



SAILNL HIGH PERFORMANCE COACHING RIDE-ALONG PROGRAM

1.0 Introduction

Introduction to sailing classes and developmental classes typically occur close to shore and in full view of the public; Sail Canada, SailNL and clubs focus put significant effort into training, developing and mentoring junior sailing coaches. Junior sailors are in-effect exposed to a variety of coaching styles and are likely to actively seek out feedback and developmental activities.

In contract to junior sailing, high performance training typically occurs during shoulder seasons, in small training groups and in more “offshore” training areas. The intended result in this training style is a group semi detached from the junior sailing program, and in particular a disconnect between junior sailing coaches and their high-performance counterparts.

1.1 High Performance Coach Mentoring

The purpose of High-Performance coach Mentoring is to provide young coaches who may be interested in high performance coaching with exposure to the methodologies, philosophies and technical knowledge employed by provincial team and high performance coaches.

Through their involvement in the program, young coaches are exposed to high performance sailboat classes, rigging and tuning techniques, advanced boat handling and racing techniques, practice plans and drills, and detection and correction techniques.

1.2 Program Objectives



- To provide a junior sail coaches with exposure to high performance coaching.
- To create mentoring relationship; which will send junior sail coaches along the pathway to become the next generation of high-performance coaches.
- To create a trickle-down effect, where junior sail coaches better understand high performance sailing and take steps to ensure they as coaches, help lay strong foundation building skills in their own athletes.

2.0 Program

2.1 Eligibility Requirements

SailNL High Performance Coaching Ride-Along Program is open to trained CANSail instructors who will be working with athletes registered in CANSail levels 3 or higher—SailNL may adjust the eligibility requirements based on the number of active high-performance coaches and the interest level from the coaching community.

Participants must:

- work with at an organization in good standing with Sail Canada,
- have up-to-date prerequisites,
- have paid their registration dues, and
- provide their own coaching clothing and equipment (eg, PFD and gear suitable for coaching offshore in the harsh Newfoundland shoulder seasons.

2.2 Promotion and Selection

Junior sail coaches interested in participating in the ride-along program are



encouraged to make themselves known to the high-performance coaches in their local area.

Due to the semi-spontaneous nature of high-performance training there are difficulties associated with creating a formal ride-along schedule. As part of their marketing campaign, high performance coaches will update social media outlets on upcoming training activities. Junior Sail Coaches are encouraged to follow the NL Sailing Team and other social media streams to stay informed on training activities.



2.3 Approvals and Performance Tracking

Prior to executing the ride-along program, high performance coaches must request approval from the SailNL High Performance Director or the SailNL President. This is done to ensure potential participants meet eligibility requirements and to track the performance of the *SailNL High Performance Coaching Ride-Along Program*.

2.4 Execution

When practical for the high-performance coach, and when training times align with the junior sail coach's availability; the ride-along program can be executed with little planning or coordination.

If a high-performance coach can accommodate a ride-along participant, and an eligible participant is available during training times, the program can be employed.

2.5 Liabilities

Sail training of any kind shall only occur when the appropriate liability insurances are in place and the hosting site shall have an Emergency Action Plan in place.

Sail Coaches at all levels shall conduct themselves in accordance with the *Sail Canada Coaches Code of Conduct*.