

# Ontario Sailing Development Team Camp

**When:** Saturday June 4 – Sunday June 5

**Where:** Port Credit Yacht Club,  
115 Lakefront Promenade, Mississauga

**What:** Cross Fit warm-up, on-water sessions, classroom video debriefs, hydration lecture, guest speaker, Saturday night dinner.

**Who:** Members on the Ontario Sailing Development Team in the 29er, 420 and Laser Radial Classes.

## Why:

- Learn how to incorporate **Cross Fit** into your dialing training routines,
- Experience focused **class specific training**,
- Experience **individual** skill specific feedback,
- Learn the meaning of ‘**commitment**’ and its importance in sport,
- Engage with your team of peers and coaches, and
- **Further develop as an athlete and have fun!**

## Camp Schedule

### Saturday

9:00am - 9:20am	Camp Introduction
9:20am - 10:00am	Team Cross Fit Dynamic Warm-up
10:15am	Briefing
11:00am - 1:00pm	On-water session #1
1:00pm - 2:00pm	Lunch
2:30pm - 4:30pm	On-water session #2
5:00pm	Daily debrief
5:30pm	Dinner
6:00pm - 6:30pm	Guest Speaker

### Sunday

9:00am - 9:45am	Cross Fit Dynamic Warm-up
10:00am	Briefing
10:30am - 12:30pm	On-water session #3
12:30pm - 1:30pm	Lunch
2:00pm - 3:30pm	On-water session #4



## Coaching Staff

**Murray McCullough**, CK, HBA Kin, Level 4 candidate, Ontario Sailing Team Coach/Manager

Murray is an experienced sailor and coach at the Provincial and National level. Murray has progressed from a Club to Provincial level coach and brings class specific knowledge to the 29er, 420 and laser classes.

**Chris Hewson**, BSBC Race Team Coach/Ontario Sailing Development Team Coach, Level 3

Chris is a former member of the National World Youths Team, finishing a respectable 7<sup>th</sup> place in the 29er class at the Volvo Youth Worlds. Chris has been coaching for 7 years and brings a wealth of knowledge to the group.

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To register, please contact Ontario Sailing via email at [info@ontariosailing.ca](mailto:info@ontariosailing.ca) or phone 1-888-672-7245 ext.221.

Any questions can be answered by Murray McCullough.  
Email: [racing@ontariosailing.ca](mailto:racing@ontariosailing.ca)  
Cell: (905) 977-1662

**“IF I FIND 10,000 WAYS  
SOMETHING WON’T WORK, I  
HAVEN’T FAILED. I AM NOT  
DISCOURAGED, BECAUSE EVERY  
WRONG ATTEMPT DISCARDED IS  
ANOTHER STEP FORWARD.”**

**THOMAS EDISON**