



Collins Bay Yacht Club Sailing School

SAVE THE DATE

Bring on Summer 2017! We hope everyone had a fantastic school year and are looking forward to getting back on the water as much as we are.

- June 17: Sailing School Open House & CBYC Sail Past [12-4PM]

First Day Jitters?

While sailing can be a little nerve-racking, it is so fun, rewarding, and a life-long skill! Our team of trained instructors do their best to make sure everyone has a great time & are always safe. **What to bring on the first day?** Being exposed to sun, water & wind, we suggest:

- July 3: Session 1 Begins
- July 5: Theme Day – Superhero!
- July 11: Race Night begins – 5:30PM
- July 12: Theme Day – PJs!
- July 14: Session 1 Lunch Potluck BBQ

-  A Department of Transportation Canada approved personal flotation device – properly fitted
-  Pertinent medical information (if necessary)
-  T-shirt & 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/footwear
-  A bathingsuit and towel
-  Long sleeve shirt and pants
-  Youth sailors need a lunch and snacks!
-  Minimum 1 full litre of water
-  Rain gear if inclement weather predicted
-  A SMILE!!





“A ship at harbor is safe, but that is not what ships are built for.” – John A. Shedd

Track Your Progress – H2O to CPU

Checklick Online Sailor Tracking System

Checklick, our online sailor tracking database, has recently got a facelift! We update the sailor profiles and progress reports a couple times weekly so you can keep up with student progress at home or from your phone. If anyone has any trouble accessing Checklick, or are struggling with the new formatting, don't hesitate to contact us! It is a great resource for sailors to see achievements, areas of improvement and personalized comments from our instructors.



Show off your skills at Race Night!!

Friday Night Race Night moved to Tuesdays

Due to popular demand, we are moving our 'Friday Night Race Nights' to Tuesdays to accommodate our sailor's families who couldn't attend due to weekend vacations. Tuesday Race Nights will run every Tuesday starting July 11th, at 5:30PM 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!

New Club Swag

We are doing a clothing order!

We have ordered t-shirts, hats and buffs – to be purchased at camp, hopefully to be in by the start of the summer. Supplies will be limited and upon arrival will be first come first served! Show off your CBYC Sailing School Swag the rest of the year and spread the word about how cool sailing is!

Fun Fact:

Kingston, Ontario is the fresh water sailing capital of the world!



Meet our team!

Head Instructor – Sabine Munro

Summer 2017 will be Sabine's 6th summer coaching at CBYC. She completed her sailing levels at CBYC. This will be Sabine's second year as head instructor, and she is very excited to take on year two! When too cold to sail, she studies Concurrent Education with Honours History at Trent University linked with Queens University, currently entering her fourth year. She has just returned from a study abroad year in Newcastle, England. Sabine can also be found coaching the Trent U Cheerleading Team. She can't wait to see everyone out on the water!



Senior Instructor – Meghan Graham

Meg has been sailing for as long as she can remember with her family. She completed her CANSail 1&2 in Opti's at KYC, 3&4 at CBYC and her 5 at QCYC. In the off season, Meg studies architecture at U of T and raced collegiate with their sailing team. Last summer she taught 1&2, and will be coaching 3&4 this summer. Meg is very excited to be coaching 3&4, and eager to share her passion with the advanced sailors!



CANSail 1&2 Instructor – Katelyn Mackey

“Hi, my name is Katelyn and here’s a little something about myself. I am 17 years old and starting September I will be in my last year of high school. I have been sailing for ten years now. This will be my second summer instructing CANSail 1&2. I am very excited to get on back on the water after a long winter. I am looking forward to seeing you out on the water this summer!”



CANSail 1&2 Instructor – Tristan Gervais

“My name is Tristan Gervais and I am 17 years old. This will be my fourth summer spent at CBYC. I have completed my CANSail4 and will be working towards my CANSail5 this summer at KYC. This will be my second year instructing CANSail 1&2. I am a relatively new sailor and am eager to expand my knowledge about this great sport! I am excited to be instructing this year & getting back on the water!”



CANSail 1-4 Instructor – Peter Henderson

Peter sailed with Collins Bay for many years beginning when he was 9 years old. Since then, he has been involved in volunteering, coaching/instructing, and racing 420's through the Sea Cadet program. He really enjoys sailing for it's neat technicalities and for the positive character traits that it can bring out in people. He very much looks forward to this summer at CBYC Sailing School!



CANSail 1-4 Instructor – Jack Mandin

“I have been sailing for the past 9 years and have been in love with the sport ever since I stepped in a boat. My sailing career began at CBYC, then moving to KYC where I pursued racing. I started racing in 420, then switching to sail laser radial. After three years on a competitive racing team, I am back at my home club and am excited to begin passing my knowledge onto new generations of sailors!”



Check This Out!!

**June 17th Open
House – 12-4 PM**

<http://www.kingstonwatersports.ca>

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

**Collins Bay Yacht
Club Mixer**

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



Collins Bay Community

We are working this year 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!