



Sask Sailing Report

Sail Canada Leadership Summit/AGM

October 2021

Sask Sailing was concerned at the beginning of the year that we would have another challenging year with COVID-19 restrictions. Fortunately, Saskatchewan numbers became low and our vaccinations were up, and our season got off without any issues. Masks outside were not needed.

Sask Sailing Squad

Many great programs were implemented this year, starting with our newly developed Sask Sailing Squad. Four levels of training were planned to allow all levels and ages of sailors to join in the Squad activities on the water.

Performance - April/May/June/July/Aug/Sept

- For high performance athletes who travel to events in and out of province (Worlds, Games, Youth Championships, Sail West, etc.)
- Athletes must attend 3 or more regattas during the season.
- Practices 2 times weekly and one race day
- Athletes are required to participate in at least 50% of the weekly Spring/Fall training sessions at Blackstrap Sailing Club May and the Saskatoon Sailing Club in Sept.
- On land strength and conditioning dates must be attended during program.

Development -June/July/Aug

- For development athletes in the Laser/29er who travel to events in and out of province. Also for development athletes in other boat classes who attend events inside the province only
- Sailors are required to attend 2 or more regattas during the season.
- Practices are once a week and one race day

Participation – July/Aug

- For Optimist Squad athletes who want water time and have fun
- Sailors are encouraged to attend one or more regatta during the season
- Practices are once a week for 8 weeks:

Disabled Athlete

- Using the 2.4mR sailboat for all athletes unless they show interest in trying another boat.

- Learn to Sail program will run depending on the participants
- Race training will be provided and will be assessed for each athlete
- Sailors are encouraged to attend one or more regatta during the season- with boat availability

Sask Sailing had a total of 10 sailors in all squads. We held a Race Week for participants and it was a huge success. Excitement is rising and YOT and will definitely make it a huge effort to keep attending these training sessions.

Mobile Sailing School 2021

Our Mobile Sailing School was a huge success with 98% of our programs being full. We doubled our programs and started our season earlier for adults, as we have in the past waited until school is out in the area.

Learn to sail courses offered were 16 on 5 different lakes across beautiful Saskatchewan.

We put through 203 sailors through MSS with 74 females, and 127 male participants.

Age brackets of participant were as follows: Adult: 64, Youth 55, Child 69

Focusing on training of new instructors in our province is in our strategic plan as we seem to be low on qualified instructors for the future of our MSS program.

Partnership with Montreal Lake Cree Nation: Youth and Family Services

This year Sask Sailing is pleased to have partnered with Montreal Cree Nation to join in offering new and fun experiences for youth in the indigenous community. Our great instructor squad went up the northern Ontario to offer a boat safety and learn to sail program of fun and excitement of something new to do on the water. We had three programs, morning, afternoon and evening classes set up for youth to come and experience the great sport of sailing. We had 36 youth participant and all of them left with a huge smile on their face.

We will be working with Montreal Cree Nation Youth and Family Service to offer this program every year moving forward and are pleased with the positive feedback we received from the community.

French Learn to Sail Program

With Sail West being cancelled this year due to COVID-19 restrictions, we had a huge hole in our programming for the middle of the summer. We quickly decided that we could try and put on a French Learn to Sail course for that week. We had two of our lead instructors who were bi-lingual and agreed it would be a great opportunity to enhance and challenge their language of instructing in French. It was a short notice course and we had 9 participants in the class. The feedback was fantastic and we will continue if we have strong Francophone instructors with Sask Sailing.

Racing Program

Sask Sailing had a great year on for our provincial regatta and had a record number of attendees for the Laser/Radial Provincials, Short Course Regattas and Laser Masters, and Catamaran Provincials.

Attendance for people attending regattas is up from previous years and the excitement is growing for racing in the province. Our Double- Handed Regatta was cancelled due to no winds.

Sask Sailing has purchased one new 29er for Canada Games sailors, two new Fevas for our youth sailing program and one slightly used newer Laser for our race team.

The double handed program is a focus to bring back young sailors and get them into something different than a Laser.

With the addition of this program, we hope to attend more out of province regattas and bring Saskatchewan on the participation list for 2022, as COVID restrictions are easing.

Race Week was done this summer and was huge success with the young and old racers attending. This will be done earlier in the season next year.

Adaptive Program- Hansa 303/2.4mR

Sask Sailing now has five (5) 2.4mR sailboats in the province and the focus this year was to get as many people in them as possible. We had a JUST Try it program scheduled in June but due to ramp and docking issues at the sailing club, we were unable to get the boats in the water. We relocated to another club but again launching issues occurred as the lake was dropping in depth due lack of rain this year.

We worked with Wheelchair Sport Association and did a video presentation to newly disabled athletes to show them some of the active things that can be done for their mental health. As a result of this outreach we are now partnering with Sask Health for activities to get interested individuals on the water.

The purchase of three new Hansa 303 Learn to Sail program will be a huge focus next summer to gain more para-abled sailors and a new partnership is in the works with Sask Health and the recreational therapist who assist people with disabilities. The Learn to Sail- Para-abled program will increase the participants wanting to learn how to sail, and once they are comfortable and confident, then we will move them to the 2.4mR sailboat.

Adaptive Racing- 2,4mR

We took three athletes, two para-abled and one able bodied athlete to Canadian Championships in Victoria in Sept and it was huge success and great fun was had by all. Preparation for Canada Summer Games is a focus for our participating athlete attending the games.

Conclusion to Sask Sailing 2021 season:

It was a busy one, and we are looking forward to increasing the number of people attending our events, regattas, and learn to sail programs for 2022.

We will be focusing on promotion of retaining sailing school members to our clubs for the 2022 seas

Angela Cromarty
Executive Director/ Head Coach

