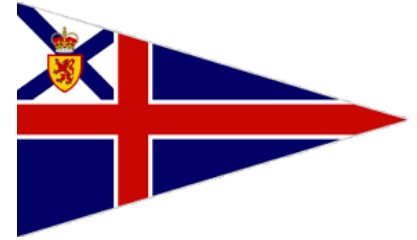


*Royal Nova Scotia Yacht Squadron*



# Winter Racing & Training Program 2023/2024

In this booklet, you will find all the information regarding our winter training programs from November 2023 till April 2024.

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## RNSYS Race Team 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
  - ISAF Youth Worlds
  - U-21 Worlds
  - Canadian National Sailing Team

### Program Contacts

Lee Gifford-Simms  
Vice Commodore Sail Training  
[vc sailtrain@rn sys.com](mailto:vc sailtrain@rn sys.com)

Chris Tully  
Sailing Director  
[sailnow@rn sys.com](mailto:sailnow@rn sys.com)

Registration  
[Click Here](#)

**ATHLETE**

**CENTERED**

**COACH**

**DRIVEN**

**PARENT/CLUB**

**SUPPORT**

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## Winter Schedule Overview

- November 10-12: SCYC Optimist Team-Racing Invitational Regatta (one team will represent RNSYS)
- November 23-25: US Sailing ODP Camp
- December 18-22: Pre-Orange Bowl RNSYS Training
- December 26-30: Orange Bowl Regatta
- January 3-7: Canadian Sailing Youth Squad camp (by invitation, dates TBC)
- January 31-February 9: International Sailing Week - Mar Del Plata, Argentina - Pre Opti Worlds Champs Regatta
- February 1-4: ILCA MidWinters East Championships
- March 8-10: Sunshine State Opti Regatta
- March 4-15: RNSYS March Break Training Camp (two blocks March 4-8 & March 11-15)

## Fees

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

### Race Team Registration Fees for Winter Events:

At RNSYS we charge an initial fee that you will pay through clubspot in advance of the program occurring. This fee will cover the following:

- Coach Salary
- Use of RNSYS coach boat & transportation cost of RNSYS coach boat to events
- Coaching educational equipment
- 50% of the expected event expenses which includes the following:
  - Coach travel and accommodation expenses
  - Coach regatta registration
  - Site storage of boats/trailers
  - Any other overall team expenses for events

Following the event the difference between the 50% of expected expenses and the actual expenses for the event will be billed to each participant. There will be a deadline for this fee to be paid for each event.

Race Team Registration Fees do NOT include the following:

- Sailor accommodation & travel

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- Regatta registration fees

### **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 \$1,250 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 events in Florida over the winter

### **Minimums:**

All winter events are subject to a minimum registration. The registration fees listed below are based on minimum registrations - if more sailors sign up the event becomes cheaper for all sailors. If we do not meet the minimum registration required we will make every effort to find alternative coaching opportunities for those sailors who are signed up.

## **Events**

### **South Carolina Yacht Club Team-Racing Invitational Regatta**

About: This event is by invitation only and RNSYS is extremely pleased to be invited back for another year this should be an exciting event where the sailors will have an opportunity to hone and develop their team-racing skills and to represent their yacht club.

Where: [South Carolina Yacht Club](#)

When: November 10-12, 2023

Who: **Interested sailors should email [sailnow@rnys.com](mailto:sailnow@rnys.com) to express their interest in attending.** Four Opti Sailors from the RNSYS race team. Racing is 3 on 3 - sailors will rotate. Sailors attending will be named shortly.

Registration Fee: \$500 per sailor (Budgeted post-event invoice: \$250)

### **US Sailing ODP Camp**

About: This event is a national talent identification camp for US Sailing which Canadians are welcome to attend. This is a top-level training event with some of the best coaches from across the USA in attendance. It is an excellent opportunity for ILCA and 29er sailors to develop skills and learn from some of the best.

Where: [Miami Yacht Club](#)

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When: November 23-25, 2023.

Who: ILCA and 29er Sailors.

Registration Fee: \$400 per sailor (Budgeted post-event invoice: \$250)

Participation Minimum: 4

## 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. Registration for Orange Bowl Opens on September 11. [Orange Bowl Event Website](#).

Where: [Coral Reef Yacht Club](#)

When: December 26-30, 2023.

Who: Optimist, ILCA & 29er Sailors.

Registration Fee: \$600 (Budgeted post-event invoice: \$300)

Registration Minimum: 6

**Pre-Orange Bowl Training:** Train with the RNSYS team from December 18-22 at Coral Reef Yacht Club in preparation for this event. The cost for the training block will be \$750/person. The registration minimum for the pre-Orange Bowl Training is 5 Optis.

## Canadian Sailing Youth Squad Trails

About: This is a selection camp for the Canadian Sailing Youth Squad - Sail Canada's national youth training group/team of identified athletes. This event is by invitation only - sailors must be identified and invited to the camp by Sail Canada at one of the various domestic talent identification camps.

**THIS EVENT IS STILL TO BE CONFIRMED FROM SAIL CANADA**

Where: Florida (TBC)

When: January 2-7, 2024 (TBC)

Who: Identified sailors in the ILCA and 29er classes who receive an invitation from Sail Canada.

Registration Fee: Fee is paid to Sail Canada for this event - no fees will be due to RNSYS for this event.

Notes: As soon as we have confirmation of identified sailors from RNSYS, location, and dates we will communicate on how RNSYS can support attending sailors individually.

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## **International Sailing Week - Mar Del Plata, Argentina - Pre-Worlds Champs Regatta**

About:

Training and competition with over 450 sailors from around the world at the 2024 IODA World Championships Venue! Race against the top sailors in the world. Many top Teams are using this event to train for the 2024 Optimist World Championship. Like the USA, Italy, European, North American, Central and South American countries, and others. It will be run using the same Worlds Champs format with a Fleet Racing Regatta and a high-level Team racing Regatta.

This opportunity is specifically for those sailors who placed in the top 15 of Opti Canadians this past summer and will be coached by RNSYS Head Opti Race Coach Maru Ferrario.

This event will have heavy wind and big waves which will help prepare the sailors for any of the IODA events they will be attending in 2024. Many of the 2024 IODA events are run in heavy wind places so this regatta is an ideal opportunity for the sailors to prepare for it. The regatta also offers a 'Regatta hotel' for all the international Teams. It will be run very similar to an IODA event. A perfect opportunity for all those sailors who qualified for any 2024 international events to experience, warm up, and get used to racing at IODA regattas.

Where: [Club Nautico Mar Del Plata, Argentina](#)

When: Training January 31 to 3rd February 2024 & Regatta February 4-9 2024. 10 days

Who: Optimist Race Team Sailors. This event will be on an invitation basis as it is only appropriate for some race team sailors to attend. If you want to attend please contact RNSYS Head Opti Race Coach Maru Ferrario. [maria\\_ferrario@yahoo.com](mailto:maria_ferrario@yahoo.com)

Registration Fee: TBD

## **ILCA MidWinters East Championships**

About: ILCA (Laser) MidWinters East is one of the premier ILCA championship events of the winter season. This is an excellent opportunity for sailors to race against some of the best from around North America and provide a great chance to develop their skills.

Where: [St. Petersburg Yacht Club](#)

When: February 1-4, 2024

Who: ILCA (Laser) Race Team

Registration Fee: \$750 (Budgeted post-event invoice: \$300)

Registration Minimum: 4

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## **RNSYS March Break Training Block 1**

About: An opportunity for all RNSYS race team sailors to escape the cold winter and continue training and developing their skills. Work with our RNSYS race team coaches in beautiful Jensen Beach Florida.

Where: [US Sailing Center Martins County](#)

When: March 4-8

Who: RNSYS Race Team Members in Opti, ILCA & 29er

Registration Fee: \$900

## **Sunshine State Opti Regatta**

About: One of the premier USODA opti regattas held during the winter. This event attracts a large fleet of Opti sailors from across the USA, Canada and beyond. This is a great opportunity for sailors to develop in a large fleet.

Where: [US Sailing Center Martins County](#)

When: March 9-10

Who: RNSYS Opti Race Team Sailors

Registration Fee: \$500 (Budgeted post-event invoice: \$200)

## **RNSYS March Break Training Block 2**

About: An opportunity for all RNSYS race team sailors to escape the cold winter and continue training and developing their skills. Work with our RNSYS race team coaches in beautiful Jensen Beach Florida.

Where: [US Sailing Center Martins County](#)

When: March 11-15

Who: RNSYS Race Team Members in Opti, ILCA & 29er

Registration Fee: \$900

## **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

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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.

### **Chaperones for Away Events**

There must be a chaperone on every trip! When traveling 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 sailor on a trip on their own, you are accepting the chaperoning style & living rules of the adult supervising your kid.

It is up to the parents of sailors attending to determine if they wish to travel with their sailors or send their sailors with the chaperone. It is up to the group of parents attending the event to confirm who they want to be the chaperone and make those arrangements for their own sailors.

### **Event Communications**

Once RNSYS has received registrations for events our program management team will follow up with a formal email regarding all the details of the event. Parents of sailors will then be added to a Whatsapp chat for communications regarding the event as we lead up to the event. Some of the events do not have the Notice of Race or event website set up yet as these become available we will communicate to the attending sailors.