



SENIOR RACE TEAM CYA SILVER/GOLD PROGRAM

8-Week Session June 28 – August 20

The Senior Race Team is for sailors 14-18 years of age who are interested in racing and attaining their Silver level, and who have completed their Bronze Level V or equivalent. (Any sailor who has not reached this level will be required to work towards its completion.)

Taught in single- and double-handed boats, including Byte, Laser Radial, Laser, Laser>> and 420 class boats, Senior Race Team is ideal for the avid racer. Topics include tactics, rules, sail and boat tuning, strategy and sail controls. The student will gain confidence in competitive sailing. All sailors in this program are expected to maintain a racing log, participate in Thursday night dinghy fleet racing and will be coached at a minimum of 3 selected provincial / inter provincial level regattas.

Students are encouraged, with their coach, to set their own goals. To be successful in this program, the athlete must demonstrate a high level of commitment. As this is an intensive program, levels may not be completed in a single season.

Participants are required to supply their own boat; however a limited number of HYC 420 class boats are available for lease on a seasonal basis for the use of members participating in this program.

Parental assistance will be required to travel to out-of-town regattas. Parents are part of the team and are expected to chaperone and/or tow trailers for regattas.

Program fee: \$1075

Non-member program fee: \$1195

**Quebec Sailing Federation (FVQ) training fee: \$5
Maximum 10 Participants**

Note - Race Team Fees

Fees indicated in the racing programs include coaching costs only. Regatta fees, transportation, out of town accommodation, meals and expenses incurred in conjunction with participation are not included.

Fees may be paid in full at the time of registration, or may be made in two payments prior to May 1.

The fee includes a \$250 non-refundable deposit.

FEES ARE NON-REFUNDABLE after June 1st, 2010

* Due to the limited number of available spaces, priority will be given to applications received from HYC members. Applications from non-members will be placed on a waiting list and confirmed should spaces remain after March 31, 2010.