

WINTER PROGRAMS

The RNSYS logo is a circular emblem featuring a stylized Union Jack flag above the letters 'RNSYS' in a bold, sans-serif font.

RNSYS RACE TEAM
SCHEDULE & GUIDE



REGISTER TODAY FOR
2024 PROGRAMS



Our Mission

- PROVIDE SAFE, CHALLENGING, AND EDUCATIONAL SESSIONS DURING TRAINING AND COMPETITIONS.
- PROMOTE SEAMANSHIP, SPORTSMANSHIP, AND LIFELONG INTEREST IN SAILING TO YOUNG PEOPLE IN OUR COMMUNITY.
- OFFER A LEADING PROGRAM WITH UP-TO-DATE EQUIPMENT, RANGING FROM COMPETITIVE RACING AT THE LOCAL LEVEL TO NATIONAL AND INTERNATIONAL LEVELS.
- PROVIDE A TRAINING/RACING PATHWAY FOR ATHLETES INTERESTED IN QUALIFYING AND PERFORMING AT:
 - REGIONAL & NATIONAL YOUTH EVENTS
 - OPTIMIST INTERNATIONAL EVENTS
 - WORLD SAILING YOUTH WORLDS
 - U-21 WORLDS
 - CANADIAN NATIONAL SAILING TEAM

**ATHLETE
CENTERED**

**COACH
DRIVEN**

**PARENT/CLUB
SUPPORT**

WINTER INFORMATION

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Schedule Overview

- **NOVEMBER 8 2024 - LAST DAY FOR BOATS TO BE LOADED ONTO THE RNSYS TRAILER FOR TRANSPORT TO FLORIDA**
- **DECEMBER 20-24 ORANGE BOWL PRE-TRAINING - CORAL REEF YC OR US SAILING CENTRE**
- **DECEMBER 26-30 ORANGE BOWL REGATTA - CORAL REEF YC**
- **JANUARY 2-6 2025 WINTER HP CLINIC PRESENTED WITH THE CANADIAN SPORT INSTITUTE ATLANTIC - CLEARWATER**
- **JANUARY 28 - FEBRUARY 2 ILCA MIDWINTERS EAST - ST PETES YC**
- **FEBRUARY 2025 29ER MIDWINTERS - TBC**
- **MARCH 10-14 MARCH BREAK RNSYS TRAINING CAMP - CLEARWATER**

The goal of the winter program is to provide high-quality training and competition opportunities for our sailors during the winter months.

IF YOU HAVE ANY QUESTIONS OR COMMENTS ON THE WINTER SCHEDULE PLEASE FEEL FREE TO REACH OUT TO DISCUSS



The RNSYS Race Team is partially subsidized by the membership of RNSYS as well as supported by sponsors.

For all RNSYS winter events, the registration cost is \$175/day.

- This is for all coaching days on the schedule.

Race Team Registration Fees for Winter Events Covers:

- Coach Salary
- Use of RNSYS coach boat & transportation cost of RNSYS coach boat to events
- Coaching educational equipment
- Coach accommodation & expenses during the event.

Race Team Registration Fees for Winter Events DO NOT Cover:

- Sailor's Own Expenses
- Charters
- Boat trailering
- Regatta Entry Fees

Registration Minimums:

Each winter event is subject to a registration minimum. This is to allow for the club to cover the projected costs associated with the event. The registration minimum must be met by October 1, 2024 otherwise the event will not move forward.

Race Team Trailering Fees:

If you would like your boat transported on the RNSYS trailer to Florida for the winter training camps the cost will be \$1,325 CAD for the round trip to Florida and back to Halifax. This fee includes the following:

- Transportation of boat from RNSYS to Florida in early November
- Transportation of boat from Florida to RNSYS in mid-March
- Storage costs between events in Florida over the winter
- Trailering costs between RNSYS events in Florida over the winter



Events Information

Orange Bowl

About: Orange Bowl is a premier event held every year at the Coral Reef Yacht Club in Miami. This is a very well-attended regatta with dozens to hundreds of sailors attending depending on the class of boat. This is an excellent opportunity for sailors to gain experience sailing against some of the top sailors in North America and in larger fleets.

Where: Coral Reef YC (Racing) US Sailing Centre (Training)

When: Training December 20-24, Racing December 26-30

Who: Optimist, ILCA, 29er

Registration Fee: Training - \$875; Racing - \$875

Minimum Registration per Class: 4

Winter HP Clinic Presented with the Canadian Sport Institute Atlantic

About: This event will be a great opportunity for sailors to develop and work on their skills so that they do not get rusty over the winter months. The Winter HP Clinic will feature a talented group of coaches from Atlantic Canada with the generous support of the CSIA. Canadian Sports Institute mental performance coach (Simon) , as well as a nutritionist (Melissa) there all week, 1 meal will be provided a day. Mental performance sessions each day as well. There will also be other yacht clubs and teams from around Canada training at the same time in Clearwater which will provide the opportunity for our athletes to work in larger training groups.

Where: Clearwater Community Sailing Centre

When: January 2-6, 2025

Who: ILCA, 29er Sailors.

Registration Fee: \$875

Participation Minimum per Class: 4

Coaches for the Camp are TBD however, CSIA Coaches Chris Watters and Stephen Waldie will be supporting. As well as RNSYS Sailing Director Chris Tully.



ILCA Midwinters East

About: This event is the ILCA Midwinter Championship. This is a great event for measuring up against all the best laser sailors from across the eastern seaboard.

Where: St Petes YC

When: Training January 28/29, Racing January 30 - February 2 (Tentative Dates Not Confirmed)

Who: ILCA

Registration Fee: \$1,050

Participation Minimum: 4

29er Midwinters

About: The 29er Midwinter Championship with teams from all across the eastern seaboard attending.

Where: TBC Potentially at the St Pete Helly Hansen Regatta

When: TBC If at the St Pete Helly Hansen Regatta it will be February 14-16 with training the on the 12/13.

Who: 29er

Registration Fee: \$875 (projecting 5 days total)

Minimum Registration: 4 sailors

RNSYS Winter Training Camp March Break

About: This event will be a great opportunity for sailors to develop and work on their skills so that they do not get rusty over the winter months. RNSYS will be training this week with our talented group of coaches. There will also be other yacht clubs and teams from around Canada training at the same time in Clearwater which will provide the opportunity for our athletes to work in larger training groups.

Where: Clearwater Community Sailing Centre

When: March 10-14, 2025

Who: Opti, ILCA, 29er Sailors.

Registration Fee: \$875

Participation Minimum per Class: 4



PROGRAM INFORMATION

Regatta Travel & Parent Support

Regatta Travel

- RNSYS is not responsible for travel logistics for the race team except for the coach and coach boat.
- Coach expenses (transportation, accommodations & meals) and coach boat expenses (delivery, venue fees & storage) when travelling are to be covered only by the sailors involved in such travel and not by the sailors not involved. RNSYS will provide an estimate for coach & coach boat costs prior to each trip.
- The coach is only responsible for the sailing session. It is mandatory for underage sailors to be supervised by an adult during away regattas.
- We encourage underage sailors to form POD (Parent On Duty) groups when travelling to regattas to reduce the time and cost of having adults on the road with the sailors. A POD group is a group of sailors whose parents have agreed to assign a POD and share the travelling expenses of that group (transportation, accommodations, meals, etc).
- When and if a POD submits expenses from a trip to RNSYS, the club will reimburse the POD and bill back the share for each sailor in such POD group through member account.

Parent Support

Parent support is a key pillar of the program. Because our program has very limited resources and we work hard to get the most out of them, we rely on EVERY parent for extra support to the team. It is that extra support from the parents that makes a difference. We are very fortunate to have such a fantastic program thanks to all the parents who put great extra effort into supporting the team. Because every parent is willing to support but many times it's difficult to find the time or opportunity, here is a list of different ways to support:

- Chaperone during a trip
- Drive sailors and/or trailer to regatta sites
- Lend your towing/passenger vehicle for the team to travel to regattas
- Search accommodations and organize logistics for trips
- Host a team bonding bbq
- Billet a sailor for part of the summer

There must be a chaperone on every trip. When travelling with minors, a coaching figure, as well as a supporting adult figure, is needed for team success. Those two figures cannot fall on the same person. The chaperone or Parent On Duty is a great source of support for the coach and sailors during a trip and ultimately the responsible adult in charge of the underage members of the team.

Please note that when sending your child on a trip on their own, you are accepting the chaperoning style & living rules of the adult supervising your kid. For example, if you read a bedtime story to your kid every night, do not expect the chaperone to do so (although we are constantly surprised about how far chaperones go to accommodate every sailor's food choice or needs).