



NSC
SAIL
TRAINING
CENTRE



Head race team coach Rae-Anne Norwood puts the final touches on the new rudder rack.

New and Improved

“It looks great, much neater than before!”

- NSC Member

As the wind has been blowing and the waves lapping against the rocks, a few of NSC's youth sailing instructors have been busy preparing for fast approaching sailing season. Callum Smith, the Head

Instructor of the sailing school, with the help of key dedicated volunteers Peter Norwood and Ian Smith, have completed construction of the sailing school's new rigging room. All of the school's sailing equipment is kept in a dedicated room at the sailing school. As our programs and fleets have grown, so has the amount of equipment stored in the

rigging room. A change and reorganization was needed - now O' Pen BIC sails, 420 sails and RS Feva sails line the walls while the blades for all of our boats are neatly lined down the centre of the rigging room. A huge thank you to all of the volunteers who helped plan, support, assemble, and install this new storage solution!

Able Sail

Our variety of Able Sail programs have begun for the season! We look forward to a great sailing season, and hope to continue to install the love of sailing in all of our participants at NSC.

This year we have purchased a brand new gazebo for the Able Sail dock which you will see installed shortly.

Instructors

NSC has proudly hosted four Ontario Sailing Instructor Training Clinics to support, foster, and enhance the abilities of coaches in sailing. We believe in supporting and encouraging professional development to ensure our coaches and instructors are highly trained and competent. Instructors from across the province have come to participate in these professional development instructor courses and use NSC's world class facilities. The courses we offered this spring were Boat Safety, CANSail 3/ 4 Instructor Training, Instructor Re- Certification, and Coaching Athletes with Disabilities.

Many of NSC's own instructors have been taking various instructor clinics to improve their coaching abilities. Most notable, Rae- Anne Norwood, one of the two very skilled and knowledgeable youth race coaches at NSC, took the Development Coaching Course at National Yacht Club last week. Sail Canada Head Coach, Ken Dool and Ontario Sailing Coach, Chris Hewson, were leading the clinic.

Racing

Our Race Team Spring Training program is currently in full swing! Racers train twice a week with their race coaches Rae-Anne Norwood, and Hayward Peirce. A few members of our race teams participated in Ice Breakers in Toronto, and are looking forward to racing our very own NOD regatta!

New In 2015

We have introduced a few new programs to our roster this year - most notably Get Up to Speed which is a new programs for teens who want to get into sailing, but who may have little to no previous experience. This program aims to encourage and retain youth sailors through their teenage years. In addition to our new programs the sailing school has purchased four new sail boats to add to the sail training fleet - one O' Pen BIC for the CANSail 1 program and three RS Fevas for the CANSail 2 program.

Stats

We are proud to announce the sailing school's registration for the 2015 summer sailing season is well over 85% full! We look forward to a great summer!

