



## Welcome to the 2019 LJYC Sailing School!

We are all dreaming of warm summer days and wishing that this winter would finally end! We are busy getting ready for the coming season and look forward to another amazing season of warm, sunny Muskoka days!

This year we are offering Wetfeet thru CanSail 6, lessons for children ages 5 and up, Race Team and by request adult private or group lessons. We will have our regular Friday “candy” races, pirate treasure hunts, ½ day sails and, of course, the always hilarious theme days. **Please ask your children what theme days they would like and any other ideas to increase our fun factor!!!** Please send to: [info@ljyc.ca](mailto:info@ljyc.ca) or [soconnor@rogers.com](mailto:soconnor@rogers.com)

Our Instructor team for this year:

**Charlie Shields-Head Instructor** (3<sup>rd</sup> year) CanSail 1-6, Spinnaker & Trapeze, Program Manager

**Paul Linden-Senior Instructor** (4th year) Wetfeet, CanSail 1-4 Instructor.

**Katie Jenkins-Instructor** (3rd year) Cansail ½ Instructor, NLS

**Matthew Carl-Instructor** (2<sup>nd</sup> year) Cansail ½ Instructor, NLS

**Logan Levin-Assistant Instructor** (2<sup>nd</sup> year) Community Instructor

**Margaret McDonald-New Instructor** Cansail ½ Instructor

On the Racing side of the house, we are participating in the Muskoka Junior race circuit again this year and have worked with the other clubs to make it easier for our parent volunteers. We are only now required to trailer boats for the final event! This year the Aphrodite Cup will once again include 1 LJYC hosted race, an away race and the final race hosted by one of the MLA sailing clubs. Keep posted as we will update parents as more information becomes available. All sailors in Cansail 3 above should participate in these events.

## **We are a certified *CANSail* training school.**

Sail Canada launched the *CANSail* program 7 years ago and it is now rolled out across Canada in all Sailing Schools. *CANSail* refers to Canada's updated sailor training standards. The *CANSail* dinghy programming was developed under the framework of Long Term Sailor development and has been designed with the sailor's age and developmental stage in mind.

*CANSail* programming is designed to be a set of progressive Learn-to-Sail standards focused on providing sailors with a solid foundation of core skills. The *CANSail* system allows sailors to learn and progress and consolidate key skills before adding more complex skills. We are proud to offer the enhanced *CANSail* program. More information can be found at [http://www.sailing.ca/sailor\\_development/long\\_term\\_athlete\\_development\\_framework/](http://www.sailing.ca/sailor_development/long_term_athlete_development_framework/)

### **Important Information for Parents:**

<b>Old Program</b>	<b>NEW <i>CANSail</i> Program</b>	<b>Requirements/Age</b>
Parent & Tot	Wetfeet	5 to 7 years
Opti	Wetfeet	5 to 7 years
White Sail 1	<i>CANSail</i> 1	8+ or completed Wetfeet
White Sail 2 & 3	<i>CANSail</i> 2	Completed WS 1 or CS1
Bronze IV	<i>CANSail</i> 3	Completed WS 3 or CS 2
Bronze V	<i>CANSail</i> 4	Completed Bronze IV or CS 3
Bronze V	Spinnaker & Trapeze	Completed Bronze IV or CS 4
Silver VI	<i>CANSail</i> 5	Completed Bronze V or CS 4
Gold	<i>CANSail</i> 6	Completed Silver V1 or CS 5

**Sailors who have trained under the old system can enter the *CANSail* program at an equivalent level.**

### **Look at what we've got coming up this summer...**

**HALF DAY SAILS** – We have 2 half day sails planned for all sailors enrolled in sailing school those weeks. The format is a morning lesson then we sail or boat to an island destination, lunch (picnics), swimming and games and then sail back to the LJYC in the afternoon. We will continue to offer limited spots (for a fee) for children not enrolled in sailing that week. Check the sailing calendar for dates.

**FRIENDSHIP** – summer friends are friends for life and there's no better way to meet them than in a sailboat. Last summer we had approx. 100 children enrolled in our sailing program from every age category. We group sailors by ability, but also by age, so if a child starts sailing at a later age, he or she can be grouped with their peers. We are continuing with the full day option for all levels this summer and strongly recommended for all levels. At sailing school, we start each morning with a quick game on land so that everyone's involved, and each child gets to know all the other sailors.

Our interclub races are a great team building activity for our senior sailors who make up the race team. We race at the interclub races as a team and celebrate as a team after each race.

**FUN** – We play games every day on and off the water. To name a few, Fridays are Candy Races days where everyone enters and to win a prize you must cross the START LINE. We have

theme days Wednesday mornings for the younger sailors (check the calendar – arrive at the cottage prepared), pirate dock-to-dock treasure hunts for younger sailors, special sailing destinations and activities for older sailors.

**RACING** – The LJYC races at all levels. We don't have a cut-throat competitive environment but rather we emphasize the fun starting with the youngest sailors. Every Friday all sailors enter our Candy Race Series. Weekend family races are the next step up – the youngest sailors often race with their parents. The older ones often race with their friends. They're always a great time.

Once sailors are in *CANSail 3*, the goal is to understand the theory behind sailing and maximize the performance of the boat. Over the winter, a lot of effort has been put in to improving racing network so that our sailors can enjoy the camaraderie and excitement of interclub regattas without leaving Muskoka. The result is the Muskoka race circuit is now one of the best in the province, so our racing will be taken to a new level, both skill and social wise. We will have three Tuesday afternoons of interclub racing - hosting two clubs one week and traveling to two local clubs on two other Tuesday afternoons. The Aphrodite Cup is going back to the original format from years ago as a Grand Finale with all the clubs. It is a fabulous way for *CANSail 3-6* sailors to really maximize their sailing and social fun

**COMMUNITY SERVICE** – Sailors who are age 14 and up and are finished *CANSail 2* are invited to assist our instructors with the modified sailing program that we run at the CNIB for 2-3 weeks over the summer. If interested, please contact [info@ljyc.ca](mailto:info@ljyc.ca). This is a fabulous experience for both sailors and our volunteers. Volunteer service hour letters are provided at the end of the summer to all the 14 ages + sailors (14 years of age by Dec 31/19). Volunteers can help for a day or during all sessions. We need everyone's help. Come and volunteer with your sailing friends to help the CNIB campers get a taste of sailing – all supervised, of course, by LJYC instructors.

**BOAT CHECK** - Every Tuesday, starting July 2<sup>nd</sup>, all student boats coming to the LJYC will be inspected by our instructors to ensure that they are carrying the required safety equipment. This is done to keep our members safe and to increase awareness of what equipment is mandatory on a boat. Ask your sailors to see their check lists to make sure your children's boats are properly equipped!

We look forward to seeing all our old friends and welcoming new additions to the Sailing Club!!!!