Nathan R Cowan Memorial Award For Developing Sailors

***Please review the Sail Canada Award descriptions for each award before completing this nomination. The descriptions are available online at*** [***www.sailing.ca***](http://www.sailing.ca)***.***

Nominee’s name: Class:

Address:

City: Province: Postal Code:

Tel: Fax: E-mail:

ISAF Sailor number: Date of Birth:

Yacht Club:

Canadian citizenship yes no

Have you ever been carded yes no If yes, When?

Please list all of the regattas attended during the award year (2022) including scores and number of competitors

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| --- | --- | --- | --- |
| Event | Location | Result | # of Sailors |
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|  |  |  |  |
| Event | Location | result | # of sailors |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Please list top 5 results from the last 5 years.

1.

2.

3.

4.

5.

Please outline the training program completed during the award year, including details on fitness plan as well as on water training program for the season. Also, please outline what training plans for next season will be. (Attach one extra page if necessary)

Please provide details on any efforts made to secure private or corporate sponsorship to help support training and racing program. **Please include any pamphlets or sponsorship packages that you made.**

Nominated by (if not by athlete him/herself):

Address:

City: Province: Postal Code:

Tel: Fax: E-mail: