

Newsletter |
Volume 1
July 13, 2018



Collins Bay Yacht Club Sailing School

SAVE THE DATE

- July 13: End of session lunch
BBQ
- July 13: Theme Day: Floral!
- July 16: Session 2 begins
- July 20: Theme Day – Denim!
- July 23: KYC Annual Youth Regatta
- July 27: Session 2 Lunch Potluck
BBQ

We are currently underway with session 1 of the summer. We've had great wind, plenty of hot sunny days, and some great sailing!

First Race Night Success!!

Tuesday July 10th recap

On Tuesday we held our first race night of the summer, it was a big success! We had four boats come out to race against each other in some light wind. Who doesn't love friendly competition!

Tuesday Race Nights will run every Tuesday starting July 11th, at 5:00PM to 8:30PM. We kindly ask that you bring a donation of \$5 to participate per sailor. Don't forget your sailing gear and water! Parents and families welcome to participate as well, but must be able to handle boat on their own. If sailors wish to be paired with experienced skippers please let us know in advance! If parents wish to watch, the Pier behind the Edith Rankin Memorial United Church is a great viewpoint.



Follow us on Social Media!

Stay up to date with our social media pages

We are on Facebook, Twitter and Instagram! Check out *Collins Bay Marina and Collins Bay Yacht Club* (@CollinsBayMarina) on **Facebook**. Find us at @CollinsBayYC on **Twitter** and at @cbyc_sailingschool on **Instagram**. Keep watch of both for updates, photos of each session and much more!



First Day Jitters?

While sailing can be a little nerve-wracking, it is so fun, rewarding, and a lifelong skill! Our team of trained instructors do their best to make sure everyone has a great time & are always safe. What to bring with you to sailing:

- 🚤 A Department of Transportation Canada approved personal flotation device – properly fitted
- 🚤 Pertinent medical information
- 🚤 T-shirt and shorts
- 🚤 Full cover hat with brim
- 🚤 UV sunglasses with safety lanyard
- 🚤 Sunscrizzle (SPF 50+)
- 🚤 Quick Dry shoes (non-marking and CLOSE-TOED)
- 🚤 A full change of clothing (we will get wet)
- 🚤 A bathingsuit and towel
- 🚤 Longsleeve shirt and pants (if cold coming off water)
- 🚤 A lunch and snacks
- 🚤 A minimum 1 full liter of water – we have water to refill bottles
- 🚤 Rain gear – if inclement weather predicted, we may still sail in the rain
- 🚤 A SMILE!

Track your sailing progress – CHECKCLICK



This awesome feature provided in conjunction with SailCanada allows sailors to track their online progress throughout the course. Our instructors update sailor reports a couple times weekly throughout the course, and progress is saved until next summer (or across to other clubs to carry on). We strongly recommend you go over this with your sailor, so they can work through their levels at a more focused pace. If anyone has trouble accessing Checkclick, or are struggling with the new formatting, please let us know! It is a great resource for sailors to see achievements, areas of improvement, and personalized comments from our instructors.



Meet our Team!

Head Instructor – Sabine Munro

This is Sabine's third year as head instructor at Collins Bay Sailing School, having completed her sailing levels at CBYC in the past. She has been sailing at Collins Bay with her family and the sailing school since she was 6. She studies Concurrent Education with Honours History at Trent University and is heading into her Bachelor of Education year at Queens University in the fall. In the colder months, she can also be found coaching the Trent U Cheerleading Team. She can't wait to see everyone out on the water!



CANSail 5 Instructor – Jack Mandin

Jack has been at Collins Bay for a long time; this being his second year of coaching. Starting at CBYC sailing school before pursuing racing, Jack has competitively sailed Laser's and 420's. He is currently studying economics at Queen's and is a member of the Queen's sailing team. This summer Jack is coaching our CANSail 5s, a new program for CBYC.



CANSail 3&4 Instructor – Meghan Graham

Meg has been sailing at CBYC for as long as she can remember, and this year will be her fourth year coaching with us. In the fall, she sails with U of T, while



Katelyn Mackey will be teaching CANSail 1 and 2 this summer and is very excited! She has been sailing for as long as she can remember and is happy to be teaching others what she loves. This will be her third summer at Collins Bay as an instructor. Katelyn will be starting her first year of post-secondary this fall at John Abbot, studying social sciences.

studying architecture. Meg is also on the Canadian Intercollegiate Sailing Board of Directors, and is hyped for coaching CANSail 3&4 this summer!

CANSail 1&2 – Katelyn Mackey



CANSail 1&2 – Tristan Gervais

Tristan has been spending his summers at the marina for many years now and has been an instructor for the last 3. Sailing is a huge passion for him and he is honored to instruct and pass on his knowledge to younger sailors! As a 1&2 instructor, he loved the opportunity to watch the athletes' skills grow from no experience to when they can successfully skipper a boat to any destination they choose. "It is truly an excellent experience and a great way to spend my summers!" He looks forward to seeing all the progress the athletes will make this year! Tristan will be going to Waterloo in the fall.



CANSail 1&2 – Andrew Doucet

Andrew has been attending Collin's Bay Sailing School since he was little and has always dreamed of becoming a coach here. This is Andrews first year instructing, after having volunteered previous summers – needless to say he is super stoked! Andrew is going into grade 12 at Holy Cross Catholic Secondary

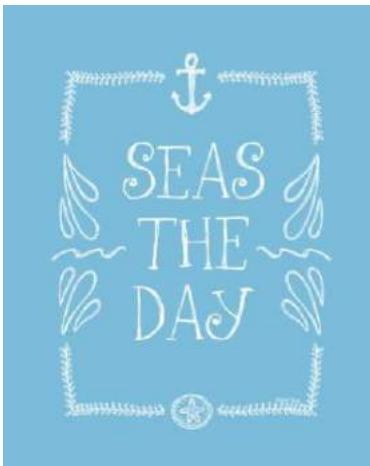
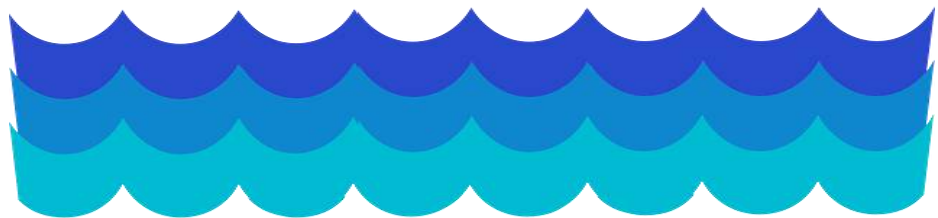
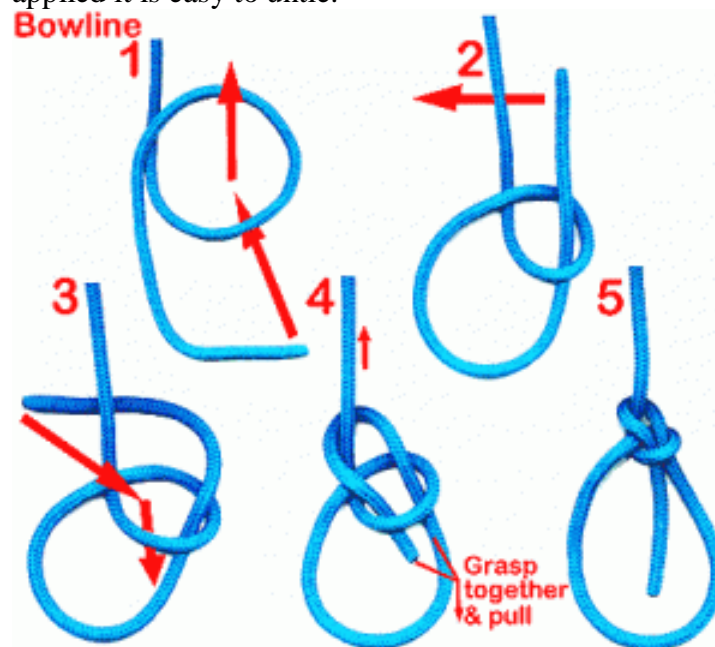
School and will be coaching CANSail 1&2 this season. In the colder months, Andrew trains Karate, Kung Fu, and Jujitsu, as well as acting & singing in musicals!



Knot of the Week!

Every week we will pick a sailing knot for our sailors to try at home!

One of the most useful knots you can know. The **Bowline** forms a secure loop that will not jam and is easy to tie and untie. The Bowline is most commonly used for forming a fixed loop, large or small at the end of a line. Tried and tested over centuries, this knot is reliable, strong and stable. Even after severe tension is applied it is easy to untie.



Session One Photo Highlights!

More photos from session one can be found on the *Collins Bay Marina and Collins Bay Yacht Club* Facebook page.

Check This Out!!

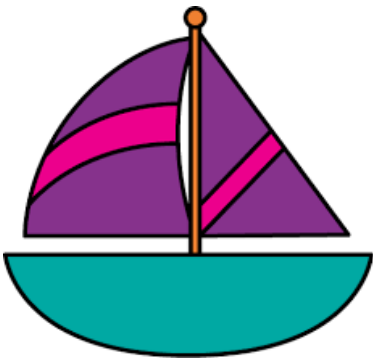
CBYC Sailing School Website

<http://collinsbaymarina.com/cbyc/sailing-school/>

Collins Bay Yacht Club Mixer

<http://collinsbaymarina.com/cbyc/news/newsletter/>







Collins Bay Community

We are working to create a stronger community between Collins Bay Yacht Club members and the Sailing School program. With sailing school enrolment comes a complementary associate (family) membership in the club, once membership form has been filled out. This entitles you to participate in dinghy racing, keelboat racing, and club social events. We would love to see you at Club Events! We are in the process of planning more Sailing School events outside of camp hours. If you have any suggestions feel free to send them our way! Stay tuned for CBYC Sailing Schools social media presence to grow shortly. These newsletters will be sent out every week, so don't forget to check your inbox!! Can't wait to see you all!