

## **Mentoring, Sailing Mentors**

Mentoring focuses on the athlete's development. However mentoring is first and foremost a relationship. It is a voluntary process that calls for a flexible and accepting environment. Mentoring is a dynamic relationship that responds to the growth and changing needs of the partners.

Mentoring relationships provide support, the opportunity to acquire skills and knowledge and the camaraderie necessary to share needs and concerns. Good sailors become better as they refine their skills in a process of nurturing developing sailors, while developing sailors grow towards excellence in a supportive environment.

Supervision for growth acknowledges that learning is a life long endeavor. Mentoring is an early component of the continuum; it brings together experienced sport leaders with developing athletes and coaches.

These are the objectives for mentoring,

1. Assist in the integration of developing sailors into a culture of competitive environment.
2. Foster the development of knowledge, skills and attitudes consistent with competitive sailors.
3. Offer experienced sailors the opportunity to share their knowledge and expertise.
4. Cultivate a commitment to life long learning.
5. Promote the personal and professional well being of all athletes, coaches, and sport leaders.

Factors to consider in selection of mentors,

1. Genuine interest in assisting others
2. Ability to gain respect and acceptance of other sailors
3. Ability to work with other adults
4. Demonstrate mentor like characteristics such as,
  - Bring people together in pursuit of common vision or purpose
  - Help/empower others to make own decisions
  - Innovative, explores new ways of doing things
  - Model behaviors that are positive, consistent and appropriate
  - Celebrate others achievements and show pride in their accomplishments
5. Willingness to respect others.
6. Provincially or nationally ranked athlete or past athlete.

## Mentor Characteristics

Sensitive	Patient	Creative	Kind
Concerned	Supportive	Sincere	Committed
Flexible	Secure	Helpful	Consistent
Caring	Skilled in communication	Honest	Tactful
Encouraging	Empowering	People oriented	Intuitive
Energetic	Confident	Organized	Approachable

How does the sailing mentor work?

Sailors that have goals to qualify for the Youth, Canada Games, National or Olympic Teams need quite a bit of assistance to get there. A mentor can assist them with ensuring they are doing the right activities as well as being a receptive, supportive and concerned voice of reason or a good listener. It can be very formal with organized meetings or it can be very informal with casual discussion on the beach or dock after a day of racing.