



## Sail Canada National Development and Identified Athlete Program - 49er/FX

**Vision:** Sustained top 10 percent finishes at World Championships (Senior and Junior), Europeans and World Cup events.

**Purpose:** To provide a world class collaborative training environment for Canadian Development Squad athletes, athletes chosen for the Identified Athlete Program as well as other targeted athletes chosen by the national coaching team.

**Program:** The program aims to build up to providing ongoing regular training opportunities for selected athletes, as well as support for targeted events such as the Jr. World Championships. Training will primarily be delivered through the National training centers East, West and Central .

### Camp Program:

Dates	Location	PSRI & other support.	Coach support
April 21st to 27th	NTC West (Victoria)		Lead: EV
June 3rd to 9th	NTC East (Halifax)	<b>Guest coaches Ali ten-Hove &amp; Mariah Millen.</b>	Lead: SW Coach EV
June 11th to 14th	NTC East (Halifax) - Pre Jr. Worlds camp & coaches regatta		Lead: Tully Coach:EV
July 10th to 21st	Jr. Worlds event training & competition		Lead: EV
August 15th to 18th & 20th to 22nd	CORK 49er/FX Senior Champs & training camp.		Lead: EV
Oct. 10th to 18th	NTC West (Victoria-possible testing camp?)		Lead: EV
Nov. 8th to 17th	NTC West (Victoria)		Lead: EV



**Coaching Team:** Training will primarily be led by Sail Canada's experienced Podium and NTC coaches; Krzysztof Kierkowski, Erik van der Pol (NTC West) & Stephen Waldi (NTC East) with guidance from Ken Dool (Chief Technical Officer).

**Cost:** Sail Canada is investing over \$100,000 into these programs but in order to provide a full comprehensive program we will be asking all athletes to invest in the program as well.

IAP Athletes.	Cost: \$ 275 per camp per athlete unless camp runs over 10 days then it is an additional cost of 40 per athlete per day. <ul style="list-style-type: none"> <li>- Reduced coaching fee for support at the U23 World Championships - (\$1000 per athlete)* minimum 3 boats</li> </ul>
CST & Development Squad Athletes	Cost: \$0 <ul style="list-style-type: none"> <li>- Participation in the IAP training is covered by annual CST/CSDS fees</li> </ul>

- The above fees do not cover any boat charters, regatta & travel costs, other costs to attend the camp.
- For NTC west camps contact Erik van der Pol (erik@sailing.ca) for potential 49ers/FX charters.
- For NTC East camps contact Stephen Waldi (coach@sailnovascotia.ca) for potential charters.

In order to help alleviate costs we will be forming an advisory group of volunteers who can help mitigate costs by:

- Coordinating reciprocal accommodations (billeting).
- Coordinating reciprocal boat charters (49ers/FX).
- Coordinating shared travel and boat transport costs where possible.

**How do I qualify for this program?** Athletes are identified by the Sail Canada High Performance Director with National and Provincial coach input through the following methods;

1. Selection to the Canadian Development Squad.
2. Talent ID camps and CSYS trials camp.
3. National team coach identification through provincial and club coach recommendation.
4. Chief Technical Officer Identification.
5. U23 Worlds results.



All interested athletes will apply with a **one page letter** to the Sail Canada High Performance Director Mike Milner at [mike@sailing.ca](mailto:mike@sailing.ca). Please include the following:

- A/ Athlete's short and long term goals.
- B/ Commitment to program.
- C/ Best 4 performance results.
- D/ Any other relevant information the HPD should know before selection.

There will be an information session via zoom for all interested athletes, coaches and parents on **April 18th at 1800 hours EST, 2024.**

The application deadline is **April 30th, 2024.**

Athletes who have been selected to take part in the IAP will be notified on **May 3rd, 2024.**

For more details please contact Erik van der Pol at [erik@sailing.ca](mailto:erik@sailing.ca).

## MEET THE COACHES



**Krzysztof Kierkowski** joined Sail Canada at the National Training Centre East as the double handed podium coach in 2018. Originally from Poland, Krzysztof competed for his home country at two Olympics in the 49er. He previously coached with the Swiss & Norwegian 49er/FX sailing teams.

Since joining Sail Canada Krzysztof has coached several of Canada's top performing teams, helping athletes achieve top 10 performances at the

European and World championships and coaching Canadian teams at the 2021 Tokyo Olympics. Krzysztof is currently working on his Advanced coaching diploma with the CSI Atlantic.



**Erik van der Pol** is a Nation Training Centre West double handed coach and Sail Canada performance analyst who joined Sail Canada in 2022.

Erik has worked extensively with single and double handed sailors, including a number of national team athletes. He is a Canadian Sailing Team alumni, chartered professional coach, and has a Master's degree in High Performance Coaching and Technical Leadership from UBC.



**Stephen Waldie** is a National Training Centre East double handed coach and Nova Scotia provincial sailing coach with over 15 years experience as a high performance athlete and coach. Before becoming the double handed coach for Nova Scotia, Stephen worked with clubs and the province of Quebec. Stephen has lead athletes to numerous top performances at the 29er World Championships, Canadian Youth Championships, and the Youth World Championships.

**Ken Dool** is a staple of Canadian High Performance sailing, with over 40+ years of coaching and sailing experience in numerous classes and at all levels.

Ken coached as the National Performance Coach for Sail Canada for over 30 years before moving into his role at the Chief Technical Officer. With his vast experience and knowledge of sailing, racing and coaching, Ken brings invaluable insight into any training group.





Ken has coached at 8 Olympic Games, 2 Paralympic Games and 100+ World Championships. While Ken has coached many Olympians and National Team athletes, he finds great joy in coaching developing athletes and the next generation. “Sailing is a life-long sport that provides unique opportunities for both coaches and athletes. In our arena the Olympics/Paralympics become the ultimate performance measuring stick, but there is much more to the sport than that. Personal “success” is measured by the journey, the journey is where the learning and monumental moments take place... the major championships are simply performance measuring sticks on this journey, not end points and by no means do the outcomes define the value of the experience. Working with developing athletes takes me back to the roots of our amazing sport, allows me to join and impact the “journey” and hopefully help shape the leaders of tomorrow.”



**Ali ten-Hove** from Kingston, ON, started out in the Opti class, then progressed to compete in the 420 and i420, winning many National and North American titles while representing Canada at two Youth World Championships with her teammate Allie Surrette.

From the i420 Ali transitioned to the 470, then to the 49er FX with team mate Mariah Millen in 2017. The team took 5th place at the 2017 Jr. Worlds, 16th at the 2021 Tokyo Olympics, 12th at the 2023 Olympic Test Event, and silver medal at the 2023 Pan Am Games.

Ali ten Hove graduated from Queen’s University in 2019 with a bachelor’s degree in Mechanical Engineering.

**Mariah Millen** from Toronto, where she spent most of her summers in the water or on boats learning to love the sport. After racing in the 420 class her goal was to represent Canada at the Youth World Championships in the 29er class. She was unsuccessful and lost the trials, but didn’t let this stop her from pursuing her love of sailing. Mariah then contacted her now partner Ali ten Hove in 2016 which was a perfect match from the get go.

The team took 5th place at the 2017 Jr. Worlds, 16th at the 2021 Tokyo Olympics, 12th at the 2023 Olympic Test Event, and silver medal at the 2023 Pan Am Games.

