



**RIVER RATS
SAILING TEAM**

GRYC * CVRG

2023



GRYC Youth Program


WHY A RACE TEAM?

All the great reasons to join!

Being part of the racing team goes far beyond the competitive aspect. The main goal is to give our young sailors the opportunity to maximize their short sailing season, to vary their experience on different bodies of water, and sail in different geographical and wind conditions in order to make them more accomplished sailors. We also want to give them the opportunity to improve with an adapted and individualized training program throughout the summer. It is also an occasion for more regattas and training opportunities with higher level coaching.

Other good reasons to join the team:

- Meet other people who share our passion;
- Develop autonomy, perseverance, and patience;
- Satisfy a need for challenges while having fun in a collaborative atmosphere;
- Learn from the best;
- Create a sense of belonging by representing the Club;
- Put into practice techniques and acquire knowledge that only competition can bring.

A photograph of a person sailing a small boat on the ocean. The person is seen from behind, wearing a dark cap and a red and black life vest. The boat is white with a large sail. The water is dark blue with whitecaps. The text is overlaid on the bottom left of the image.

Sailing is to accept the constraints that one has chosen. It's a privilege. Most humans endure the obligations that life has imposed on them. - Eric Tabarly, French sailor, winner of transatlantic races.

DATES TO REMEMBER

Events in which the River Rats plan to participate

Note : training will take place on weekends during the Spring (June) and Fall (September-October) periods.

JUNE

EVENTS OF THE MONTH

- CODA Lemon-Lime Clinic (Optimist) at Hudson Yacht Club (Hudson, 4-5),
- Quebec Games Qualifiers at Centre de Voile Grande-Rivière (Aylmer, 24-25; TBC).

AUGUST

EVENTS OF THE MONTH

- GRYC Invitational Regatta (Chelsea, 6th-7th; TBC),
- Nepean Fun Regatta (TBC).

JULY

EVENTS OF THE MONTH

- National Capital Regatta at Britannia Yacht Club (Ottawa, 8-9; TBC),
- Fruitbowl at Hudson Yacht Club (Hudson, 20-23; TBC),
- Quebec Games (Rimouski, 26-29).

SEPT./OCT.

EVENTS OF THE MONTH

- C-Cool Regatta at Deux-Montagnes Sailing Club (Vaudreuil, 9-10; TBC),
- Festivoile at Centre de voile Grande-Rivière (Aylmer, Sept 30-Oct. 1; TBC)

PARTICIPATION IN SUNDAY CLUB RACES IS STRONGLY ENCOURAGED!

ORGANISATION

How can I join in the fun?

The goal this year is for the River Rats to be active from June to October. The sailors will then benefit from a progressive and complete training season. During the summer, training sessions will take place from Monday through Friday, although pauses can be taken when returning from events. Weekends will be reserved for regattas and Sunday Races at the Club. In June, September and October, training will take place on Saturdays.

Although presence is not mandatory over the whole period (June-October), sailors are encouraged to be present for a minimum of six weeks during the summer months to allow for proper planning and training.

Furthermore, participation in events outside of the club is expected. In the weeks prior to a specific regatta, the sailor must confirm their participation in order to plan for the event.



If in the process of winning, you have lost the respect of your competitors, you have won nothing. - Paul Bert Elvström, Danish gold medalist sailor.

FREQUENTLY ASKED QUESTIONS

Feel free to send us your questions if they are not listed below!

Is a minimum sail level required to participate in a regatta?

It is advisable to have at least a level CANSail 2 in order to be able to control the boat in all circumstances during the regatta. This can be lowered to CANSail 1 in green fleet Optimist Racing.

Is racing mandatory to qualify for my CANSail levels?

Yes, the athlete must participate in at least one regatta to obtain the CANSail levels 3 and greater. However, no specific results are required. Athletes do not have to enrol in the Race Team in order to participate in regattas. We do encourage them to do so for more race-specific training.

Can I still get my CANSail levels while be part of the River Rats Team?

Definitely! While the River Rats will generally train separately from the rest of the Junior Program, they will still be evaluated for the CANSail program. However, in light of the instructors that the Club has in 2023, levels will probably be limited to CANSail 1-4.

Will the competitors be of the same level as me?

In Optimists, there is a green fleet for beginners. For the others, racers are separated by type of sailboat and by age.

Do I have to race if the wind is too strong?


No. The decision to race, regardless of the circumstances, always lay with the athlete. The coach may instruct athletes to head in for safety reasons.

Will my coach be present with me at all times?

The coach will be present to help rig the boat, for a start and end of day briefing as well as on the water. It is possible that he will have to divide his time between two courses, but safety boats are always present.

Do I have to own my own boat to race?

It is preferable that the athlete owns a sailboat but the Club can also lend some (extra fees maybe required).



The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails. - William Arthur Ward, American motivational writer.

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Where can I stay during the event?

You are responsible for finding accommodations. It is possible to camp on some regatta sites.

What is the logistic to go to an event?

Parent's help is essential. The River Rats count on them to help load and transport boats. Also, they remain responsible for athletes after the races and in the evening. Boats are generally loaded on trailers two days before an event and unloaded on the following Monday.

In which boat is it possible to race?

The most popular classes are the Optimist, the ILCA (4, 6 and 7). Some regattas accept the C420, the 29er, and the O'pen Skiff.

How do I choose?

We encourage development in a variety of classes. For those that weight <55 kg (<120 lbs), the Optimist is the base class. Those weighting >50 kg (>110 lbs) will transition to the ILCA 4

or 6 depending on their size. River Rats are also encouraged to participate in at least two regattas in C420 (Fruitbowl and C-Cool).

How much does it cost?

Registration fees for the whole season is **\$2,000**. A minimum of five athletes registered is required.

What is included?

The coaching, training and supervision fees, coach traveling expenses, access to club facilities and equipment during training and regattas.

What is not included?

Registration fees to regattas, athlete's traveling expenses, athlete's safety equipment (PFD, clothing, etc.).

For further information, you may contact the program manager at the following email address: youthprogram@gryc.ca.

