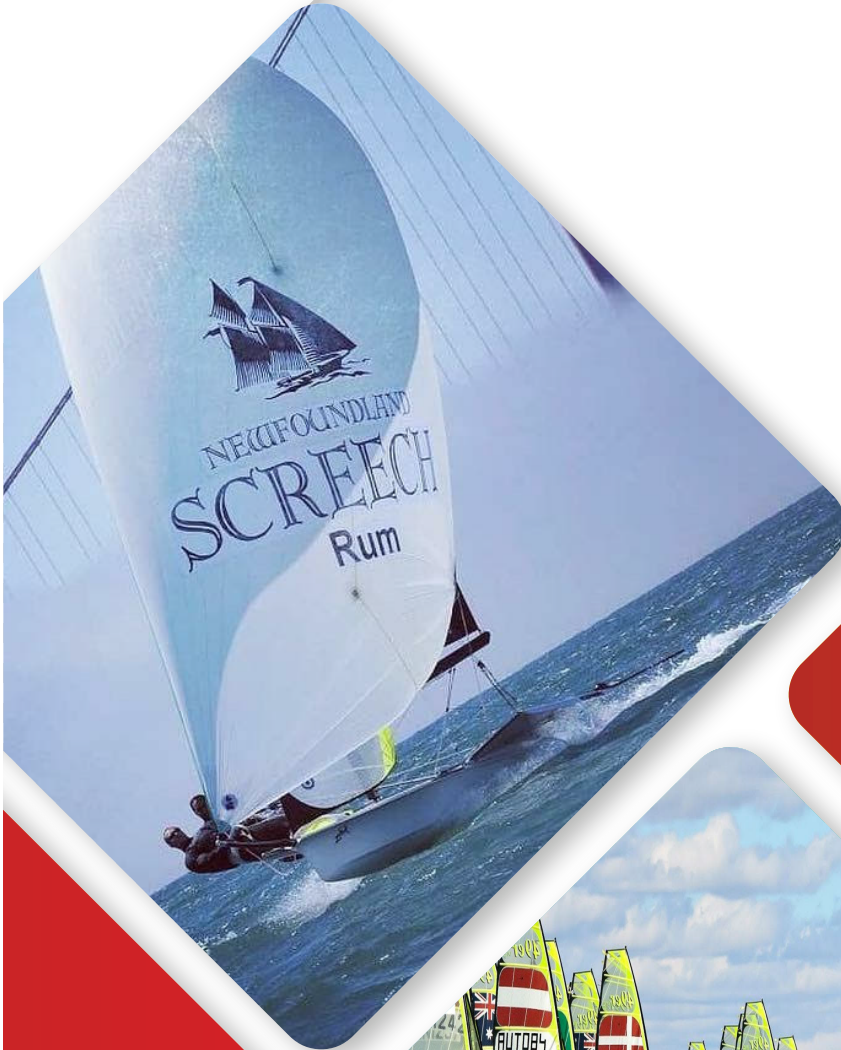


KINGSTON

INTERNATIONAL SKIFF TRAINING



Welcome

Just getting started in the 49er or 49er (FX) ?

Already have a few seasons under you belt and looking for a high quality training group with a professional coach?

Need help preparing for World Cup Events?

▷ KINGSTON BASED



LOCATION

The program will operate out of the Portsmouth Olympic Harbour from May – August. The training group will have an option to travel to San Francisco for US Nationals and training in July.



SCHEDULE [Subject to change]

Toronto Ice Breaker Regatta | Toronto, ON | May 18-20

US Nationals | San Francisco | July 5-7

ODP Training Camp | San Francisco | July 8-14

49er CANADIANS | Kingston, ON | Aug 2 – 4

CST DEVELOPMENT CAMP | Kingston, ON | Aug 7 – 12

CORK | Kingston, ON | Aug 17 – 20



FITNESS

Kingston International Skiff Training athletes will have access to a gym and receive fitness testing throughout the season.

COACHING

The key to accelerating your learning curve is a solid training group and great coach. Jon Ladha, former Canadian Sailing Team Member and 49er sailor, now coach of the Queen's University Sailing Team will be your coach for the summer. He will travel to three events with you between May and the end of July, and will work closely with you 5 days per week in Kingston to prepare for 49er Canadians and 49er North Americans in Kingston in August. Jon is a knowledgeable, skilled coach with infectious enthusiasm. He has competed in 15 World Cup events, 5 World Championships, 4 European Championships, and won the North American Championships twice.

Jon will coach on the water in 4 day blocks with flexible rest days depending on relevant factors such as travel days and conditions – specifically the intensity of the internationally known Kingston thermal wind!

Jon has extensive fundraising experience and his aggressive campaign paved the way for consistent high level skiff coaching in Canada. His experience, ambition and interpersonal skills will be instrumental in helping you become a better skiff sailor.

FOCUS AREAS:

Boat Handling | Footwork and Hand Work | Boat Setup and Rig Matrix | Sprinting vs Sailing | Lane Holding and Lane Defense in Pre-Start | Accelerating/Time and Distance | Deciding Your First Tack | Speed Mode vs Point Mode vs VMG (Velocity Made Good) | Bear Aways and the Power Zone | Hoists | Downwind Tactics & Strategy | Escaping the Leeward Gate | Speed vs Tactics vs Strategy | Performance Psychology

FEES

\$3600 per team or \$1200/ month.

Arrangements can be made for weekly participation under limited circumstances.

This cost covers all the coaching and coach's expenses for travel, coach boat maintenance and fuel. This does not cover your accommodation and food. This is not a chaperoned training group. If you need housing, we will help you find affordable accommodation to meet your needs.

If you need help organizing a fundraiser at your club to help support the cost of participating, we will offer coaching on that from an experienced fundraiser at no cost.
Contact: john@windathletes.ca

This program is being run by Wind Athletes Canada in cooperation with the Canadian Sailing Team, Sail Canada, 49er.ca and Kingston Yacht Club.



ASSISTANCE

Not everyone has the ability to access funds easily. Should you require assistance with finding part time employment or affordable housing, let us know. We can help.



PROGRAM

Cost effective measure require five teams to participate each program, but there are exceptions for fewer boats and customized training opportunities.

To apply, please complete the application or contact john@windathletes.ca for more information.

APPLICATION FORM

Skipper Name: _____

Age: _____

of years sailing skiff _____

Crew Name: _____

Age: _____

of years sailing skiff _____

Home Club(s) _____

Months you wish to participate: _____

Are you on the Canadian Sailing Team?: Y / N

Help looking for accommodation: Y / N

Help finding part-time work: Y / N

Address: _____

Include email address and telephone #

Please attach a brief biography of your team members including regatta highlights.

Please send application form and payment to:

WIND ATHELETES CANADA

c/o John Curtis

44 Alwington Avenue

Kingston, Ontario K7L 4R3

john@windathletes.ca

all cheques payable to Wind Athletes Canada

