

***** Register ASAP - spaces limited*****

Register your club boats by email:
g_bay_training_regatta@hotmail.com

Please include:

Club Name:

Club Location:

of 420s being registered:

of Coach boats:

For each Sailor:

Name

Date of Birth

Level of Sailing enrolled in for 2009

e-mail address

Home address

Parent / Guardian name

Phone (home, cottage, cell)

Emergency contact name

Emergency contact phone

Health concerns

Health card number

For each Coach:

Name

e-mail address

Home address

Emergency contact name

Emergency contact phone

Health concerns

Health card number

Sailor Fees: \$125

Coaches Fees: \$75

2009 Big Sound Challenge Ontario's 420 Training Event July 6-9, Parry Sound ON

Monday and Tuesday... Training for both coaches and sailors from Ontario Sailing's elite coaching staff!



Wednesday... the 420 Muskoka Championship Regatta hosted by Lake Joseph Yacht Club



Thursday ... the Big Sound Challenge Regatta hosted by Sail Parry Sound



2009 Big Sound Challenge 420 Training Regatta

July 6-9, Parry Sound ON



Parry Sound is the largest natural harbour on the Great Lakes. The pristine, open water, known locally as the Big Sound, and renowned worldwide, is more than five by six nautical miles in area, and more than 300 feet deep with dependable, brisk winds. Designated as a UNESCO Biosphere Reserve, this sailing paradise offers every possible convenience for racers without compromising the spectacular beauty of Northern Ontario.

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Our goal is to provide the coaches, sailors and their chaperones with an experience to remember. Two days of skill building will be followed by two days of racing for a total of four days of fun!

For the coaches...an opportunity to complete both the Regatta Management and Race Safety courses. These young people will also be mentored by our elite coaches as they conduct a two day Regatta.

For the sailors...an opportunity to develop racing skills working directly with our elite coaches for a day and a half, followed by two days of practicing their new skills in a Regatta. Sailors must be enrolled in Bronze IV, V, Silver or Gold level programs to participate.

For the chaperones...an opportunity to network and build a racing community. Thursday will be a luncheon with Ontario Sailing representatives to introduce parents to their programs.

For everyone...dinner and evening activities promoting friendship and the Parry Sound experience. Ideas yet to be finalized include an evening at the Stockey Centre, dinner on the Bay and a Bonfire on the beach.

Meet our Elite Coaches:



Rob Fox is an Olympic Sailing Coach with 16 years experience and success working with Canadian athletes and coaches including last summer's Beijing Olympics!



Kirk Cavell grew up sailing at Muskoka Lakes Sailing Club and is an IE specialized in Learn to Race and 420 coaching. He brings with him 4 years collegiate racing experience in 420s.



Kim Foley is a CYA Instructor Evaluator and Orange level coach. Kim was honoured as CYA Coach of the Year in 2002.



Ashley Lethbridge currently coaches the Ontario Sailing Team, after 6 years as head coach of the Buffalo Canoe Club.



Dan Sprague was a high performance racer with RCYC before becoming an OS Coach. Most recently, he has been coaching the elite Ontario Team in California and Florida.



Graham Fraser competed on the Ontario Sailing Team and is an Orange level coach with 14 years of experience. Graham worked extensively on the development of the Orange Race Coach clinic.

Gary Howard, CORK Safety Officer
Edward Graham Dougall, OS Management Committee

Accommodations:

The Parry Sound area offers visitors a range of accommodation options. There are campgrounds, cottages, Bed & Breakfasts as well local motels. Here is a short list of motels that have been made aware of this event.

Rooms have been blocked for July 6, 7 and 8th (3 nights) under "sailing regatta", at the hotels listed below. Each hotel has a specific group release date. After that date, you risk that you may not be able to find a room, if they are sold out. Also, after the release date, you will not be given the special group rate. Individual cancellation policies vary (please see below). Please mention "**sailing regatta**" when you call in to make reservations.

Comfort Inn

705-746-6221

<http://www.comfortinn.com>

(Near McDonalds at the entrance of town)

Rate: \$158.00 per room per night (non smoking with two double beds per room)

Rate includes: complimentary breakfast

Individual cancellation and Group release date is-June 22, 2009

If you need to cancel after this date, you will be charged

Georgian Inn and Suites

(705) 746-5837

1-877-477-7727

www.georgianinn.ca

(Near the mall)

Rate: \$99.00 per room per night (variety of doubles and singles all non smoking)

Rate includes: complimentary breakfast

Group release date is-June 5, 2009

Individual cancellation-3pm- day of arrival

Best Rates Inns

Telephone 705-746-1489-1

Facsimile 705-746-9587

<http://www.bestratesinns.com>

(Downtown Parry Sound, beside Don Cherry's)

Rate: \$99.00 per room per night (variety of doubles and singles, smoking and non smoking)

Rate does not include breakfast. Breakfast is a short 5 minute walk

Group release date is-June 30, 2009

Individual cancellation-

24 hours prior to arrival