



RNSYS Race Team Orientation Guide

Mandate of the Race Team:

- To provide safe, challenging and educational sessions during training and competitions.
- To promote seamanship, sportsmanship and lifelong interest in sailing to young people in our community.
- To offer a leading program with up-to-date equipment, ranging from competitive racing at the local level to national and international levels.
- To provide a training/racing pathway for athletes interested in qualifying and performing at:
 - a. Optimist International events
 - b. National Championships
 - c. World Sailing Youth World Championships
 - d. U-21 Worlds
 - e. Canadian National Sailing Team

Overall structure and coach structure:

- ATHLETE CENTERED – COACH DRIVEN – PARENT/CLUB SUPPORTED

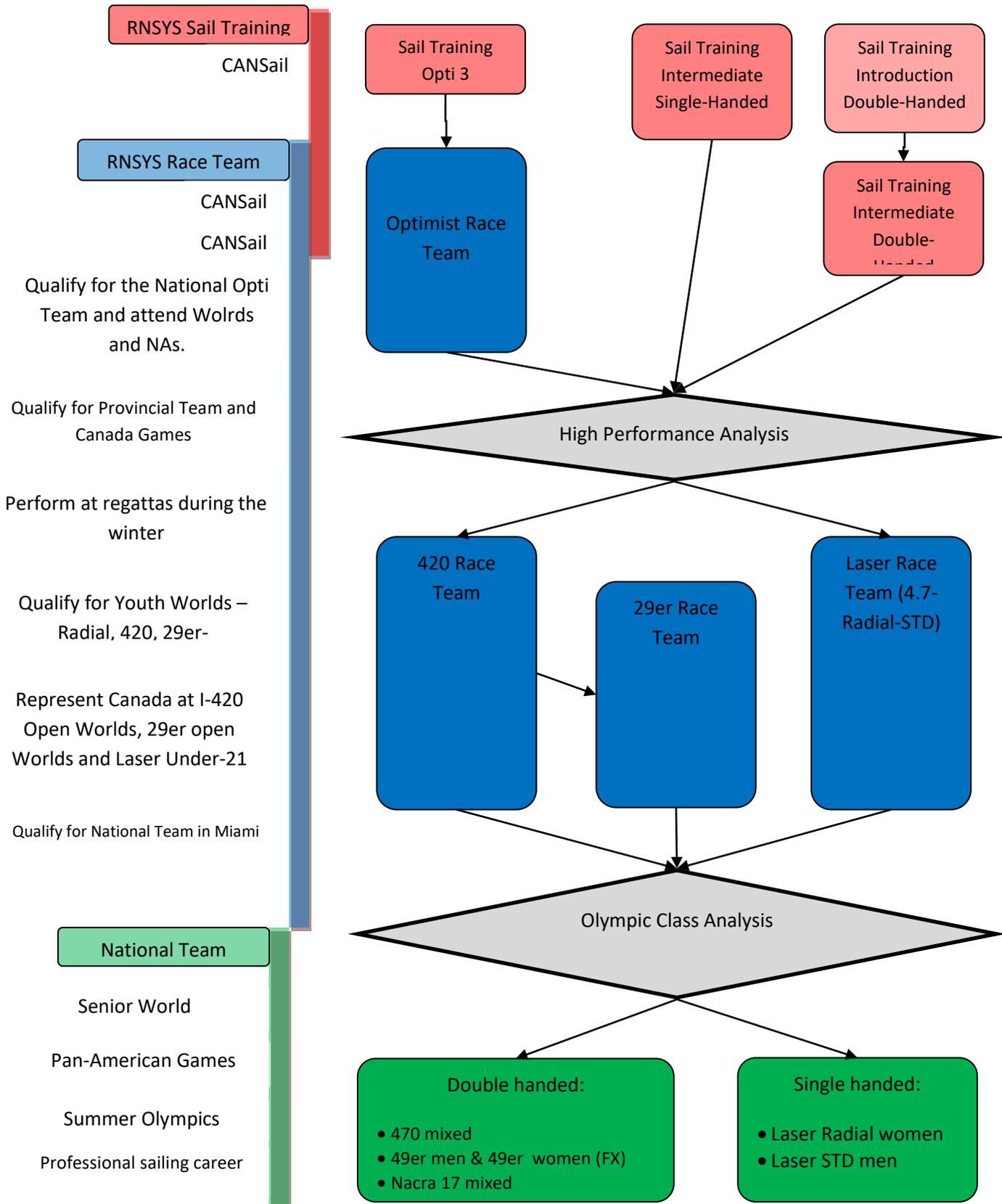
The RNSYS Race Team is formed by four class teams: An Opti team, a Laser team, a 420 team and a 29er team. Each class team will be lead by a specific class expert coach with the Head Race Coach overseeing the whole RNSYS Race Team.

Position	Name	Contact Information
Head Race Coach	Agustin Ferrario	coach@rnssys.com (902) 293-4631
Opti Race Team Coach	Cecilia Ruiz Bartell	optiteam@rnssys.com (902) 412-1680
Skiff Coach	TBD	coach@rnssys.com
420 Race Team Coach	Oliver Bone	420team@rnssys.com

Laser Race Team Coach	Maria Laura Ferrario	laserteam@rnsys.com (902) 412-2498
Vice-commodore Sail Training	Jane Gillis	vc sailtrain@rnsys.com
RNSYS General Manager	Scott King	gm@rnsys.com

Skill/Achievement progression path compared to program path

Race Team pathway: before, during, after



Race Team fees:

The RNSYS Race Team is partially subsidised by RNSYS and supported by sponsors. Race Team fees are assigned to cover remaining cost.

What is included:

- Coaches salary
- Use & maintenance of RNSYS coach boats by the team
- Use & maintenance of RNSYS trailers by the team
- Use of race team educational assets (facility, projector, etc)

Examples of what is NOT included:

- Coach expenses for regatta travel
- Trailer expenses for regatta travel
- Any expenses related to sailors travelling to regattas.

Schedule and regattas:

Prior to the season, sailors will be provided with a training and regatta schedule designed by the coach & head coach to meet the goals of the team and individuals.

Some regattas in the schedule will be local (HRM) and others will be at a different province or in the US. Although the coach will recommend which regattas each sailor should attend, it is not mandatory for sailors to attend all regattas suggested by the coach.

When a sailor decides not to attend a regatta with the team, she/he will not be entitled to reimbursement from the race team fee. However, if possible, it will be arranged for that sailor to join the local sail training group at RNSYS at no extra cost while the race team is away.

Daily routine:

At RNSYS: Training sessions will run 9:30am to 4:30pm to follow season schedule unless indicated by the coach. Sessions will include a fitness component.

At regatta venue: Indicated by the coach in advanced.

In case of bad weather: Sessions will not be cancelled due to weather as they can be adapted for land sessions, which are always needed (rules, tactics, etc).

Travelling to regattas:

- RNSYS is not responsible for travelling logistics for the race team except for the coach and coach boat.
- Coach expenses (transportation, accommodations, meals, etc) and coach boat expenses (delivery, storage, etc) 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 cost prior to each trip.
- It is mandatory for under age sailors to be supervised by an adult during away regattas. Coach is only responsible for the sailing session.
- We encourage under age 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 who's 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 on having such a fantastic program and that is thanks to all the parents that 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.

Being a chaperone or POD:

- 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 under age members of the team.

- Please note that when sending your son on a trip on his 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 I'm constantly surprised about how far chaperones go to accommodate every sailor's food choice or needs).

POD duties:

- Set a deadline for sailors to commit to the trip you will organize.
- Find accommodations for the team. Houses are usually more convenient and fun to enjoy.
- Sort out transportation of boats, drivers, vehicles and allocate passengers.
- It is expected that the POD can request help or delegate some of the pre trip duties to other parents, as long as all the final info runs through the POD.
- Have complete information about the trip: accommodations, vehicles, drives, trailers, dates, etc.
- Coordinate the schedule and logistics with the coach so that sailors follow a planned routine.
- Make sure sailors go through their meals every day.
- Ensure that sailors follow the RNSYS Code of Conduct and report any violations.
- Away regattas are hard on coaches, most times more than on sailors, so be prepared to make his/her day easier so he/she can recover for the next day.
- Have a complete list of the sailors you are responsible for with their emergency information.

Expenses while POD:

After the trip, please submit the expenses as soon as possible for approval. You will be reimbursed for the approved team expenses involved in the trip.

Expenses reimbursed:

- Team meals (groceries, team dinners, etc)
- Fuel for trailer/sailor delivery.
- Team accommodations
- POD car rental (if approved previously by travel group)
- POD accommodations (if approved previously by travel group)
- POD flight (if approved previously by travel group)
- Any other expenses sailors should respond to.

Code of conduct:

Like in any organized sport program, all athletes must sign and comply with a Code of Conduct. The RNSYS Race Team Code of Conduct will be provided to all sailors and must be signed prior to the season.

Questions? Contact our Head Race Coach Agustin at coach@rnsys.com or 902-293-4631