun Screen • Closed-Toed Shoes • Towel • Second change of warm clothes • Running Shoes 	<ul style="list-style-type: none"> • Splash Pants • Splash Jacket • Sweater (Fleece is best) • Warm Pants, preferably not cotton or jean. • Hat • Sunglasses • Bathing Suit • Sun Screen • Closed-Toed Shoes • Towel • Second change of warm clothes • Running Shoes

Racers

<u>Sunny Days</u>	<u>Rainy Days</u>	<u>Windy Days</u>
<ul style="list-style-type: none"> • Rash Guard T-shirt or long sleeves • Hiking Pants or Skiff Pants • Sailing Booties • Sunglasses • Hat • Sunscreen and Zinc • Towel • Exercise clothes, including running shoes 	<ul style="list-style-type: none"> • Wet Suit • Rash Guard • Hiking Pants • Neoprene Socks • Gloves • Hat or Touque • Sailing Booties • Splash Jacket • Sunscreen • Towel • Change of Warm Clothes • Exercise Clothes, including running shoes 	<ul style="list-style-type: none"> • Wet Suit • Rash Guard • Hiking Pants • Neoprene Socks • Gloves • Hat or Touque • Sailing Booties • Splash Jacket • Sunscreen • Towel • Change of Warm Clothes • Exercise Clothes, including running shoes

Q- "Do I need to buy a sailing manual book?"

A- No, we provide books for all sailors. If sailors are keen to do more reading on their own, the instructors can recommend a variety of additional books that can be purchased locally.

Q- "If I bring a boat, what kind should it be?"

A- Many parents and grandparents buy boats for the sailors in their family. Make sure you get the right boat for their stage of physical development. Please contact the Head Instructor for recommendations.

Q- "What if my child wants to go home for lunch?"

A- Sailors can certainly go home for lunch; however, written permission forms from parent must be given indicating when your child will be leaving the Waegwoltic property. Prior to leaving, the sailor must also talk to their Instructor, and sign the sign out sheet.

Q- "Can my child buy lunch at the Waegwoltic?"

A- Yes, there is a canteen bar.

Q- "How are sailors evaluated?"

A - Sailors are evaluated daily, on water and on land, according to the CANSail Checklist and Rubric. Instructors fill out sailor's progression daily. These documents can be seen at any point by the sailor and/or parents upon request. At the end of the program, sailors will be given a progress report form detailing what skills they rocked at, and what skills might need a little more work. If all skills in their level are demonstrated, they will be awarded their sailing certificate and graduate to the next CANSail level. CANSail focuses on progression and what sailor's achieve.

Q- "Is it possible to sign up for sessions in addition to those on my original application?"

A- Yes. In order to help us plan we need to know as soon as possible. That said, Sailors signing up with less notice may still be accepted on a space-available basis.

Q- "Is there a maximum number of sailors that will be accepted for a session?"

A- Yes. The program would suffer in both quality and safety aspects if we accept too many sailors. So register early to avoid missing out!

Sailor's Code of Conduct

The Sailor's Code of Conduct has been developed to ensure you, the sailors, know how the instructors expect you to act during your time in the Waegwoltic CANSail Program.

Plase share this Code of Conduct with your sailor. Appropriate behaviour will allow you to become well-rounded, self-confident sailors, and Waegwoltic members. The Waegwoltic expects the highest level of sportsmanship, teamwork, fair play, and good behaviour. As a member of this team you represent The Waegwoltic, this organization, and your family. Your behaviour, either on or off the water, should aim to maintain a high level of sportsmanship and conduct, and make other sailors proud to be a part of this organization. The use of alcohol, drugs, or tobacco of any kind, by any participant, at any time, is strictly prohibited.

In order to uphold the Code of Conduct, we ask you to follow these guidelines:

- ~ Sail for fun and the love of the sport!
- ~ Work hard to improve your skills, and worry only about your own progression.
- ~ Listen, ask questions, and watch others to see how you can better your skills.
- ~ Learn teamwork, sportsmanship, discipline, confidence, and self-control.
- ~ Be a team player - get along with your teammates.
- ~ Appreciate the contribution each person makes to the team.
- ~ Learn the rules, and play by them. Always be a good sport and set a positive example, for others, particularly younger sailors.

We Expect You To:

- ~ Use good language — the use of profanity, obscene or discriminatory language or gestures are not permitted.
- ~ Respect your instructor/ coach, your fellow sailors, opponents, officials, and other Waegwoltic members. Respect the rules of Sail Canada and the Waegwoltic Sailing Program, which are to be observed at all times, by all. Absolutely no unsportsmanlike conduct will be tolerated. The sailor must realize that he/she represents a tradition of fairness in competition.
- ~ Be on time for sessions.
- ~ Attend regularly - you need to develop your individual skills, sailing fundamentals, as well as develop team discipline, unity, spirit, commitment and loyalty.
- ~NEVER participate in any physical violence, fighting etc. during any Waegwoltic events, under any circumstances.

If you do not follow the Sailor's Code of Conduct, depending on the severity and the regularity of the violation, the following steps will be taken:

- 1) Sailors suspended for 1 Day
- 2) Sailors suspended for balance of session
- 3) Sailor suspended for summer

Expectations of Parents and Guardians

Since The Waegwoltic sets expectations for their CANSail participants, we feel it only fair that we apply the same standards to parents and guardians. We also need your help for our program to succeed. By setting a good example for our sailors, you exemplify our expectations of sportsmanship and fair play.

We ask you,

- ~ Encourage your child to play by the rules. Remember, children learn best by example.
- ~ Make their participation fun. Support their desire to sail or play the sport of their choosing.
- ~ Show a positive attitude toward the Waegwoltic program and all its participants.
- ~ Emphasize skill development and practices and how they benefit your young athlete.
- ~ Applaud a good effort in victory and in defeat, and enforce the positive point of the game.
- ~ Applaud progression and acquiring and mastering new skills rather than levels.
- ~ Work toward removing all physical and verbal abuse in youth sports. Adopt a “Zero Tolerance” attitude.
- ~ Familiarize yourself with the materials required for your child’s participation in the Waegwoltic Sailing Program.

Additionally, we always welcome feedback from you. We ask that if you have any complaints that you follow this chain of command:

- ~ Address your concerns with your child’s instructor/ coach. If you are not satisfied that the issue has been addressed then,
- ~ Take your concerns to the Head Instructor. If you are still not satisfied that the issue has been addressed then,
- ~ Fill out a Sailing Complaint Form at the Main Office.

Following these guidelines promotes respect and trust within the program and its staff.

RACE TEAM INFORMATION

“There are many reasons why I race, but mostly it’s my love of the water; once I’m out there, nothing else matters. On top of that, it’s highly addictive.”

-- Susan Korzeniewski, high-performance catamarans.

“It’s the constant competition that keeps you on your feet, the heated moments, and the changing situations. Squeezing that half-knot out of your boat is more exhilarating than driving 85 miles per hour down the highway in a fast car.”

-- Frank Rinaldi, J/24 sailor.

There are many reasons to start racing sailboats. Racing is fun and exhilarating, and there is nothing quite like squeezing every ounce of speed out of your boat to pull ahead of another sailor. The Waegwoltic Race Program is a great way to begin your career as racer. The Race Team will focus on competing in several major dinghy regattas. The race team is open to sailors who have completed a minimum of CANSail 3 and are enrolled in the Optimist Program, the 420 Race Program, and the High Performance Program.

While the enrolment of your child in one of the above cited sailing programs covers their daily training, registration fees for regattas are not included. The variable costs depend on the regattas that the programs attend. Most major cost factors for regattas include travel, accommodation, food, and registration. The Waegwoltic Sailing Program has trailers, and will take care of the transportation of boats; however, it is the responsibility of sailors and their parents to arrange their personal travel and accommodations. **A meeting will be held on 5th of June in the Multipurpose Building from 7:00-8pm for all parents and sailors who are enrolled in racing programs to decide what regattas will be attended, and to arrange carpools to help with individual costs and commitments. In addition, all sailors and parents will be provided with a schedule upon registration.**



Expectations of Racers

The following code of conduct is developed to aid Waegwoltic sailors to achieve a level of behaviour, which will allow them to participate as an athlete and a member of Sail Canada to the maximum.

Waegwoltic Sailors Have a Responsibility to:

1. Treat everyone fairly within the context of their activity, regardless of gender, place of origin, race, physical or mental disabilities, sexual orientation, religion, political beliefs, or economic status.
2. Direct comments or criticism at their performance rather than at themselves, and to similarly direct comments or criticism at a peer's performance rather than at the athlete.
3. Respect his or her Coach at all times.
4. Respect and properly care for Waegwoltic equipment, including sails, hull, spars etc. Futhermore, to ensure the boat that he or she is using is properly secured to trailers, and taken care of for the entirety of a regatta.
5. Abide by the National Coaching Certification Program of Canada's

Fair Play Principles:

Applying Fair Play principles implies that all those involved in sport recognize the importance of fairness, a respectful attitude, and appropriate conduct when engaged in sporting activities, and agree to model and promote them.

The following are examples of Fair Play behaviours for instructors, athletes, officials, and parents:

- Follow all of the rules, and never seek to deliberately break a rule.
- Aim to compete fairly, using talent and ability to win; refuse to win by illegal means or by cheating.
- Respect the official(s), and accept their decisions without doubting their integrity.
- Recognize good performances by the opponent.
- Maintain dignity in all circumstances, and demonstrate self-control. In defeat, recognize with dignity the superiority of the opponent. In victory, act modestly, and do not ridicule the opponent.

6. Consistently display high personal standards and project a favourable image of sailing and the Waegwoltic by:

- Refraining from public criticism of other sailing instructors, coaches, and competitors.
- Abstaining from the use of tobacco products.
- Abstaining from the drinking of alcoholic beverages.
- Refrain from the use of profane, insulting, harassing, or otherwise offensive language in the conduct of his/her duties.
- Refrain from the use of drugs or banned substances.
- Treat sailors, coaches, volunteers, and officials with respect and actively encourage fellow athletes to do the same.
- Encourage all sailors to demonstrate their own code of conduct.
- Refrain from public criticism of Race Officers, Judges, and all other volunteers.

Waegwoltic Sailors Must:

1. Ensure their personal safety by wearing a PFD at all times while on the water and sailing in weather conditions that are suitable to his or her skill level.
2. Respect the dignity of sailors and athletes. Verbal or physical behaviours that constitute harassment or abuse are not acceptable.
4. Never use drugs and other banned substances.

Process for Investigating an Alleged Breach of the Waegwoltic Code of Conduct

At All NSYA and Sail Canada Events:

At Sail Canada events the jury organized for the event shall have the primary responsibility for investigating an alleged breach of the CANSail Sailor/ Instructor / Coach Code of Conduct. The jury organized for the event, shall call a hearing, or take whatever measures necessary to investigate the complaint and to determine whether the allegations have basis in fact. The jury may take whatever disciplinary actions it seems appropriate including giving the sailor/ Instructor/ Coach a reprimand, and suspending the individual from sailing/instructing/coaching for part of or the entire event where the breach occurred. Any discipline actions taken by the jury shall be reported to Sail Canada with a recommendation of whether further action should be considered by the Sail Canada. At all Sail Canada camps, clinics and seminars the Sail Canada representative(s) attending the event shall be responsible for calling a hearing, and for pursuing measures deemed necessary.

Penalties and Discipline Enforced By Sail Canada:

Failure to follow the CANSail Sail/ Instructor / Coach Code of Conduct at all Sail Canada events may result in one or more of the following actions:

- Disqualification of the sailors concerned in one or more races, in the event where the incident occurred.
- Giving the sailor a reprimand.
- Suspending the individual from sailing for part of or the entire event.
- Termination of the participation of the sailor concerned at the event where the incident occurred.
- Expulsion of the sailor from the site of the event.
- Recommending to Sail Canada that the sailor shall not be considered for a instructing/coaching position with Sail Canada for a period from three months to four years.

Penalties and Discipline Enforced By the Waegwoltic

Failure to follow the Waegwoltic Code of Conduct while at the Waeg or at an event may result in a variety of consequences. The Waegwoltic penalty and disciplinary system works on a three strike policy. First time offenders will be given a verbal warning and a behavioural report form will be written up, and put in the sailor's file. The sailor's second offense will lead to an instructor speaking to the sailor's parents, and a behavioural report form being submitted to the sailor's file. Third offenses will lead to one of the following based on the severity:

- 6) Shed Duty
- 7) Aiding Waegwoltic Staff with Cleaning Duties
- 8) Sailor ask to leave the sailing program for a day
- 9) Sailor suspended from the sailing program
- 10) Sailor expelled from the program

Expectations for Parents with Sailors in Racing Programs

Since The Waegwoltic sets expectations for their CANSail participants, we feel it only fair that we apply the same standards to parents and guardians. We also need your help for our program to succeed. By setting a good example for our sailors, you exemplify our expectations of sportsmanship and fair play.

We ask you,

- ~ Encourage your child to play by the rules. Remember, children learn best by example.
- ~ Make their participation fun. Support their desire to sail or play the sport of their choosing.
- ~ Show a positive attitude toward the Waegwoltic program and all its participants.
- ~ Show a positive attitude toward Sail Canada and all its participants.
- ~ Emphasize skill development and practices and how they benefit your young athlete.
- ~ Applaud a good effort in victory and in defeat, and enforce the positive point of the game.
- ~ Applaud progression and acquiring and mastering new skills rather than levels.
- ~ Applaud working hard and personal achievements rather than medals and regattas placements.
- ~ Work toward removing all physical and verbal abuse in youth sports. Adopt a “Zero Tolerance” attitude.
- ~ Familiarize yourself with the materials required for your child’s participation in the Waegwoltic Sailing Program.
- ~ Help out where you can. Attending regattas takes a lot of work and coordination.

Where resources are available, please be involved in regatta preparation and help to make this summer one of the bests.

Additionally, we always welcome feedback from you. We ask that if you have any complaints that you follow this chain of command:

- ~ Address your concerns with your child’s instructor/ coach. If you are not satisfied that the issue has been addressed then,
- ~ Take your concerns to the Head Instructor. If you are still not satisfied that the issue has been addressed then,
- ~ Fill out a Sailing Complaint Form at the Main Office.

Following these guidelines promotes respect and trust within the program and its staff.

My Regatta Checklist Sample

My Name: _____

My Boat: 420 Opti Radial Laser 29er

My Hull # _____

My Sail # _____

Checklist:

- | | |
|---|--|
| <input type="checkbox"/> Hull | <input type="checkbox"/> Daggerboard |
| <input type="checkbox"/> Spars | <input type="checkbox"/> Buoyancy Tanks |
| <input type="checkbox"/> Sails | <input type="checkbox"/> Wind Indicator |
| *Main | <input type="checkbox"/> Protest Flag |
| *Jib | <input type="checkbox"/> Blocks for outhaul |
| *Spinnaker | <input type="checkbox"/> Deck Blocks |
| *Battens | <input type="checkbox"/> Clew Shackle w/ Block |
| *Extra Battens | <input type="checkbox"/> Compass |
| * Ticklers and Tell Tales | <input type="checkbox"/> Trapeze Harness |
| *Sail Numbers | <input type="checkbox"/> Spin Pole |
| <input type="checkbox"/> Hull Plugs/ Cockpit Plug | <input type="checkbox"/> Sprit Pole |
| <input type="checkbox"/> All your line | <input type="checkbox"/> Measurement Stickers |
| * Main Sheet | <input type="checkbox"/> Whistle |
| * Jib Sheets | <input type="checkbox"/> Dolly |
| * Vang (Primary, secondary) | * wheels |
| *Cunningham | * Barrings |
| *Spin Sheets | * Pint |
| *Traveller (+block) | |
| *Outhaul | |
| *Paynter | |
| *Clew Tie Down | |
| *Hiking Strap Retainer | |
| * Daggerboard Retainer | |
| * Spin Retrieval Line | |
| <input type="checkbox"/> Rudder | |

- Tiller
- Log book
- Health Card
- Water Bottle Labelled with your name
- Sun Block, High SPF
- Wetsuit
- Splash Jacket
- PFD
- Gloves
- Boat Boots
- Hiking Pants
- Rash Guard
- Lunch/ Snacks in a container labelled with your name.
- Extra set of dry clothes
- Hat
- Knife
- CANSail Number (* Please find more information on your CANSail number on the following page)

How do I find my CANSail Number?

Each student at the Waegwoltic Sailing Program will have a CANSail Number. Sailors in the basic program will have numbers generated for them upon registration so that they can be added to Checklick. Sailors in racing programs should already have a CANSail Number, and will require this number for registration at regattas as well as following their progress on Checklick. If you do not know your CANSail Number, you can find it on Sail Canada's Website at sailing.ca. From here, click on the **Login** icon at the top right-hand corner of the screen.



On this page you can login to your CANSail profile. To login your username is your last name with the first three letters of your given name. Your password (unless you have changed it) will be your postal code, and the page is case sensitive. On your CANSail profile you will find a list of all regional regattas you have attended. This is why you must have your CANSail Number for registration at regattas. Your CANSail Profile can also contain information regarding your prerequisites and instructor certification if you decide to pursue this route in the future.

 A screenshot of the "Sail Canada Profile Login" page. The page features the Sail Canada logo and the text "Sail Canada | Voile Canada". Below the logo, there is a "Back to www.sailing.ca" link and a "Français" link. The main heading is "Sail Canada Profile Login". Below this, there is a "Welcome to Sail Canada Profile Login" message and a "Sign-in for Organizations" link. The login form includes a "Login:" field with a red circle around the text "locate your profile, or" and a placeholder "last name + first 3 letters of your first name in lowercase (e.g. doejoh)", a "Password:" field with a placeholder "case sensitive", and "Login" and "Forgot Password" buttons. Below the form, there are "Forgot Password Steps" listed as: 1. Enter your user name above, 2. Leave the password field, 3. Click on Forgot Password button, 4. Your password will be sent to you via email. At the bottom, there is a note: "Note: Please contact admin@sailing.ca if you experience any problems."

If you cannot sign into your account because you have forgotten your information, then

click “locate my profile”. From here you can enter basic information to look up your CANSail number.

 **Sail Canada | Voile Canada**
Canada's National Sailing Authority | L'Autorité nationale de la voile

[← Back to www.sailing.ca](#) [Français](#)

Sail Canada Profile Login

Any sailor in Canada with certification as a Sailing Instructor, Coach or Official, holds a Sail Canada profile on sailing.ca. And now, more and more sailors in Canada are obtaining Sail Canada profiles so that they can:

- access entry to sailing events;
- participate in development clinics, general meetings, speaker nights;
- access member-only discounts on insurance, gear and resources;
- receive sailing newsletters from the Sail Canada and your Provincial Sailing Association

Be sure to note your Sail Canada # in your phone or another spot to have handy anytime you need it to enter into programs that can service you as a boat owner and sailor.

NOTE: Having a Sail Canada profile does not deem you a member of the Sail Canada. For eligibility to race sailboats in Canada, sailors must be member in good standing with a Sail Canada member yacht or sailing club.

Find CANSail #

First Name:

Last Name:

Find your **CANSail #**, without logging in: [Find your CANSail #](#)

Note: Please contact admin@sailing.ca if you experience any problems.

If you have any troubles finding your number after going through these steps, please contact your sailor’s coach, or the Head Instructor at sailing@waegwoltic.ca

Equipment Usage Policy

The Waegwoltic CANSail Program has a strict user pay Equipment Usage Policy. The replacement cost of our training equipment is well over \$200,000. This policy is to be used with regard to boats involved in collisions and lost or damaged equipment or other property of the Waegwoltic Sailing Program.

1. **Boat Collision** with other Waegwoltic Sailing program boats, the instructors will perform minor repairs, but a professional will repair major damage. The Head Instructor will decide whether the damage is minor or major, whose decision will be final.
 - A) Where one boat is involved, major repairs and/ or replacement of parts (rudders, tillers, sails, centreboards, etc.), the cost will be
 - 50% Waegwoltic
 - 50% all parties involved
 - B) In the event minor or major damage results between two or more club boats, the cost of all repairs and replacements to all boats involved will be shared as follows:
 - 50% Waegwoltic
 - 50% all parties involved

Collisions with privately owned moored, docked, or sailing boats outside of the program will result in a hearing to determine who was at fault, if anyone. If the sailor(s) are found to be at fault, they will pay for all repairs. When there is more than one sailor in the boat in question, there will be a percentage of the repair assigned to each based on level of responsibility. The Waegwoltic staff will notify all involved sailors and parents of the incident and of any decisions requiring payment.

2. **Lost or Damaged Equipment** (including property of the Waegwoltic). Boats and equipment will usually be assigned to the sailors using the equipment or to their class. In these situations the sailor(s) or class responsible for the equipment will immediately inform an instructor if damage to the equipment has been sustained. The instructors of the Waegwoltic Sailing program will repair the equipment damaged due to normal usage as soon as possible. If any equipment is lost or damaged but no sailor(s) or classes have been assigned to the item, the last sailor(s) to use the items will be held responsible.
3. **Private Boats** Any boat that is brought by a student for his or her personal use is entirely the responsibility of the owner. The Waegwoltic assumes no responsibility for loss or damages or parts thereof from any cause whatsoever. Boats and/ or equipment left or stored on club grounds are at the owner's risk.

- A) In the event minor or major damage result between two or more privately owned boats, the Waegwoltic is *not* responsible for determining blame and/or the cost to repair the damage to the boats and/or equipment, this is solely the responsibility of the private parties involved.
- B) In the event minor or major damage results between two or more club boats and one or more privately owned boats, the cost of all repairs and replacements to all boats involved will be shared as follows:
- 50% Waegwoltic
 - 50% All parties involved



4. **Boat Inspection** will be conducted by the Instructor on a regular basis and when equipment is signed in/out. If a sailor is aware of any items on the boats or equipment that is not in proper working condition, the sailors should notify their instructor immediately. This is so repairs can be made right away and that the sailors are not held responsible for something that they did not do.

We encourage all sailors and parents to review The Rules of Sailing, which outlines right of way, to minimize instances of contact and/or collision. To familiarize yourself with how right of way works within sailing, please refer to the ISAF (International Sailing Association Federation) **Racing Rules of Sailing 2013-2016**, which can be found at: [http://www.sailing.org/tools/documents/ISAFRRS20132016Final-\[13376\].pdf](http://www.sailing.org/tools/documents/ISAFRRS20132016Final-[13376].pdf)

Checklick

What is Checklick?

Checklick is a web platform that lets Sail Canada deliver their athlete development programs online. By adding the Waegwoltic Sailing Program's skills and levels into Checklick, coaches and facilities can use their own devices (like iPads and smartphones) to track athletes as they progress through the Waegwoltic Sailing training programs.

Keeping track of participants using paper can be a pain. Checklick lets The Waegwoltic and its coaches use their own devices to track and manage your athletes online, thus reducing our reliance on paper.

Checklick can dynamically produce PDF versions of CANSail Progress Reports and certificates. The program allows us to email them to a group of participants in seconds and save hours of administrative time.

Coaches with large groups of athletes know how long it takes to update progress cards, come up with comments for each participant and submit legible documents to program managers. Checklick coaches edit checklists and leave comments on a group or individual basis. Once saved, all information is immediately available to participants, program managers, provincial and national bodies.

What Does Checklick Mean for My Sailor and I?

Checklick features easy to use communication tools that allows the Waegwoltic and coaches to send more frequent updates to athletes and parents.

Athlete's individualized participant progress reports, checklists and certificates can be mass-emailed in just a few clicks and highlight newly achieved skills or performance standards.

Finally, the Waegwoltic may lose staff from year to year, but that doesn't have to mean losing athlete data. Checklick keeps your athlete's data safe from year to year, so no matter who's working next season, your data is still retained.

How Do I Use CheckLick?

On the first day of your sailor's program, they will be given a sheet that has their password and username for Checklick. Once you have this information, go online to cansail.checklick.com

Once at the login page, use your username and password to log in.

https://cansail.checklick.com

Log in to Access Your Online Services

Sail Canada Number or username:
waegsailor

Password:

[Log in](#) [forgot your password?](#)

Once you are logged into your sailor's account, you should immediately see their personal information.

https://cansail.checklick.com/add-athlete/63036

CANSail **VolvoCAN**

[Setup](#) | [Help Center](#) | [Logout](#)

Please review your account information below, and make any changes if necessary.

sailor waeg

sailor information

First Name: * sailor Last Name: * waeg

Street Address: * 6549 colburg rd

City: * Halifax Province or State: * Nova Scotia

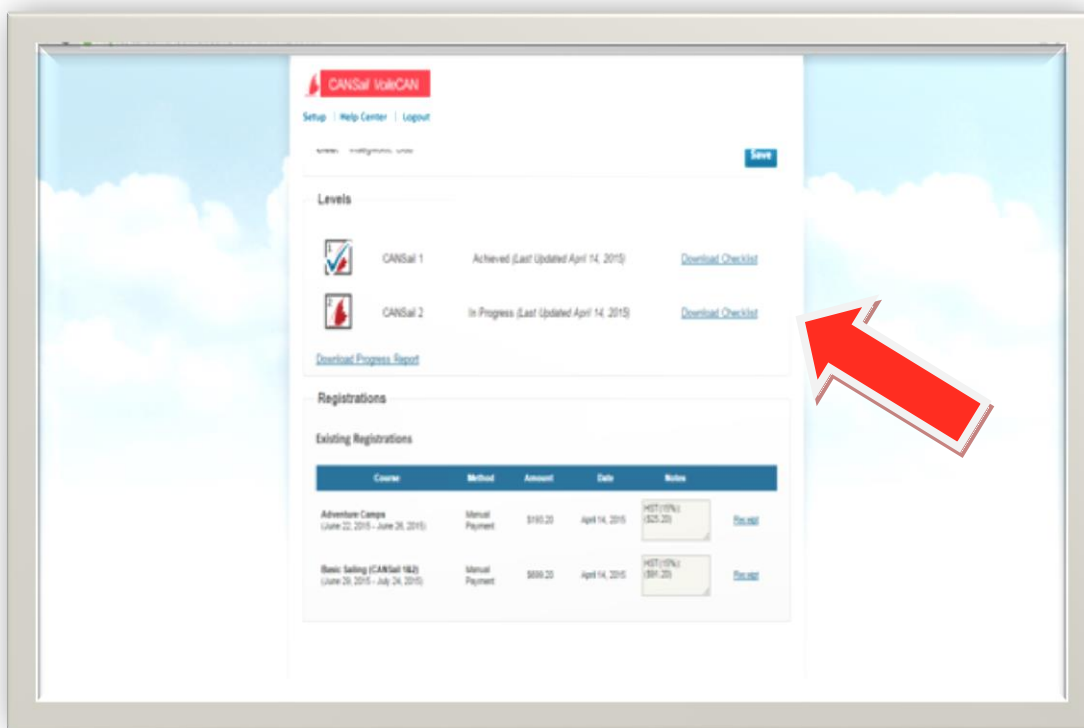
Country: * Canada Postal/Zip Code: * B3H2A6

Email: * sailing@waegpublic.ca Phone Number: * 9024292922
Please enter a valid Email address. Please enter a value in the form of A-XXX-XXX-XXXX.

Fax Number: * Gender: * Unspecified Male Female
Please enter a value in the form of A-XXX-XXX-XXXX.

The basic personal information on this page can be changed and updated at any point, and the Waegwoltic Sailing instructors will be notified of such changes so that contact information is always up-to-date.

If you continue to scroll down, you will see CANSail emblems under the title “Levels”. This section indicates what CANSail levels your sailor has achieved, and what areas they are still working on.



The screenshot shows the CANSail iSailCAN user interface. The top navigation bar includes 'Setup', 'Help Center', and 'Logout'. The main content area is titled 'Levels' and contains two entries:

- CANSail 1**: Achieved (Last Updated April 14, 2015) with a 'Download Checklist' link.
- CANSail 2**: In Progress (Last Updated April 14, 2015) with a 'Download Checklist' link.

Below the 'Levels' section is a 'Registrations' section with a table of existing registrations:

Course	Method	Amount	Date	Notes
Adventure Camps (June 22, 2015 - June 26, 2015)	Manual Payment	\$150.00	April 14, 2015	100% (\$25.00) Receipt
Basic Sailing (CANSail 1&2) (June 23, 2015 - July 24, 2015)	Manual Payment	\$300.00	April 14, 2015	100% (\$50.00) Receipt

If you click on the Download Checklist icon, you will download your sailor's Progress Report Form and be able to see what areas they have achieved, and what areas still need work.

file:///C:/Users/User/Downloads/sailor%20waeg%20CANSail%20%20Checklist.pdf

Checklist for sailor waeg

Level: CANSail 2 Last Updated: 2015-04-14

Task	Further Development Required	Performing Consistently
Balance		
Full consistently with less than 10% of lead	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Adjust body position to keep lead balanced	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sail Trim		
Full sail takes by hand less than 50% of the time	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Adjust sail trim/heeling for wind shifts	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Adjust sail when the gusts and lulls	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Trim sails correctly on all points of sail	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Trim sails while sailing (includes forward sheeting)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Direction		
Steer so leeway will allow flying 90% of the time	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Adjust sail trim within 5 seconds of course change	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Use body weight to assist sail trim changes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Steer and use within 1 foot length of a point	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Steer into the wind (leeward) and forward	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Steer into direction while sailing	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Head Up		
Head up within one boat length of a mark	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Trim sails to keep from full while heeling up	<input checked="" type="checkbox"/>	<input type="checkbox"/>
He and leeward are balanced at the same rate	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Keep lead balanced while heeling up	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Bear Off		
Bear off from 45° leeward to 0° and to the lee	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Bear off at within 15 degrees of proper course	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Bear off within 1 boat length of a mark	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Keep sails to adjust body while bearing off	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Clear sheets to bear off	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Keep lead flat while bearing off	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Task		
Right side counter to back line	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Communicate lead to sailing partner/other team	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Perform all steps in correct sequential order	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Boat is controlled and balanced through task	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Control body position is maintained through task	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Gybe		
Right side counter to gybe line	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Communicate gybe to sailing partner/other team	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Perform all steps in correct sequential order	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Boat is controlled and balanced through task	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Control body position is maintained through gybe	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Stop		
Stop boat intentionally within 1 boat length of a mark	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Stop boat intentionally by heeling up and bearing near	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Stop boat to leeward of mark and within 1 boat length	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Go/Accelerate		
Accelerate from leeward (down head) and to leeward	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Accelerate from upwind (up head) and to leeward	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Seamanship		
Search and check boat safety or sailing facility	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Use a reef hook, figure 8, and bowline while rigging	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Identify boat hardware and describe how to adjust them	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Right a heeled boat and continue sailing	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Remember how to identify and install equipment & hardware	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Apply the following rules: LUFF, LASHING, TIGHTENING, TIGHTENING	<input checked="" type="checkbox"/>	<input type="checkbox"/>

As instructors add checks to your sailor's Progress Report, you will automatically alerted through the email that is provided on the personal information section. By using Checkclick you will be able to track your sailor's progress and always know where they are in their CANSail levels.

If you have any questions regarding Checkclick, CANSail levels, or Certificates, please feel free to ask your sailor's instructor further questions, or speak to the Head Instructor.

Banquet

The Banquet is an end-of-the-year party that celebrates all of the Waegwoltic's hard working sailors! Certificates will be given out by instructors to sailors who achieved all required checks in their CANSail level, and prizes will be awarded to the top sailors of the summer. We will also have an Awards Ceremony where we will celebrate the wonderful personalities that made the summer so memorable with prizes such as: The Fashion Award, The Best Swimmer Award, The BFF Award etc.

The Banquet will be held on Thursday August 20th in the Multipurpose Building from 6:30-8:30pm. Parents and family are welcome.



Meet Our 2015 Instructors



Head Instructor - Sarah Flanagan

I hail originally from Charlottetown, Prince Edward Island, and began sailing in 420s and then Laser. By 2006 I had obtained certification as a CANSail 1-4 instructor, teaching at the Charlottetown Yacht Club while also training as crew in 29er in which I attended the 2009 Canada Games. I then

became Head Instructor at the Charlottetown Yacht Club as well as the Provincial Sailing Coach. Continuing my sailing career, I became a certified Learning Facilitator for Sail Canada in 2012. In 2013 I became a certified Developmental Coach, and attended the 2013 Canada Games as the Coach for Team PEI. I moved to Halifax in the fall to continue training in 29er with my crew Jonathan Reid. Sailing has always been a passion of mine, and I think it is the best sport imaginable! What other sport gives you an opportunity to play on the same field as an Olympian?! I am extremely excited to be a part of the Waegwoltic team for another summer! Having sailed and raced with many Waegwoltic sailors throughout my career, I am happy to be part of such an amazing program. I hope to put to use my years of experience, and my work with Sail Canada, to continue to make the Waegwoltic such an amazing sailing program!

Contact Information:

Email: sailing@waegwoltic.ca or flanagansailing@gmail.com

Phone: (902) 429 - 2824 ext.6

High Performance - Maddie Coats

Sailing has been an integral part of my life since starting at the Waeg 10 years ago. I have made my way through the entire Waeg Sailing program, and am very proud to be teaching the next generation of sailors. This will be my fourth year teaching sailing at the Waeg, and my first as High Performance Race Coach. Having raced for the majority of my sailing career in a variety of classes, I truly enjoy the sport and understand it well. I am thrilled to have the opportunity to coach the High Performance Race Team, as Laser Radial sailing was a personal favourite and, I believe, a fabulous way to spend a summer. This summer I hope to build a strong HPR Team that finds success not only on the race course but also in establishing a strong sense of teamwork and dedication.



Optimist - Maggie Kennedy

I started sailing at Bedford Basin Yacht Club when I was 11 years old. I began racing Optis when I was 12 and moved into laser radial a couple years later. I have competed in numerous regattas throughout Canada and the United States and was a member of the Nova Scotia Sailing Team in 2011. This is my third summer teaching at the Waegwoltic Club and I will be coaching the Opti Race Team.

Advanced Sailing - Lyle Dobbin



My formative sailing years were spent at the Charlottetown Yacht Club under the tutelage of the great Will Mann. From the very beginning I was hooked, and so today it brings me joy to introduce new aspiring pirates to this challenging and rewarding sport. I decided in White Sail that I wanted to be a sailing instructor and got my certification the summer following my last as a student. I'm excited to see lots of new and familiar faces during my third summer as a coach at the Waegwoltic Club.

420 Race – Leith Rankin

I am thrilled to be coaching this 2015 season at the Waegwoltic. I've been coaching for over six years out of the Charlottetown Yacht Club and the Royal Newfoundland Yacht Club. I am a certified CANSail 1,2,3,4,5,6 coach, as well as a Learning Facilitator for Sail Canada. Through my sailing career I have personally raced opti, Byte, 420, and 29er. I'm humbled to have the opportunity to be coaching the 420 racing level this coming season. Coaching at the racing level is always exciting, because within the sport of sailing there is constant development of athletes and opportunities for success! What I hope to achieve this season is an expansion of athletes participating in racing from beginners to seasoned racers. I truly am looking forward to instructing out of a new club and meeting new and wonderful sailors!



Basic Sailing - Jack Campbell

I began my sailing career in the Waegwoltic's sailing program, and continued sailing with the Waeg throughout my training. I have raced in the 420 and Laser classes, with the majority of my racing experience in Laser. Last summer I coached CANSail 1-2 and Wetfeet, and I'm very excited to be returning to coaching this summer.



420 Assistant - Cooper Coats



I started sailing recreationally at the age of 9 at the Waegwoltic Club and stayed a part of the awesome Waegwoltic Sailing Team for the next 7 years. I've raced in a variety of boats such as Optis, 420's and Laser Radial's. I have always loved sailing in general but the Waegwoltic Sailing Team will always be apart of me as I begin my coaching career at one of the funnest clubs. I plan to both have a blast with awesome people and pass on my sailing tips that I've gained from my years as a sailor.

Optimist - Rachel Erskine

I started sailing at the Waeg when I was 10 and continued for 8 years, 2 years each in Echo, Opti, 420 and Laser radial! I've enjoyed sailing recreationally, as well as racing in the Opti and Laser classes. Last summer I had a lot of fun instructing Wet feet at the Waeg on Saturdays as well as the CANSail 1&2 classes at St. Mary's boat club during the week. This summer I'm greatly looking forward to being at the Waeg full time and helping younger sailors develop their skills and a love for sailing.



Basic Sailing - Liam Marcil



I'm from Montreal Quebec. I've been sailing in both France and Nova Scotia for over 10 years. During this time, I've participated in most of the maritime regattas in optimist, 420, and laser. I learnt the basics of sailing at the Waeg, and am still a member to this day. This is my first year as a Waeg sailing instructor. I hope to give back the fun and skill I've learnt on the water to my sailors this session.

Basic Sailing – Alex Lane

I am super excited to be back for another year of great sailing at the Waeg. I grew up sailing here and it was always what I looked forward to most in the summer! I can't wait to hit the water and continue the tradition of fantastic sailing at the Waeg!