

This year's Ontario Sailing High Performance Day was hosted by the Burlington Sailing and Boating Club and Crossfit North Burlington on November 19th. The day attracted 29 athletes ranging in ages from 14-50 and from various classes including; Laser, Laser Radial, 29er, 420 and Boards (windsurfers). The day was split into two sections, in-class seminars and in-gym fitness.

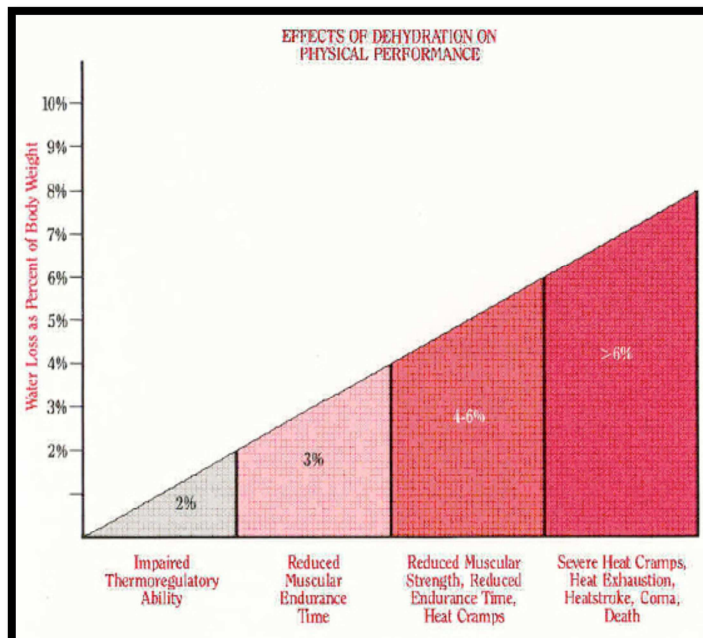
Information Seminars

The morning consisted of 3 valuable seminars targeting:

1. Nutrition,
2. Hydration and
3. Recovery.

The nutrition component was addressed by Trionne Moore, the lead nutritionist for the Canadian Sports Center Ontario. Trionne is a registered nutritionist and has extensive experience working with National and Provincial level sport, including cycling, figure skating, rowing, sailing, and volleyball to be brief. Trionne spoke about the importance of proper pre-, during and post-exercise nutrition. She also outlined the importance of a well balanced diet for a high performance athlete, one which incorporates protein, carbohydrates and fats. Her knowledge and expertise in nutrition were greatly appreciated by the coaches and athletes present.

The hydration section was tackled by Evan Lewis, a recent graduate of the University of Toronto who completed his thesis in the general area of hydration and its effects on performance. As a former member of the National and Provincial sailing teams and with his base of knowledge, Evan can personally attest to the importance of being well hydrated during training and competition. Evan revealed that a mere 2% loss of body weight due to hydration can significantly impair performance.



A 2% reduction in weight equates to 3.5LBs for a 150LB athlete, a fluctuation both coaches and athletes note on a regular basis during training and competition. Furthermore, Evan explained and provided a hydration matrix to the group. This outlines different conditions and the corresponding fluid intake suggested for the particular temperature and wind velocities present for sailing. Remember, unless you're the Grinch, if your peeing 'green' you're in serious

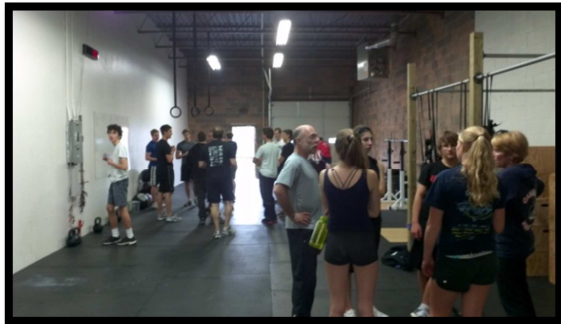
trouble, so get drinking some fluid!

The third and final section covered was Recovery by Rob Ruff, the lead Physiologist for the Canadian Sports Center Ontario. Rob has an extensive background in Kinesiology and Physiology and thoroughly understands how the body functions under different stressors. At the Sports Center, Rob frequently works alongside several National and Provincial teams, including rowing, cycling, volleyball, basketball, sailing, and figure skating, just to name a few. Rob highlighted the importance of ‘flushing’ the system following training and competition to reduce/eliminate the harmful by-product known to many as lactic acid. The general message to the group was that sailors should be engaging in an aerobic recovery exercise (biking, running) for approximately 15minutes at a heart rate of 130-140 immediately following the on-water session. This short exercise will promote recovery and increase muscle performance in the days to follow.

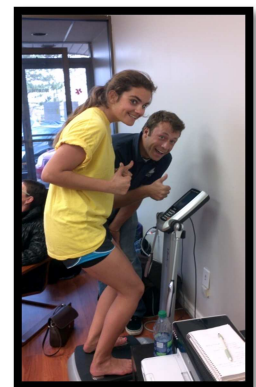


Fitness and Analysis

Following an hour break for lunch, the athletes reconvened at Crossfit North Burlington where they were greeted by Dr. Paul Ziemer and Batman. This dynamic duo lead the group through an exercise technique component which taught the basic Crossfit exercises and enforced proper form for each skill. Once the group was comfortable with the designated exercises, Batman led the group through a warm-up, two Crossfit workouts finished off with a cool-down. The significance of Crossfit for sailors in particular is that Crossfit is a high intensity circuit of exercises that does not require any additional pieces of equipment. As sailors frequently change training and competition venues, the elimination of equipment during fitness is highly desirable.



In between workouts, select athletes were placed on a machine which passes an electrical impulse up through the left leg and arm then across the torso and back down the opposite arm and leg. This impulse provided several pieces of information including, a body composition analysis, segmental lean development analysis, body mass index diagnosis, and each individual's basal metabolic rate (BMR). In summary, this analysis is used to identify muscle imbalances between upper and lower limbs for injury prevention, the percentage of lean muscle mass and percentage of body fat, and it outlines the recommended caloric intake to maintain each athlete's current weight. As



sailors are constantly striving to be at the optimal weight for their specific class of boat sailed, this BMR reading is a valuable tool to help athletes gauge the amount of calories they should be consuming.

Summary

The day was packed with valuable bits of information that the athletes could immediately apply to their training programs. For instance, in addition to the information conveyed during the presentations, the athletes walked away with several handouts including:

- “Snacks for Training and Competition” (Trionne Moore)
- “The Clean Snack Bar List” (Trionne Moore)
- “Sailing Hydration & Nutrition Guidelines” (Evan Lewis)
- “In Body Analysis” (Dr. Paul Ziemer)

On behalf of Ontario Sailing and myself, I would like to thank Trionne Moore, Evan Lewis, Rob Ruff, Paul Zeimer, Batman, the Canadian Sports Center Ontario, the Burlington Sailing and Boating Club and the athletes and coaches for making this day a great success!

Kind Regards,

Murray McCullough

-Ontario High Performance Coach, Sailing-