

# Ontario Sailing Development Team Camp Report

## June 4-5, 2011

Venue: Port Credit Yacht Club

Classes Coaches:

- 420
- 29er
- Laser Radial

Coaching Staff:

- Murray McCullough (Ontario Sailing Team Coach)
- Chris Hewson (Development Center Coach, Burlington)
- Nick Kim (Development Center Coach, Kingston)
- Amy DesBrisay (Mentoring coach, Sturgeon Lake Sailing Club)

Athletes:

- 15 athletes Saturday
- 13 athletes Sunday

### **Day 1**

The day kicked off with an overcast sky, light rain and an intense Cross Fit session guided by a Cross Fit instructor from Cross Fit Connection in Burlington, Kelly. Being a former national team rower, Kelly is familiar with high performance sport and as an instructor, strives to help improve athletic fitness with the implementation of Cross Fit. Cross Fit is a whole body workout, incorporating muscle groups across the entire body. No external equipment was used during the camp fitness sessions, which is directly applicable to our athletes travelling between events and training camps. The team workout consisted of a dynamic warm-up followed by a high intensity aerobic and power circuit including push-ups, sit-ups, burpees, jumping jacks, squats, supermans and sampson stretch.

Following the Cross Fit session, athletes were given a talk regarding nutrition, hydration and yearly planning by the coaching staff. Information was drawn from research and testing being done on National Team athletes conducted through the Ontario Sports Center and also from the fitness test results compiled during the Development Teams previous fitness testing session in Burlington. The coaching staff are in the process of creating individualized fitness programs for a select number of development athletes based on these fitness test results.

Athletes were once again introduced to the popular "Elevate Me Bars" provided by Pro Snack Inc located in Vancouver and newly found "Crew Fuel" hydration formulas developed in England.

Once the thunderstorms cleared, the group managed to hit the water for a 2 hour session. The day for everyone consisted of short-course drills focusing solely on boat handling manoeuvres. Athletes were well monitored and coached with a ratio between athletes and coaches of 5:1, which allowed for individualized attention to be placed on each athlete.

Following a thorough debrief, the athletes and coaches were fortunate enough to receive some words of wisdom from an extremely respectful figure in the Canadian sporting and coaching system, Andy Higgins. Andy has been coaching now for 52 years and has attended the Olympics as a coach for pentathlon four times, to keep his track record brief. On that note, Andy brought a great deal of knowledge, passion and inspiration to the entire group. He spoke specifically about 'commitment' and the importance that commitment has in relation to being successful on the national, international and Olympic stage. Andy left both the athletes and coaches in awe, excited about their future in sailing, coaching and life.

Thanks again Andy!

## **Day 2**

Cross fit started off the day yet again, with a dynamic warm up and workout component replicating that of the first day. Following the fitness session, athletes and coaches split into their class specific groups for a briefing, again focusing on boat handling around short-courses. Athletes spent four hours on the water, split into two sessions, two hours each. Following training, athletes were given video debriefs speaking mainly to sail trim and boat handling components which were targeted as the main focus during the on-water sessions.



The day concluded with a team picture, and the group packed up their boats to head home.

Ontario Sailing would like to thank Wind Athletes for their continued support in the High Performance program, the Port Credit Yacht Club for allowing the

team to use their beautiful venue and facilities, to the Royal Canadian Yacht Club for their continued support and finally to the athletes, parents and coaches for making this camp a great success!

The next Ontario Sailing Development Team camp is tentatively scheduled for September 10-11, 2011 in Kingston. Please stay tuned for more info!

Kind Regards,

*Murray McCullough*  
*Ontario Sailing Team Coach/Manager*