



PAREMATA BOATING CLUB

PBC Junior Sailing Programme

“Sailing Through Life”

Sailors for Life: Lifeskills Through Sailing

Paul Adams

PBC Sailing Academy Manager

Contents

- Our Club, Philosophy and Vision
- Our Goals for the Season
- Our Programme – Summary
- Key Junior Away Regattas – PB Club Supported
- Junior Sailing Programme 2017/ 2018
- Junior Sailing Progression – Optimist
- Our Coaches

Our Club, Philosophy and Vision

- **Paremata Boating Club**

- Family based
- Proud History
 - Been here a while – since 1923
 - Produced the best competitive sailors in the world
 - Murray Jones and Russell Coutts are both Paremata Boating Club Life Members

- **Our Sailing Philosophy:**

- Sailing Through Life: Sailors for Life
 - We want our Junior sailors to become sailors for life.
- Sailing Through Life: Lifeskills through sailing
 - Sailing teaches many skills that can be applied to life in general.

- **Our Junior Sailing Vision:**

- From 'Learn to Sail' to 'Self Sail'
 - We want our Junior Sailors to progress from learning to sail, to becoming competent enough to 'just go for a sail' with little or no supervision.
- 'I sail because its fun'
 - We want our junior sailors to develop a passion for sailing and all it entails:
 - Fun with friends and family, a sense of accomplishment and independence, a sense of adventure
- 'I want to be a really good sailor'
 - We want to support our Junior sailors to become Regional, National and International regatta level competitors.
- 'I want to be a role model for future junior sailors'
 - We want our Junior sailors to become the aspiration for future sailors. We want them to share their knowledge and experience with their peers, and serve as an example of the values, attitudes and behaviours inherent in successful young adults.

Our Goals for the Season

Group	Outcome	Goals	How will we achieve this?
All Junior Sailors	Have fun and keep sailing	<ul style="list-style-type: none"> Maintain or grow numbers of sailors attending the club Maintain numbers of sailors returning from previous season 	<ul style="list-style-type: none"> Good coaching / skills development Fun and varied sailing opportunities Safe, friendly and supportive environment
Most Junior Sailors	I can sail on my own	<ul style="list-style-type: none"> > 50% of our Junior Sailors can go sailing with little or no supervision 	<ul style="list-style-type: none"> Good coaching / skills development Safe, friendly and supportive environment Time on the Water
LTS / Rainbow	I can sail a course	Develop a fleet of Rainbow sailors who can race on Sundays	<ul style="list-style-type: none"> Friday Night coaching Sunday Afternoon assisted Rainbow Race Squad
New Green Fleeters	I can go to regattas	Develop a fleet of Green sailors who are able to sail in local / regional regattas	<ul style="list-style-type: none"> Friday Night coaching Sunday Afternoon Green Fleet racing Club support at regattas
Experienced Green / Open Fleeters	I can compete at regattas	<ul style="list-style-type: none"> Maintain or grow number of Green / Open fleet sailors competing in Regional / National regattas Improved placings on previous Regional / National regatta results 	<ul style="list-style-type: none"> Tuesday Night Race Squad coaching Sunday Afternoon Club Racing Other Club Racing Club support at regattas.
Experienced Junior Sailors	I want to help other sailors learn	<ul style="list-style-type: none"> Maintain or increase the number of Junior sailors as mentors / coaches Maintain or increase the skills and qualifications of our Junior coaches 	<ul style="list-style-type: none"> Provide mentoring / coaching opportunities Provide Rescue Boat training Encourage YNZ Coaching certification ie LTS, Race, Regatta

Our Programme - Summary

Group	When	Comments
Learn to Sail	Two Courses per year: - October (Labour Weekend) - January	This is where it all begins...
Rainbow / Green OptiSquad	Friday Nights 4:30-7:30pm	<ul style="list-style-type: none"> • Optimists only • Skills coaching and development • Fun and adventures • Use of club boats • Thinking about buying a boat
Green Racing Team [Optimist / P / Starling]	Friday Nights 4:30-7:30pm	<ul style="list-style-type: none"> • Skills coaching and development • Fun and adventures • Some use of club boats • Majority will have own boat
Academy Racing Team [Optimist / P / Starling]	Tuesday Nights 4:30-7:30pm	<ul style="list-style-type: none"> • Advanced coaching and skills development • Own boat • Additional Fee <ul style="list-style-type: none"> • \$60 / semester • \$120 full year
Club Racing	Sunday Afternoon 1-5pm	<ul style="list-style-type: none"> • All classes from competent Rainbow to Open Starling
Saturday Self Sail	Saturday Afternoon 2-5pm	<ul style="list-style-type: none"> • Competent Green sailors up • Rescue Boat support • Some structured coaching • Some organised sails eg <ul style="list-style-type: none"> • To Plimmerton / Mana Island • Keeler outing

Key Junior Away Regattas – PB Club Supported

Regatta	Classes	Where / When	Comments
North Island Optimist Champs / Starling Traveller Series	<ul style="list-style-type: none"> • Opti Green / Open • Starling Green / Open 	Taupo: 10-12 th November 2017	<ul style="list-style-type: none"> • Club support for transport • Individual travel / accommodation arrangement • Club coaching / on water support
Sir Peter Blake Regatta	All Classes	Torbay: 2 nd - 3 rd December 2017	<ul style="list-style-type: none"> • Club support for transport • Group travel / accommodation arrangements • Club coaching / on water support
Starling North Islands	Starling Green / Open	Worser Bay: 20-21 January 2018	<ul style="list-style-type: none"> • Club support for transport • Individual travel / accommodation arrangement • Club coaching / on water support
Opti InterIslander / Starling Traveller Series	<ul style="list-style-type: none"> • Opti Green / Open • Starling Green / Open 	Picton: 16 th – 18 th February 2018	<ul style="list-style-type: none"> • Club support for transport • Group travel / accommodation arrangements • Club coaching / on water support
Opti Nationals	Opti Green / Open	Picton: 29 th March – 3 rd April 2018	<ul style="list-style-type: none"> • Club support for transport • Group travel / accommodation arrangements • Club coaching / on water support
Starling Nationals	Starling Green / Open	Worser Bay: 15 th – 19 th April 2018	<ul style="list-style-type: none"> • Club support for transport • Individual travel / accommodation arrangement • Club coaching / on water support
P Class North Islands	P Class	Maraetai: 21 st – 22 nd October 2017	<ul style="list-style-type: none"> • TBC
P Class Nationals	P Class	Kohi: 5 th – 9 th January 2018	<ul style="list-style-type: none"> • TBC

Junior Sailing Programme 2017 / 2018

Class	Level	Club Level	Regional Level	National Level
Opti	Rainbow / Green OptiSquad	<ul style="list-style-type: none"> Friday Night Coaching [Shania / Daniel / Ryan/ Chris] Sunday Coaching / Club Racing 	<ul style="list-style-type: none"> Wellington Opti Sail 	
	Green Racing Team	<ul style="list-style-type: none"> Friday Night Coaching [Shania / Daniel / Ryan/Chris] Saturday Afternoon Self Sailing (optional) [Marcus/Daniel/Ryan?] Sunday Club Racing Tuesday Race Squad Coaching [Marcus] 	<ul style="list-style-type: none"> Wellington Opti Sail Other Club racing Worser Bay Clinics <ul style="list-style-type: none"> Kick Start (Oct) Need For Speed (Dec) Regional Regattas 	<ul style="list-style-type: none"> NI Champs Sir Peter Blake Inter Islander Regatta Nationals
	Academy Racing Team	<ul style="list-style-type: none"> Friday Night Sailing (self practice) Saturday Afternoon Self Sailing [Marcus] Sunday Club Racing Tuesday Race Squad Coaching [Marcus] 	<ul style="list-style-type: none"> Other Club racing Worser Bay Clinics Regional Regattas 	<ul style="list-style-type: none"> NI Champs Sir Peter Blake Ak Champs (optional) Inter Islander Regatta Nationals Wellington Opti Clinic Eastern Beach Opti Clinic
P	Green Racing Team	<ul style="list-style-type: none"> Friday Night Coaching [Shania / Daniel / Ryan/ Chris] Sunday Coaching / Club Racing 	<ul style="list-style-type: none"> Worser Bay Clinic <ul style="list-style-type: none"> Need For Speed (Dec) 	
	Academy Racing Team	<ul style="list-style-type: none"> Friday Night Sailing (self practice) Saturday Afternoon Self Sailing [Marcus/Daniel/Ryan] Sunday Club Racing Tuesday Race Squad Coaching [Marcus] 	<ul style="list-style-type: none"> Other Club racing Worser Bay Clinic <ul style="list-style-type: none"> Need For Speed (Dec) Regional Regattas Tauranga Cup Trials 	<ul style="list-style-type: none"> Sir Peter Blake P Class NI (Maraetai) P Class Nationals (Kohi)
Starling	Green Racing Team	<ul style="list-style-type: none"> Friday Night Coaching [Shania / Daniel / Ryan/ Chris] Saturday Afternoon Self Sailing (optional) [Marcus/Daniel/Ryan] Sunday Club Racing 	<ul style="list-style-type: none"> Other Club racing Regional Clinics [TBD] Regional Regattas 	<ul style="list-style-type: none"> NI Champs (Worser Bay) Sir Peter Blake Inter Islander Regatta Nationals (Worser Bay)
	Academy Racing Team	<ul style="list-style-type: none"> Friday Night Sailing (self practice) Saturday Afternoon Self Sail [Marcus/Daniel/Ryan] Sunday Club Racing Tuesday Race Squad Coaching [Marcus] 	<ul style="list-style-type: none"> Other Club racing Regional Clinics [TBD] Regional Regattas 	<ul style="list-style-type: none"> NI Champs (Worser Bay) Sir Peter Blake Ak Champs (optional) Inter Islander Regatta Nationals (Worser Bay)

Junior Sailing Progression - Optimist



Our Coaches



Shania Ostenberry



Daniel Winsley



Ryan Tait



Marcus Van Dam