

Sailing to Win
La voile pour la victoire



Sailing for Life
La voile pour la vie

CANSail Dinghy Programming





What is CANSail?

- 🚤 Refers to updated sailor training standards



What is CANSail Dinghy?

- Specifically addresses the programming and delivery of our junior sailing schools
- Updates and services specific to priority group ('bread and butter business') for our member clubs and schools



Why the Change?

National Standards needed Update

- Existing sailor standards 38 years old!
- A minor update was made 23 years ago



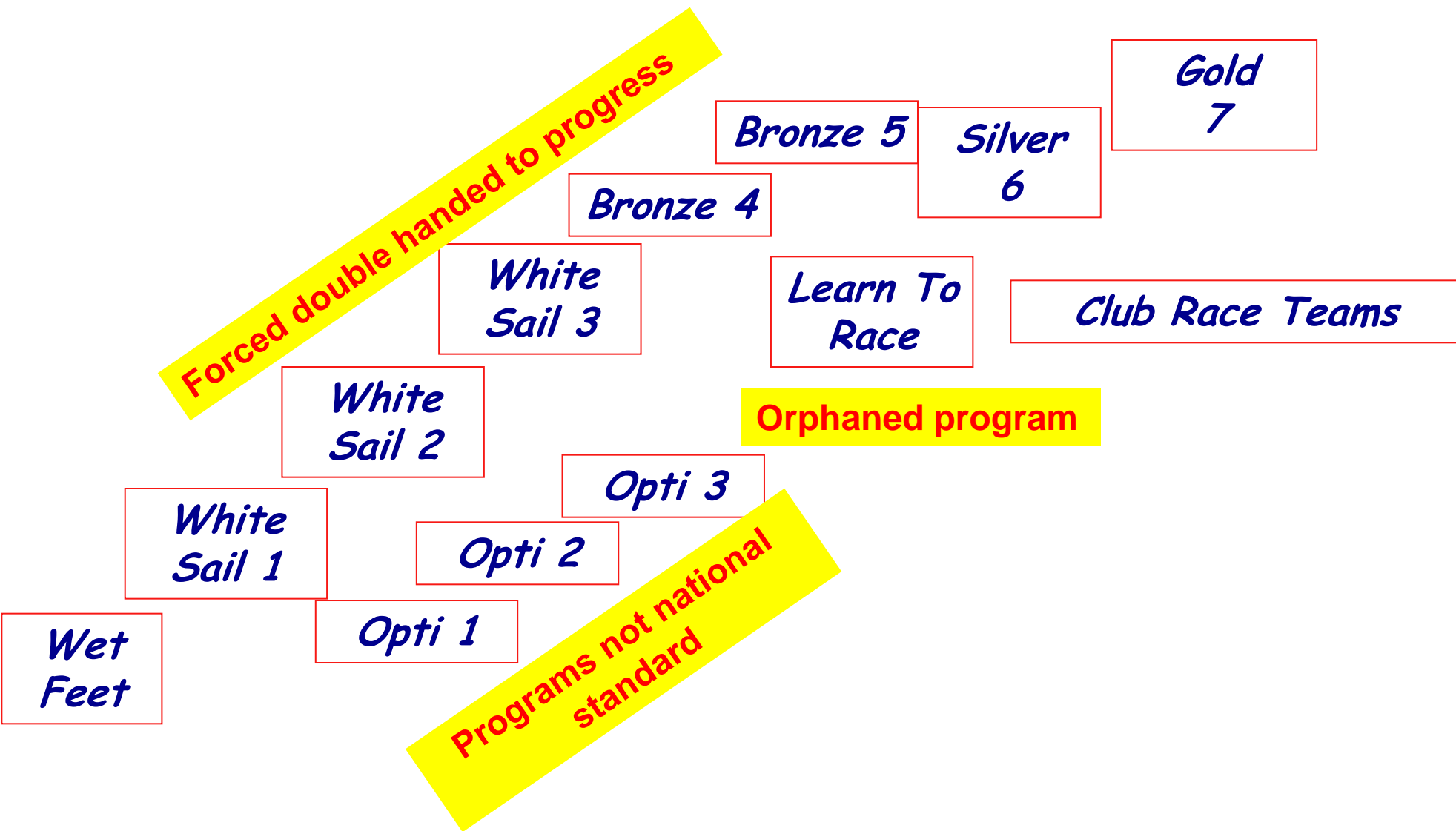
Why the Change?

Gaps needed filling

- ⚡ Clubs, Schools, Class Associations developed programming to fulfill objectives not being met in CYA standards of development
- ⚡ Progression and advancement required achieving spinnaker and trapeze work despite possible expert skills consolidated in singlehanded boats



Pathways - Existing system





Why the Change?

**LONG TERM SAILOR
DEVELOPMENT
FRAMEWORK**

IMPLEMENTATION



**LONG TERM SAILOR
DEVELOPMENT**



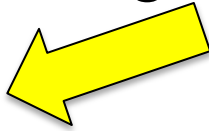
1 YEAR AGO - 2010.....

SAILOR PROGRAMMING

Develop & Retain Sailors with skills and motivation to:

- develop into high performance sailors for Canada
- enjoy Sailing for Life
- support Sailing for Life

Next Steps



- Sailor development programming review & update
- Transition, implementation and business plan for any revision to programs





WHAT it looks like

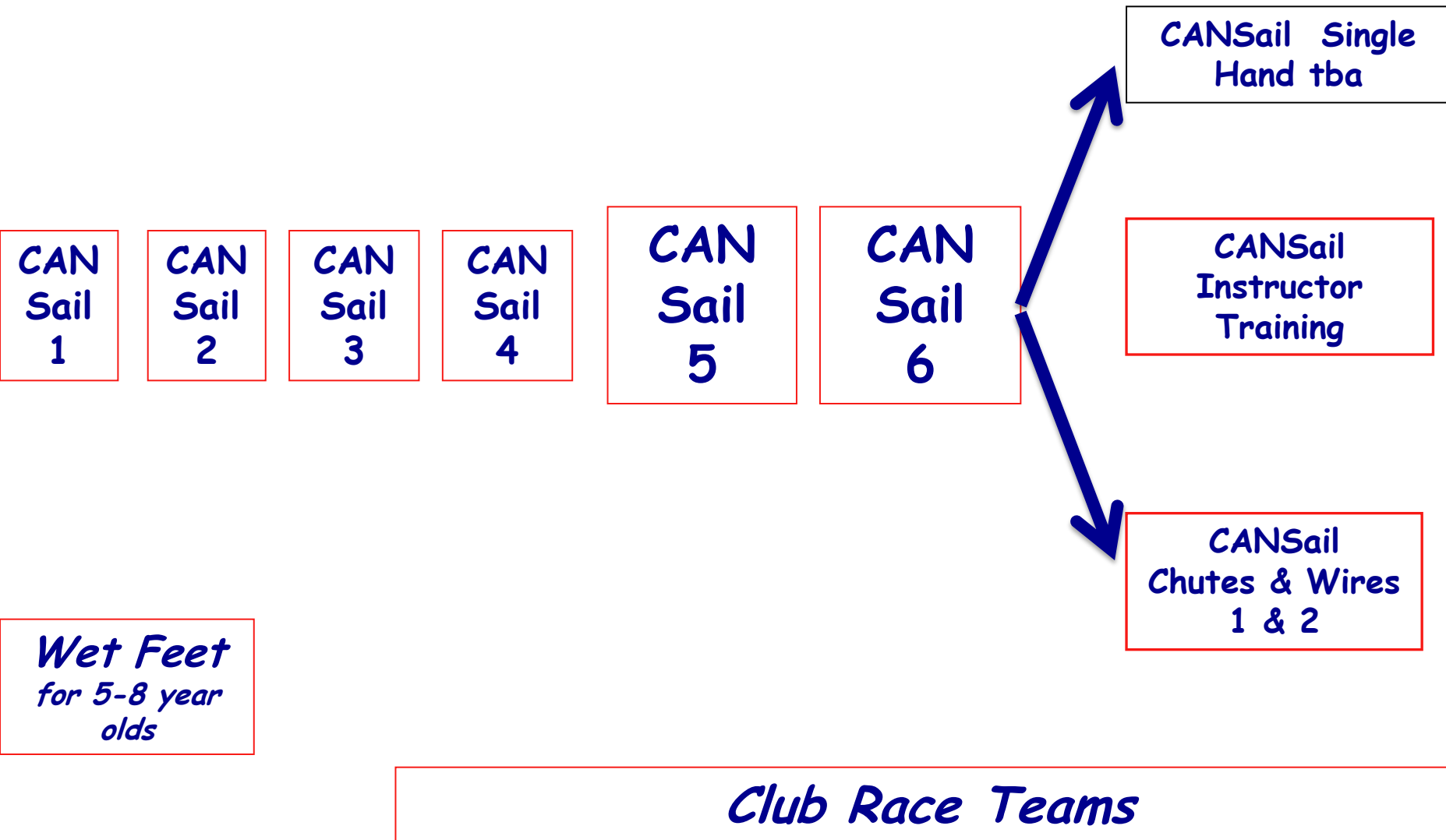
- 🚩 Progressive linear pathway through fundamental skills development and acquisition
- 🚩 Advancement of sailor into specialized training after fundamental and essential sailing skills have been acquired
- 🚩 Options for delivery
- 🚩 Guidance & Tools for the Club / School
- 🚩 Updated Standards = Skills Checklists
- 🚩 Tools for Instructors = Technical Instructor Packs

CANSail Dinghy Program Pathway

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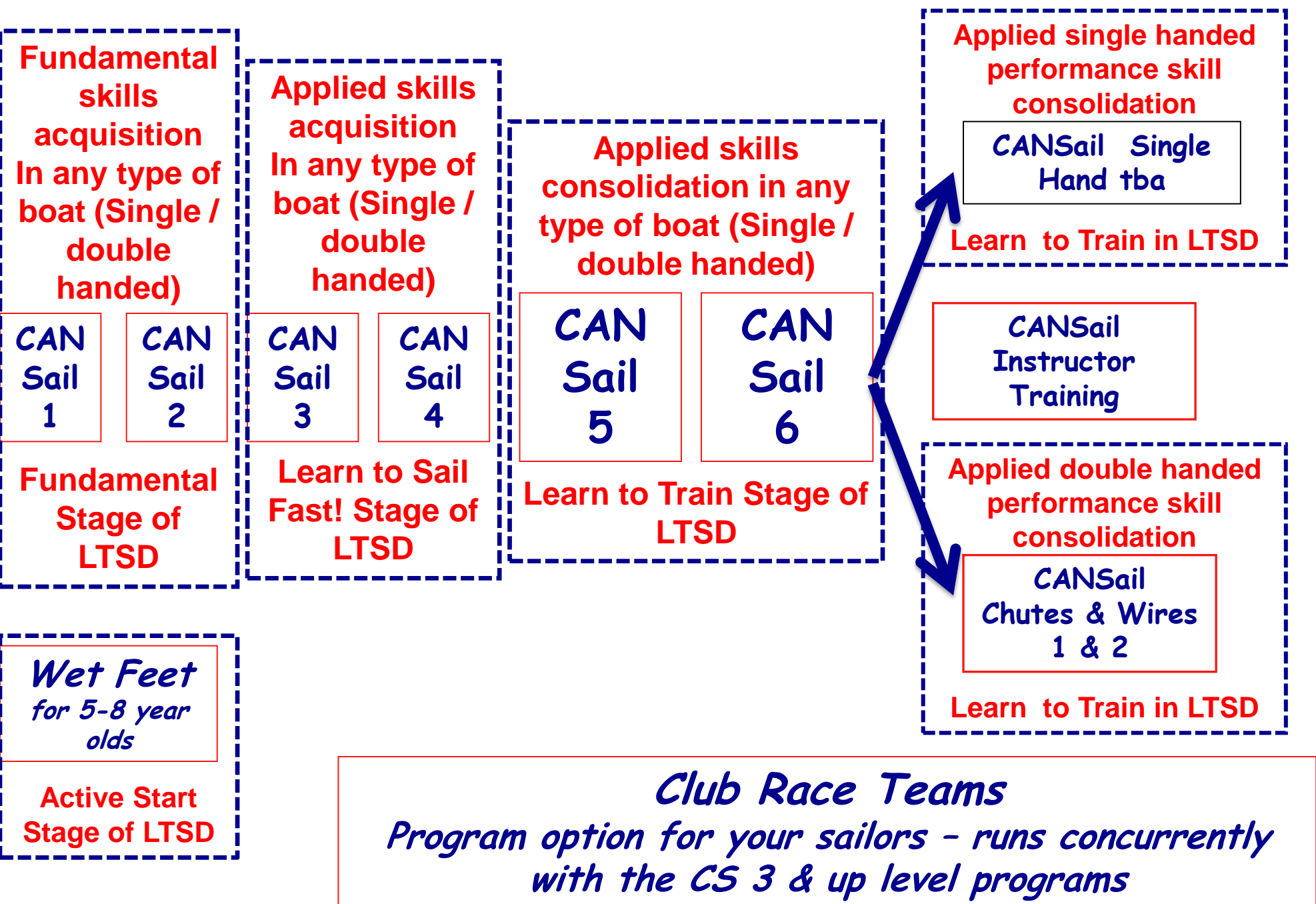


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CANSail Dinghy Program Pathway

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CANSail Dinghy Programming

Options...for Sailing Schools...for Families

Deliver all programs... Deliver some programs

- 🚩 in 2-week Full Day sessions
- OR
- 🚩 on Weeknights through Summer
- 🚩 Weekends Spring and Fall
- 🚩 other?



Options...for Families

After fundamental, essential skills and experiences are established... Choose a program to keep it going!

- 🚩 Double handed
- 🚩 Single handed
- 🚩 Race Teams
- 🚩 Instructor Training

CANSail

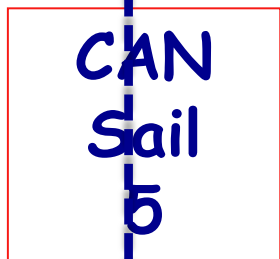
Dinghy Programming

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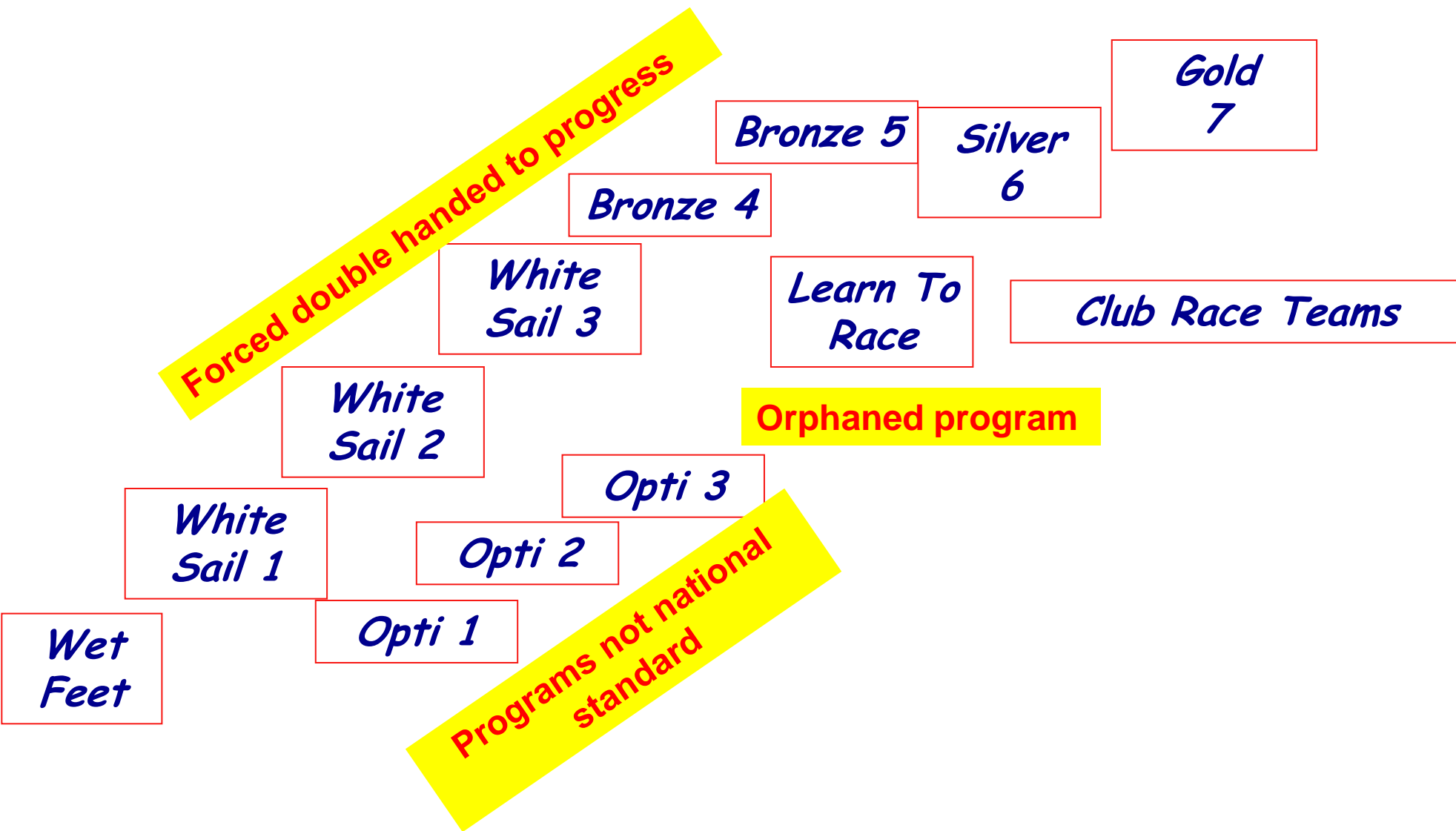
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Options to stick with it!





Pathways - Existing system





GUIDANCE.... for CLUBS & SCHOOLS

CANSail Club PACK

- 🚩 Programs overview for School Directors
- 🚩 Programs summary to provide to Parents
- 🚩 How / where to place your sailor - guide
- 🚩 Staffing - Instructor hiring planning guide
- 🚩 Program promotion poster
- 🚩 What to order - resources, participant tangibles, certificates, stickers

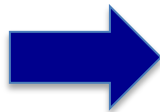


CANSail Dinghy Programming

New Standards / Skills Checklists

CYA Traditional

**Trains the
person to sail a
BOAT**



CANSail

**Trains the person
to become a
SAILOR**



CANSail Dinghy Programming

OUTCOMES - of new programming

Sailor competence

- 🚩 Instruction***
- 🚩 Coaching***
- 🚩 Performance-ready athletes entering teams***





CANSail Dinghy Programming

Benefits - new programming

Service & Support to our Trainers

-  *Tools*
-  *Communications*
-  *Annual updates*





CANSail Dinghy Programming

Delivering the CANSail Program

 ***Sailor Placement***

 ***Staffing***

 ***Program Resources***

 ***Tangibles***

 ***Administration***





CAN Sail



Sign Up for CAN Sail NOW!

Register: (insert club registration info)

Cost: (insert cost of CAN Sail 1)

Program Dates/Options: (insert club specific session dates/formats)

Are you the next Olympic sailor? Or maybe you just want learn how to steer a sailboat. In any case there is a CAN Sail program for you! The CAN Sail programming has been designed to suit each sailors age and stage of development. Check with your club for a program schedule.

What to bring to go sailing

- ❖ PFD/lifejacket
- ❖ Hat and Sun Protection
- ❖ Clothing suitable for the temperature
- ❖ Rain jacket / spraytop
- ❖ Sailing shoes or close toed shoes
- ❖ Water bottle, snack and lunch (if applicable)

Learn to Sail in a FUN and SAFE environment

Track your progress using your CAN Sail passport. Reward your achievements with CAN Sail stickers, hats and certificates.

For More Information:
(Insert Club Contact Information)

You will learn all about.....

- ✓ PFD's and sailing clothes
- ✓ Wind direction
- ✓ Points of Sail
- ✓ How to tie figure eight, bowline, reef know, and round turn two have hitches
- ✓ Where to sit in a boat
- ✓ How to steer a boat
- ✓ How to control the sails
- ✓ How to tack and gybe the boat
- ✓ How to right a capsized boat
- ✓ Lots of fun sailing activities and games!
- ✓ Spend lots of time on water!



sailing.ca

CAN Sail Program Promotion Poster (draft)



SAILOR PLACEMENT in 2012

CYA Traditional	CANSail	Delivery Option
White Sail I	CANSail 1	-
		-
		-
White Sail II	CANSail 2	-
White Sail III		-
Bronze IV LTR		-
Bronze V LTR	CANSail 4	-
Silver VI		-
Gold VII	CANSail 5	Chutes & Wires 1
	CANSail 6	Chutes & Wires 1
-	Chutes & Wires 1 or 2	





SAILOR PLACEMENT in 2012

Q:

I was excited to be learning about spinnakers and the trapeze this year!

Will I still do that in CANSail 4?

A:

Sure!

Your Instructor can build in spinnaker and trapeze learning for you while at the same time teaching and training you toward the CANSail 4 standard!



SAILOR PLACEMENT in 2012

Q:

I was excited to be learning about spinnakers and the trapeze this year!

Will I still do that in CANSail 5?

A:

Sure!

CANSail 5 programming can be delivered at the same time as Chutes and Wires 1!

OR

Take CS 5 for 2 weeks and then Chutes & Wires 1 for 2 weeks!



STAFFING 2012

CYA Traditional	CANSail	Who teaches
White Sail I	CANSail 1	White Sail Instructor
White Sail II	CANSail 2	CANSail trained to CANSail 1 & 2 Instructor
White Sail III		
Bronze IV LTR	CANSail 3	Bronze Sail Instructor & LTR Instructor
Bronze V LTR	CANSail 4	CANSail trained to CANSail 3 & 4 Instructor
Silver VI	CANSail 5	LTR Instructor
Gold VII	CANSail 6	CANSail trained to 5 & 6 Instructor
-	Chutes & Wires 1 or 2	CYA BS Instructor, CS trained or CANSail Instructor, DH Module Trained

Sailor Resources

CYA Traditional	CANSail	Sailor Resource Order Guide
White Sail I	CANSail 1	Puffy & Friends – for CS 1 in Opti
		White Sail I Workbook – for CS 1 in non-Opti
		Basic Sailing Skills
White Sail II	CANSail 2	White Sail II Workbook – for non-Opti
White Sail III		Optimist Sailing – for CS 2 & 3 in Opti
Bronze IV LTR	CANSail 3	White Sail III Workbook – for non-Opti
		Advanced Sailing Skills
Bronze V LTR	CANSail 4	Bronze Workbook
		Advanced Sailing Skills
Silver VI Gold VII	CANSail 5	Racing Rules of Sailing
	CANSail 6	Racing Rules of Sailing
-	Chutes & Wires 1 or 2	





Tangibles

CYA Traditional	CANSail	Delivery Option	Tangible	
White Sail I	CANSail 1	-	Passport for 100% of sailors	
		-		
		-		
White Sail II	CANSail 2	-		
White Sail III		-		
Bronze IV LTR	CANSail 3	-		Sticker for 100% of Sailors
		-		
Bronze V LTR	CANSail 4	-		
		-		
Silver VI	CANSail 5	Chutes & Wires 1		Certificate for level of standard achievers
Gold VII	CANSail 6	Chutes & Wires 1		
-	Chutes & Wires 1 or 2			



CANSail Dinghy Programming

CANSail Instructor Tools

-  ***Checklists***
-  ***Schedules***
-  ***Lesson Plans***





CANSail Dinghy Programming

CAN*Sail* Skills Checklists

 ***Balance***

 ***Propulsion***

 ***Direction***

 ***Challenge & FUN!***



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CANSail Dinghy Programming

***CANSail
Program***

THANK YOU!



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CANSail Dinghy Programming

THANK YOU!

 LTSD Working Group 2009-2010



LTAD Working Group

In 2009

Istvan Balyi (LTAD) - International expert on long term athlete development

Ken Dool (CYA) - Canadian Sailing Team Head Coach, Director of High Performance

Tine Moberg-Parker (BC) - Olympian, Executive Director – BC Sailing

Brian Todd (NS/CYA) - Canadian Sailing Team Coach, Nova Scotia

Marie Gendron (QC) – Canadian Sailing Team Alumni, Leader at CYA, FVQ & Club

Peter MacDougall (AB) - CYA LTS/R Sub-Cttee, Executive Director - Alberta Sailing

Rob Fox (ON) - High Performance Coach

Eric Cartlidge (ON) – Program Director, Ontario Sailing Association

Sarah Case (CYA) - Racing Technical Coordinator

Andrew Moss (Moss Melien) – Writer, etc...



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THANK YOU!

- 🚣 LTSD Working Group - 2009-2010
- 🚣 Sailor Program Review Team - June 2011



Sailor Program Review Team

In June 2011

Ken Dool (CYA) - Canadian Sailing Team Head Coach, Director of High Performance

Dr. David Telles-Langdon (MB) – Chartered Professional Coach, Coach Educator

Steve McBride (BC) – Sailing Program Coordinator, Royal Victoria Yacht Club, MLF

Graham Fraser (ON) – VP Training at Ontario Sailing, CYA Master Learning Facilitator

Paige Rankin (PE) – President PEISA, CYA Learning Facilitator

Mike Milner (ON) – Director of Sailing, Royal Canadian Yacht Club

Tine Moberg-Parker (BC) - Olympian, Executive Director – BC Sailing

Chris Cook (ON) – Olympian, CSC-ON Coach

Paddy Boyd (CYA) – Executive Director

Sarah Case (CYA) – Manager, Training and Competitions





CANSail Dinghy Programming

THANK YOU!

- 🚩 LTSD Working Group - 2009-2010
- 🚩 Sailor Program Review Team - June 2011
- 🚩 BC Sailing
- 🚩 Royal Victoria Yacht Club
- 🚩 Ontario Sailing
- 🚩 Partners and Members!



QUESTIONS?

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Contributions!

